

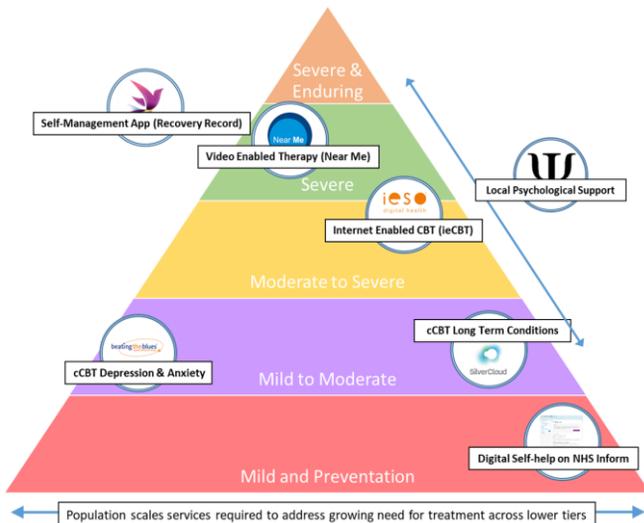
# Scaling Up Digital Mental Health in Scotland

## Leadership and Transformation

Chris Wright, National Advisor/Head of Programme  
Digital Mental Health, Scottish Government

1

### Integration of Digital into Mental Health Services



Integrate and maximise the use of technology in mental health services to respond to the increasing demand

Promoting accessibility of service across all areas of country, using multiple technologies to enhance delivery of care and when appropriate to deliver as stand alone treatments

2

# Available Across Scotland

Digital technologies and services used to deliver or enhance treatment

Video Enabled 1to1 and Group Therapy

Written Word Therapist Lead CBT

Depression/Anxiety

Social Anxiety

Health Anxiety

LTC Depression and Anxiety

(diabetes, respiratory, heart conditions, chronic pain, rheumatoid arthritis, MS)

Stress

Resilience

COVID-19

Panic

OCD

Phobias

Perinatal

CYP

Supporting An Anxious Child

Supporting An Anxious Teen

Positive Body Image

Insomnia

GAD

Mind to Mind National Wellbeing Resource Site

NHS Inform Digital Self-help Guides

29 self-managed, guided digital treatments for common mental health conditions

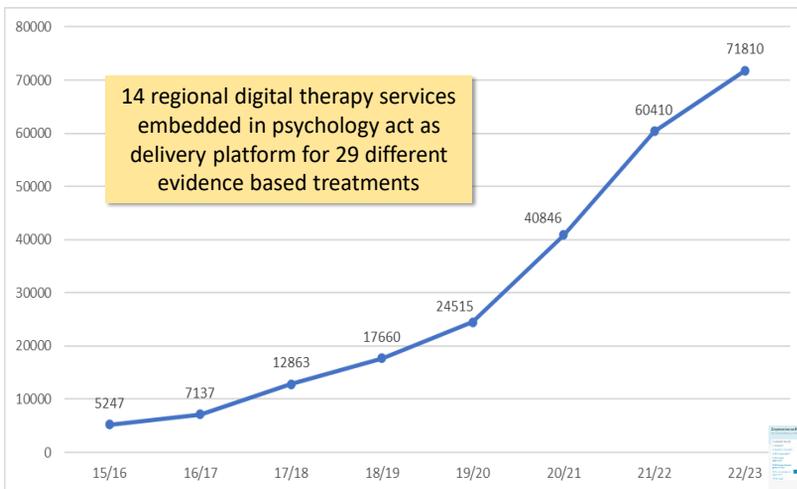
Available across different clinical populations including perinatal, LTC, higher education, young people and more recently prisons

Online preventative and self-management capability being created



3

# Scale of Use



Over 71,000 referrals/self-referrals last year

1 out of 3 referrals to Psychology now digital

Patients wait no longer than 5 working days

18,600 1 to 1 and 150 group video consultations per month

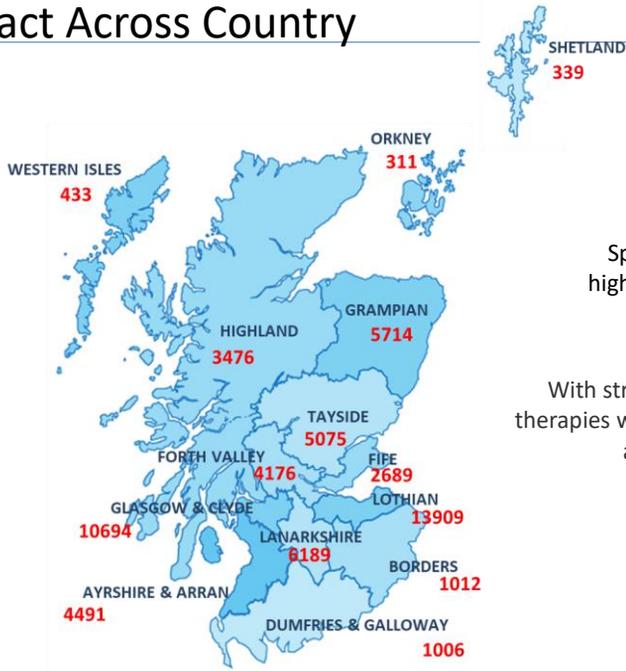
Online support accessed about 38,000 times a month

Additional national support provided through online support available on NHS Inform



4

## Impact Across Country



Spread of referrals for digital therapies highlighted by red numbers, shows impact across all areas of Scotland

With strong levels of patient satisfaction for digital therapies with 56836 responses to satisfaction questions and a user satisfaction level of 91 %



5

## Defining Approach

*Leading through clarity and understanding*

*Progress is impossible without change, and those who cannot change their minds cannot change anything*

**George Bernard Shaw**

6

## Asking The Right Questions

Asking the right questions to develop a true understanding of what needs to be achieved

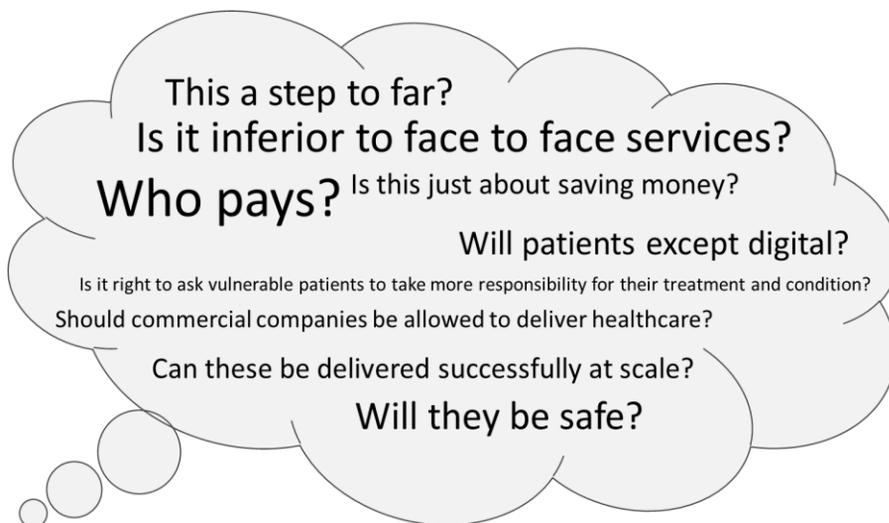


What is the role and true value of digital within mental health and psychology settings?



7

## Understand Reasons for Doubts



There is a need to provide evidence and prove the value of change, overcoming these doubts to create wide spread acceptance

8

# Follow the Evidence

## NICE recommends offering app-based treatment for people with insomnia instead of sleeping pills

Hundreds of thousands of people suffering from insomnia who would usually be prescribed sleeping pills could be offered an app-based treatment programme instead, NICE has said.

20 May 2022



NICE has recommended [Sleepio](#) as an effective alternative to sleeping pills, which would save the NHS money as well as reducing prescriptions of medicines.

“ Our guidance on Sleepio provides GPs and their patients with evidence-based recommendations on a digital treatment option for insomnia.

## Digitally enabled therapies for adults with depression: early value assessment

Health technology evaluation | HTEB | Published: 16 May 2023

### 1 Recommendations

- 1.1 Three digitally enabled therapies can be used as treatment options for adults with depression while further evidence is generated on their clinical and cost effectiveness. The therapies should be used with support from a trained practitioner or therapist in NHS Talking Therapies for anxiety and depression services. These technologies can be used once they have Digital Technology Assessment Criteria (DTAC) approval and an NHS Talking Therapies for anxiety and depression digitally enabled therapies assessment from NHS England. The technologies are:

- Beating the Blues (BBS, Health Solutions)

## NICE National Institute for Health and Care Excellence

## Guided self-help digital cognitive behavioural therapy for children and young people with mild to moderate symptoms of anxiety or low mood: early value assessment

Health technology evaluation | HTE3 | Published: 08 February 2023 | Last updated: 05 September 2023

- 1.1 Four guided self-help digital cognitive behavioural therapy (CBT) technologies can be used as an initial treatment option for children and young people (aged 5 to 16) with mild to moderate symptoms of anxiety or low mood, while evidence is being generated. These technologies can be used once they have Digital Technology Assessment Criteria (DTAC) approval from NHS England. The technologies are:

- Lumi Nova (BFB labs)
- Ine Social anxiety Cognitive therapy for Adolescents (OSCA)
- Ine Support and Intervention for child anxiety (OSI)
- Ine anxiety for teens, space from low mood for teens, space from low mood anxiety for teens (Silvercloud).

### COMPUTERISED SELF HELP

A health technology assessment (HTA) identified ten studies on computerised CBT (CCBT) and reported consistent evidence of reduction in depressive symptoms. A range of interventions was examined in a broad range of patient groups making synthesis of results and identification of the most useful package of materials difficult. The 'Beating the Blues' package was identified as effective.<sup>41</sup> An RCT comparing an online interactive CBT course (Moodgym) with a written course of psychoeducation found that both were effective at reducing depression symptoms compared with a control (attention placebo).<sup>44</sup>

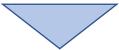
Evidence for CBT as a therapy approach is outlined in section 3.3.

- A Within the context of guided self help, computerised CBT is recommended as a treatment option for patients with depression



Focusing on evidence creates confidence and reassurance in decisions being made

# Recognise True Barriers



Adding to this finding time and money



## Creating Trust

Build common goals and aims

Learn about your partners

Develop a clear understanding of need

Continue to Communication and Inform

Respond and react

Build trust through transparency

Share knowledge, learn together

Ensure strategic alignment with national profile

11

## Lead With Ambition, Not Caution

### Ambitions of Digital Mental Health in Scotland

**Improve equality of service access** throughout Scotland

**Increase patient access** to evidence based psychological therapies

Expand existing service provision into areas of demand

for both **clinical and geographical need**

Enable services to **better utilise staff resource** while increasing service accessibility

**Improve quality of patient experience** and quality of service

**Support individuals to self-manage** their mental health conditions by provide access to quality assured self-management and psychological self-help

Support individual to find and **access appropriate services**

when and where they need them

**Work in collaboration** to ensure that a national approach is taken

**Ambitions of transformation still need to address key areas of need and prove value**

12

# Creating National Focus

*Acceptance of change, creating drive to change*

*Obstacles are those frightful things you see when  
you take your eyes off your goal.*

**Henry Ford**

13

## Leadership Roles

**Creating the right focal point, with  
knowledge, expertise, trust and influence**

**National Advisor, Lead for Digital Mental Health**

New role created in 2020

Policy Advisor

Implementation lead for Digital Mental Health Programme

Sits across Mental Health and Digital Health and Care Directorates

Role designed to bridge two different worlds

Focuses on implementation and not clinical advice

14

## Gaining National Recognition

**Digital Therapy is now an integral part of service delivery** across Scotland and is uniquely placed to deliver evidence-based therapy to all NHS staff, and to the wider population in Scotland. **The value of digital therapy during our Covid-19 response has been clear, and has enabled services to continue in spite of physical restrictions.** We also know that this has been a positive development in providing mental health support to those in rural communities.

**However, we also recognise that a number of people across Scotland do not have access to digital services or are uncomfortable using them in a mental health context. We need to ensure that a focus on digital services does not disadvantage those who cannot or do not wish to use them, or those who would prefer a blended approach**

*Scottish Government, Mental Health Transition and Recovery, Oct 2020*



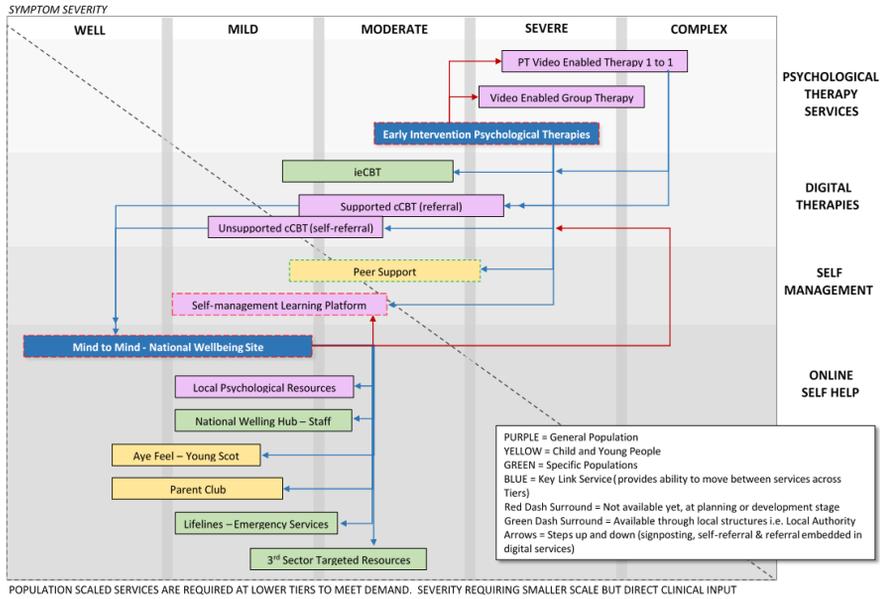
15

## Integration into National Strategy



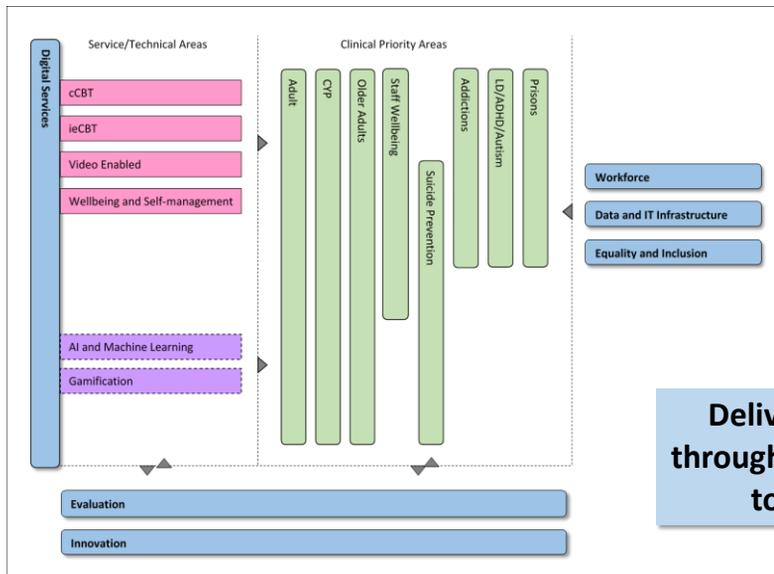
16

# Policy Translated into a National Strategy



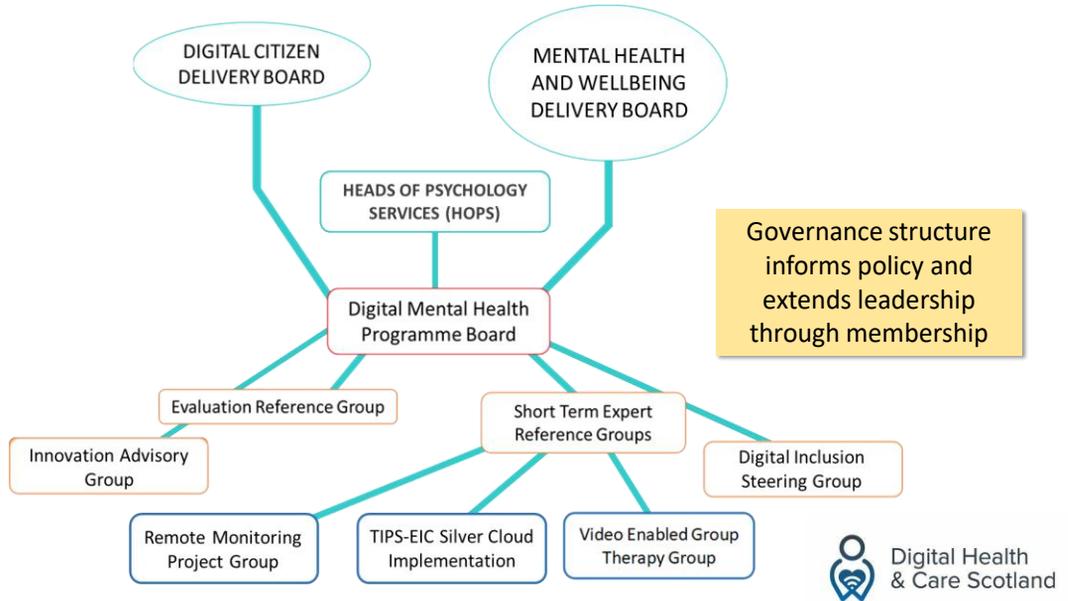
17

# National Programme, A Delivery Mechanism



18

## Governance of In Heart of Government



19

## Changing Culture for Success

*Alter attitude and shape opinion within*

*The secret of change is to focus all of your energy not on fighting the old, but on building the new*

**Socrates**

20

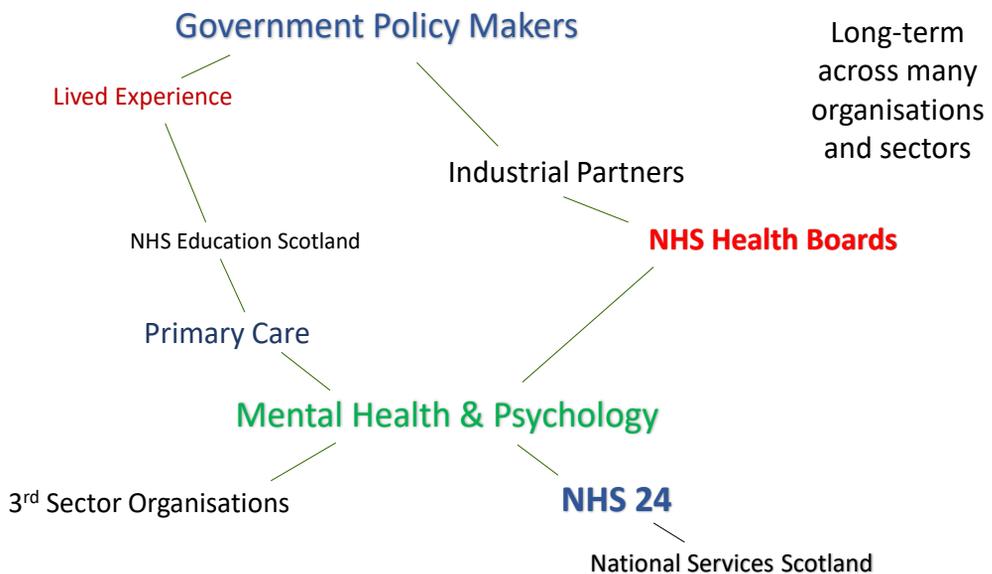
## Building Change Over Time

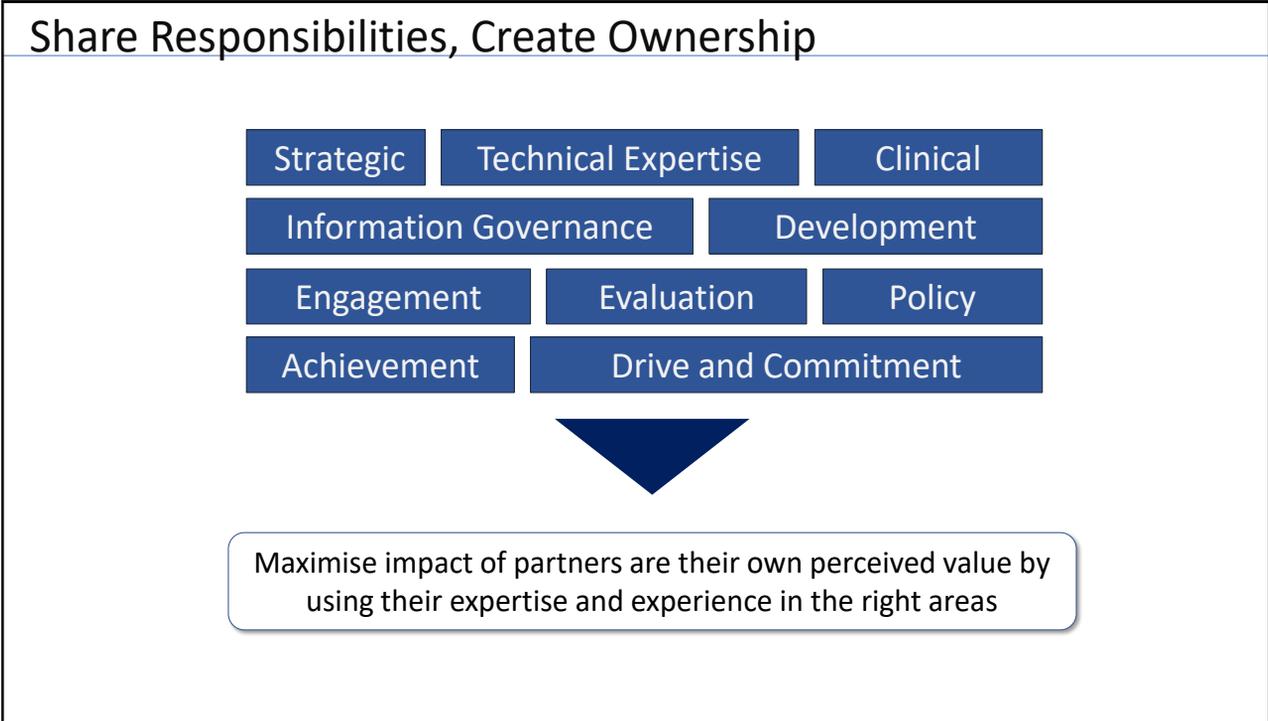
Expansion of digital mental health possible by building on foundation of work established across number of developmental stages and time

- 2004-2005 – First cCBT Service Launched NHS Forth Valley
- 2007 – cCBT Service Opens NHS Tayside
- 2014-2017 – MasterMind EU Project
- 2016-2019 - cCBT National Implementation TEC Programme
- 2019 – Internet Enabled CBT Test of Change
- 2019 – cCBT Long Term Conditions Test of Change
- 2020 – cCBT CYP Test of Change
- 2020 – Sleepio an Daylight Self-Referral Test of Change
- 2021 – National Implementation Sleepio and Daylight

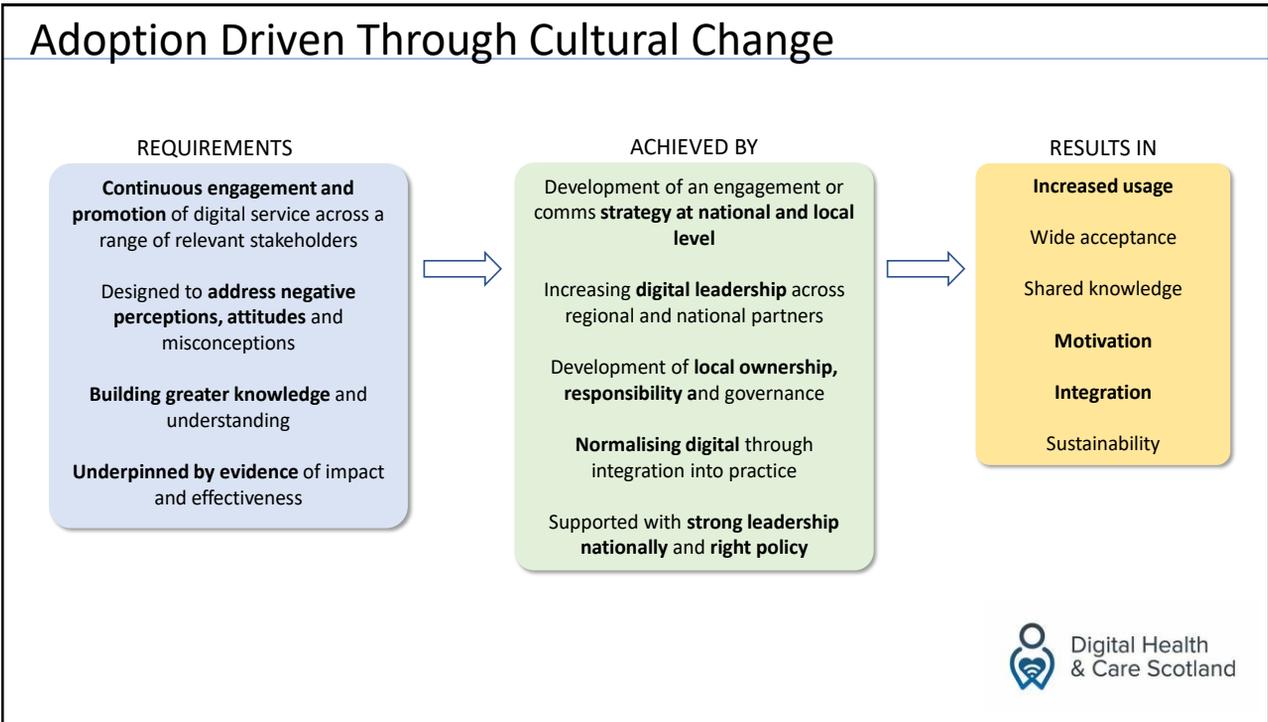


## Develop Strong Partnerships



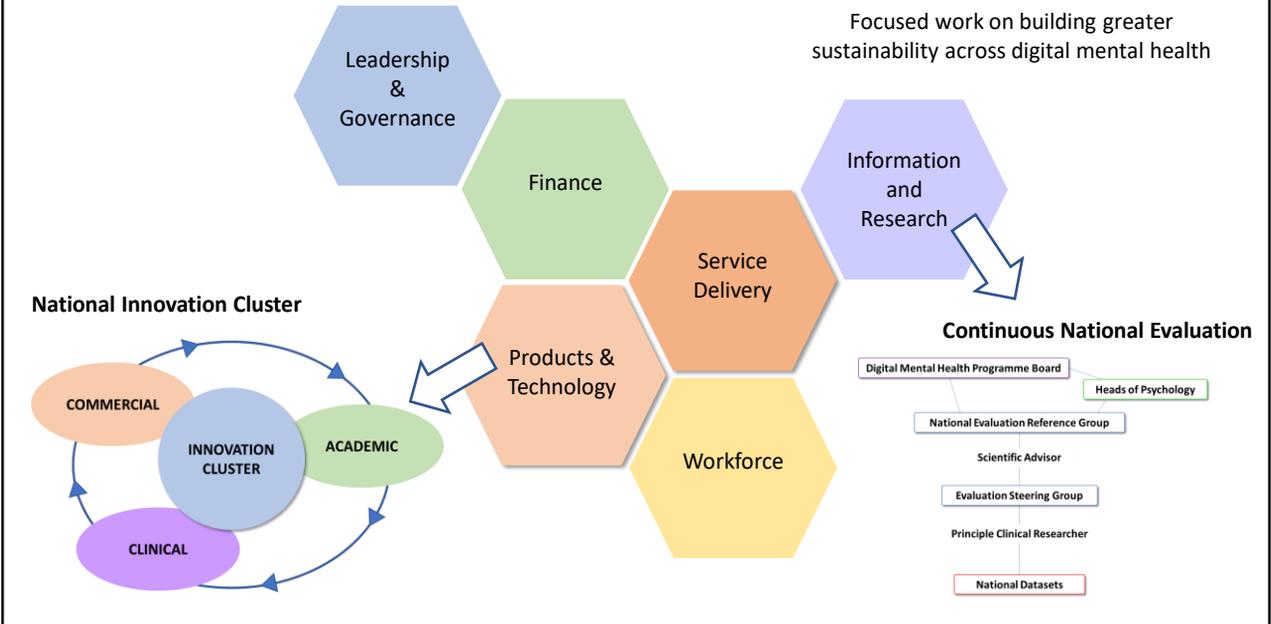


23



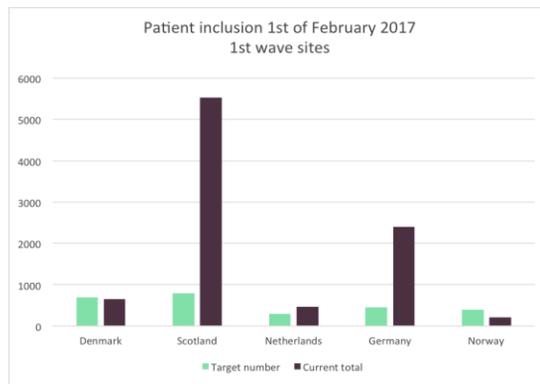
24

# Building Sustainable, Creating Believe



25

# Important to Celebrate and Share Success



Digital Mental Health Programme is an award winning recognised both nationally and internationally for deliver in mental health, primary care and innovation settings

26

Thank You  
*chris.wright@gov.scot*