



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

E-well: e-mental health development in primary care

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Building a Better Health Service

CARE COMPASSION TRUST LEARNING

Overview

- Context
- HSE e-mental health strategy
- E-well
- Next steps



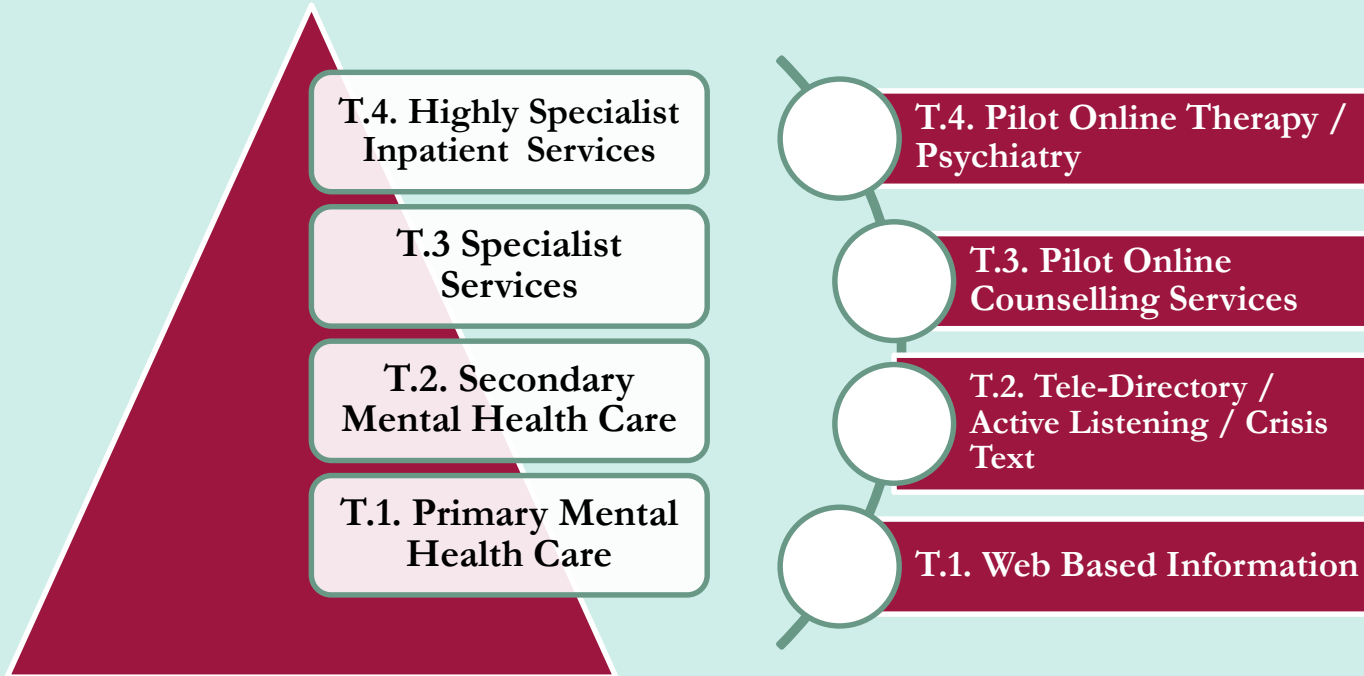
Context

- Internet givens: info hub, access, open
- Emerging evidence for adults:
 - Silvercloud, Mind Gym, Deprexis
- Emerging evidence for young people:
 - Stolz et al., (2018) – smartphone CBT-based intervention to 150 young people with Social Anxiety Disorder
- Irish studies looking at using the Internet/apps to access information relating to mental health;
 - “What’s Wrecking Your Head?” (Chambers et al., 2017),
 - “Bridging the Digital Disconnect” (Clarke et al., 2013)
 - “My World Survey” (Dooley & Fitzgerald, 2012).

Irish Context

- Teens who would use online search to seek mental health info & support 58%
 - Teens doing so 14%
- Teens who would use a mental health website/app 41%
 - Teens doing so 8.6%
 - Teens in poor/very poor mental health 30%
- My World (17 to 25yos)
 - Would use internet for mental health info & support 77%
 - Actually done so 55%
- Parents, teachers, & health professionals
 - 98% (info only)

Tiered model



Low intensity interventions


- 114 Assistant Psychologist posts
- APs will deliver low intensity interventions to young people
- Funding for development of computerised CBT (cCBT)
- Funding provided by Mental Health Division in consultation with Department of Health
- Led to the development of E-well

E-well team


Web-based programme for smartphones, tablets and PCs:

- James Hawe, Project Manager
- Clinical Content Governance Group
- Assistant Psychologists
- Supported by Mental Health Reform
- Initial evaluation by UL
- eMen & Mental Health Reform


What is E-well?




Module 1
Goal setting
&
ABC of mood
management




Module 2
Relaxation
training
&
Pleasant activity
planning




Module 3
ABCDE
mood
management



Module 4
Graded exposure
to feared
situations



Module 5
COPE with
challenges
by
problem solving



Module 6
Staying well
by
preventing
relapse

How is E-well delivered?

- Supported, short-term skills training intervention
- At the beginning, the young person meets with their assigned AP for a pre-treatment assessment.
- Weekly phone calls throughout the course of the intervention
- Follow-up assessment at 7 to 10 weeks



Next steps

- Work in progress....
- Expanding voiceover work
- Continuing development cycle
- Training APs and Psychologists
- Evaluation

Questions at the panel

Thank you!