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

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Building a Better Health Service
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)
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

T.4. Highly Specialist Inpatient Services
T.3 Specialist Services
T.2. Secondary Mental Health Care
T.1. Primary Mental Health Care

T.4. Pilot Online Therapy / Psychiatry
T.3. Pilot Online Counselling Services
T.2. Tele-Directory / Active Listening / Crisis Text
T.1. Web Based Information
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?

1. **Module 1**
   - Goal setting &
   - ABC of mood management

2. **Module 2**
   - Relaxation training &
   - Pleasant activity planning

3. **Module 3**
   - ABCDE mood management

4. **Module 4**
   - Graded exposure to feared situations

5. **Module 5**
   - COPE with challenges by problem solving

6. **Module 6**
   - Staying well by preventing relapse

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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!