

The Digital Innovation in Child and Adolescent Mental Health Services in North and West London

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There is an urgent need for digital innovation in children's mental healthcare

- The unprecedented mental-health (*COSMO study UCL*) in children; **how can we increase accessibility?**
- A need to create and develop interfaces that children and adolescents are most comfortable with

Use of digital approaches to address Children's mental health needs

- 1. Universal approaches;** promoting more awareness for all
- 2. Targeted approaches** in the community eg primary care and schools
- 3. Specific and evidence-based use in the community** for : -
 - Assessment
 - Intervention
 - Education
 - Risk management

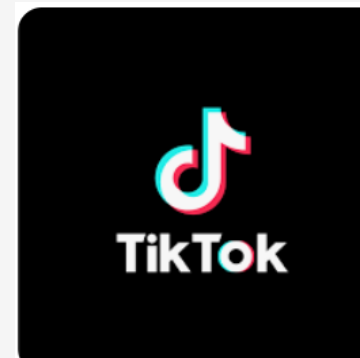
Universal approaches

YOUNG MiNDS
fighting for young people's mental health



**MENTAL HEALTH
AWARENESS WEEK**
9 – 15 MAY 2022

 Mental Health
Foundation



Targeted approaches in the community

- Response to 2018 Government Green paper, *'Transforming Children's and young people's mental health provision'*
- Promotion of online platforms bespoke for a certain region

What is Best For You

Best For You is a new and innovative way of approaching and delivering mental health care for young people. It combines holistic care in digital, community, day, and inpatient settings to make sure that young people get the help that's right for them.



The image shows four vertical panels, each representing a different care setting. Each panel has a central circular icon with a white background and a blue icon, surrounded by a colorful, multi-segmented ring. Below each panel is a dark blue button with the text 'Find out more' in white.

- Digital support**: Represented by a computer monitor icon.
- Community services**: Represented by a group of people icon.
- Day service**: Represented by a house icon.
- Inpatient, multidisciplinary care**: Represented by a hospital building icon.





- **All in one place** - links to Apps library, local and online charities eg Kooth
- First of its kind nationally! Promoting services in North-West London
- Member of Best For You clinical reference group; role in development and contributing to blogs



- <https://bestforyou.org.uk/>
- @BestForYouNHS

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Specific and evidence-based use in the community

Use of digital approaches in: -

- **Assessment**
- **Intervention**
- **Education**
- **Risk management**

Assessment

- Understanding children's online worlds; " lets talk about *your 'digital life' history*"
- Use of digitised data collection tools to assess ie online questionnaires
- The future; use of digitised algorithms, picking up words, tone in a therapy session

Specific and evidence-based use in the community

Use of digital approaches in:

-

- **Assessment**
- **Intervention**
- **Education**
- **Risk management**

Intervention

- Computerised CBT
- Digital prescriptions; *'I recommend this App, the benefits, the side-effects...'*
- App to support services and young people eg Time on waiting list on App

Specific and evidence-based use in the community

Use of digital approaches in: -

- **Assessment**
- **Intervention**
- **Education**
- **Risk management**

Education

- Psycho-education on the disorder
- Online support groups

Specific and evidence-based use in the community

Use of digital approaches in:

-

- **Assessment**
- **Intervention**
- **Education**
- **Risk management**

Risk management

- Use of Apps that send a message sent to helpful people, asking for support, when in app button pressed, 'Not okay' App. Best for you are working on an App with such function and more specific to local area
- Online 'Digital hospital passports' and crisis plan

Thank you for listening!

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