The digital approach to mental health support

The University of Sydney’s Brain and Mind Centre presents

Flip the Clinic

The digital approach to mental health support

Join the conversation #fliptheclinic @BrainMind_Usyd @Sydney_Ideas
Dr Norman Swan

Producer and presenter of the *Health Report* on ABC

@normanswan
Flip the Clinic
The panelists

Professor Ian Hickie
Brain and Mind Centre
@Ian_Hickie

Dr John Torous
Harvard University Medical School
@JohnTorousMD

Sam Hockey
Youth Mental Health Ambassador
@samueljhockey

Professor Frances Kay-Lambkin
University of Newcastle
@ProfFranKayLamb

Julie Sturgess
North Coast Primary Health Network
@NorthCoastPHN

Moderated by Dr Norman Swan, producer and presenter of the Health Report @normanswan
Professor Ian Hickie

Co-Director, Health and Policy, The University of Sydney’s Brain and Mind Centre

@Ian_Hickie @BrainMind_Usyd

*Disclosure: InnoWell joint venture company between University of Sydney and PWC, Professor Hickie has a 5% equity shareholding in InnoWell.
The initial summary view provides a snapshot representing a smaller number of questions which can be completed more regularly to monitor overall health.

Formulas to determine individual function and health domain specific clinical needs are used to create a dashboard view of results based on question set responses.

Video conferencing allows for face-to-face support between individuals and their clinicians.

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Dr John Torous

Director of the Digital Psychiatry Division, Department of Psychiatry at Beth Israel Deaconess Medical Center, Harvard Medical School

@JohnTorousMD
Digital Data and Mental Health

Digital Phenotyping

Digital Clinic – and New Team Members

Digital Outreach: Skills Building for Digital Health Literacy

Session #1
What are smartphones? How can we use them?

Session #2
How can we use smartphones to stay healthy?

Session #3
How can our smartphones help us stay organized?

Session #4
Sing our smartphones connect with friends

Session #5
What information can our smartphones give us?

Session #6
Learning new skills with the help of our smartphones

Session #7
Staying safe and making smart choices on our smartphones

Session #8
Enjoying downtime on our smartphones

Samuel Hockey

Youth Mental Health Ambassador (and previous National Mental Health Commissioner)

@samueljhockey
Flip the Clinic panelist

Professor Frances Kay-Lambkin

Acting Pro Vice-Chancellor (Research & Innovation), Office – DVC (Research and Innovation)
The University of Newcastle
@ProffFranKayLamb
Flip the Clinic panelist

Julie Sturgess

Chief Executive Officer, Healthy North Coast, North Coast NSW Primary Health Network

@NorthCoastPHN
Dr Peggy Brown

Senior Clinical Advisor, Australian Commission on Safety and Quality in Health Care

@ACSQHC

Join the conversation #fliptheclinic
National Safety and Quality Digital Mental Health Standards

• Developed by the Australian Commission on Safety and Quality in Health Care
• Aim to provide a quality assurance framework for digital services across mental health, suicide prevention and alcohol and other drug sectors
• Voluntary standards applied at the level of the service provider
• 3 standards, 12 criteria and 59 actions
  • Clinical and Technical Governance Standard
  • Partnering with Consumers Standard
  • Model of Care Standard
• Integrate clinical and technical components
• Self-assessment tool and guidance materials also developed
• National consultation process on draft standards underway
• More information: safetyandquality.gov.au/dmhs
Professor Pat Dudgeon

Professor, School of Indigenous Studies and Project Leader of ARC Discovery Indigenous Gran
University of Western Australia
@pat_dudgeon

Flip the Clinic contributor

Join the conversation #fliptheclinic
Dr Michael Millard

Clinical Director at the Clinical Research Unit for Anxiety and Depression

Flip the Clinic contributor

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THIS WAY UP is a trusted Australian provider of internet-delivered Cognitive Behavioural Therapy courses for anxiety disorders and related conditions.

Clinicians can use THIS WAY UP...

- As a stand-alone intervention
- As part of face-to-face therapy
- As part of telehealth treatment
- While the patient awaits treatment
- As a relapse-prevention tool

THIS WAY UP courses are...

- **Practical**
  Teach core psychological skills

- **Robust Evidence**
  More than 34 RCTs, proven effectiveness

- **Comprehensive**
  Contain a full dose of evidence-based CBT treatment

- **Accessible**
  Do not require a referral, available as self-help

- **Free**
  As part of THIS WAY UP’s response to COVID-19

Join the conversation #fliptheclinic
Professor John Mendoza

Director, ConNetica Consulting

@ConNetica

Flip the Clinic contributor

Join the conversation #fliptheclinic
Dr Angelo Virgona

Chair, NSW Branch – Royal Australian and New Zealand College of Psychiatrists

@RANZCP
Dr Michael Moore

CEO, Central and Eastern Sydney Primary Health Network

@CESPHN

Join the conversation #fliptheclinic
Dr Sebastian Rosenberg

Fellow, Centre for Mental Health Research, Australian National University;
and Senior Lecturer, Brain and Mind Centre, University of Sydney

Join the conversation #fliptheclinic
John Feneley

Director, Black Dog Institute

@FeneleyJohn
Julius Ajayi

Transitional Nurse Practitioner (Mental Health) & Credentialed Mental Health Nurse (CMHN)
Kildare Road Medical Centre

Flip the Clinic contributor

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Flip the Clinic contributor

Associate Professor Elizabeth Scott

Consultant Psychiatrist, Mind Plasticity; Discipline Leader, Young Adult Mental Health, St Vincent’s Hospital School of Medicine Sydney;
Director of the Young Adult Mental Health Unit, St Vincent’s Hospital Darlinghurst.

Join the conversation #fliptheclinic
Dr Haley LaMonica

Senior Research Fellow and Board Certified Clinical Neuropsychologist
Central Clinical School, Faculty of Medicine and Health
The University of Sydney
@HaleyLaMonica2

Flip the Clinic contributor

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Professor Frances Kay-Lambkin

Acting Pro Vice-Chancellor (Research & Innovation), Office – DVC (Research and Innovation)
The University of Newcastle
@ProffFranKayLamb

Flip the Clinic panelist
Frances Kay-Lambkin

• @ProfFranKayLamb
• FREE TRUSTED CLINICALLY PROVEN PROGRAMS FOR MENTAL HEALTH AND SUBSTANCE USE

www.eclipse.org.au
Dr Danny Rock

Clinical Professor, Faculty of Health and Medical Sciences, Psychiatry
The University of Western Australia
1. **Mean: Age Range:** 38 years: 16 – 96 years

2. **Gender:** 65% female (consistent with population prevalence)

3. **Disadvantage:** 47% of sample live in area of socioeconomic disadvantage. 57% unemployed, no income, pension or benefit

4. **Aboriginal or Torres Strait Islander:** 7%

5. **Severity:** K-10 scores at assessment in *severely distressed* range. Mean of 6 whole days and 8 part days out of role

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Useful resources

- Brain and Mind Centre: sydney.edu.au/brain-mind
- North Coast Primary Health Network: ncphn.org.au
- Black Dog Institute: blackdoginstitute.org.au
- eClipse: eclipse.org.au
- This Way Up: thiswayup.org.au
- headspace: headspace.org.au
- Beyond Blue: beyondblue.org.au
- E-Mental Health in Practice: emhprac.org.au/resource/managing-your-mental-health-online-during-covid-19
- Head to Health: headtohealth.gov.au
- Lifeline: lifeline.org.au or 13 11 14
Thanks for tuning in

For more information about mental health and Digihealth, scan the QR code or visit:


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