# 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
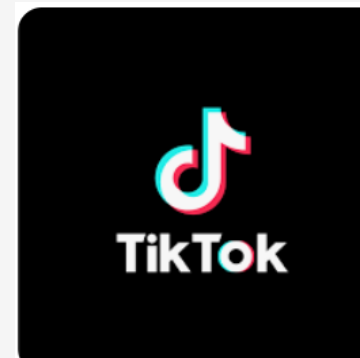    - Intervention
    - Education
    - Risk management

# Universal approaches

# 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

- ***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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