eMEN: unlocking the power of technology to improve Europe’s mental health

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eMEN seminar ‘e-mental health implementation: the digital revolution in mental health care’, Haus der Universität Düsseldorf, Schadowplatz 14, Düsseldorf

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Arq, psychotrauma expert group (1973; 2007) consists of 9 partner organizations that are specialised in the aftermath and consequences of traumatic events. Each partner organisation has his own expertise and experience.

Arq partners join forces in specific areas such as scientific research and education, specialised trauma treatment and diagnostics, prevention and support.
What is Interreg NWE?

A European Territorial Cooperation programme with the ambition to make the North-West Europe area a key economic player and an attractive place to work and live, with high levels of innovation, sustainability and cohesion

1. Innovation
2. Low carbon
3. Resource and materials efficiency

€ 370 million for project funding (ERDF)
Total budget: 5,36 million euro

Interreg funding: 3,22 million euro

Duration: 42 months

June 2016 – November 2019
Why eMEN? Societal challenges:
(speed of) economic, technological and societal changes: automation; artificial intelligence; employability; competition; data flows; social media; terrorism; emphasis on self management; increasing effects climate change!

Result: mental health problems

Increased demand for mental health services
= increased costs for society

Solution: e-mental health

eMEN
e-mental health innovation and transnational implementation platform

RESULTS: more successful eMH product development; large scale (pilot) implementation; increased use of eMH and ‘blended’ care; better privacy protection; up-to-date quality test methods for eMH products; increased awareness; European policy recommendations for implementation; post project cooperation
more affordable, accessible, effective and empowering mental health support for everyone!
eMEN objective:
Promoting more affordable, accessible, effective and empowering mental health by operationalising a transnational cooperation platform for e-mental health product innovation, development, testing, implementation and knowledge exchange.
'E-mental health is disrupting the modalities of care as it modifies, in a major way, what we know of, believe we know about, psychiatric disorders' (Morgiève et al, 2018).
IMPLEMENTATION CHALLENGES

- e-mental health implementation into clinical practice remains low:
  - Product quality:
    - co-creation with developers
    - clinical effectiveness; (outdated) evaluation methods
    - privacy; CE compliance
    - usability
  - Training and curricula development - digital skills
  - Reimbursement systems; business model
IMPLEMENTATION CHALLENGES

- Policy reform (national EMH strategies)
- Organisational priority and need for remodeling of workflows and job design
- Digital infrastructure
- Awareness and acceptance (job insecurity)
- ('blended care') implementation protocols
- Agreement on definitions (transparency, reliability, validity etc.)
Results so far:
- 7 products selected for further development and piloting - 4 pilots have started (NL, FR, IE)
- > 10 SMEs supported
- Product development checklist: intended use, technical aspects, safety and privacy, validation etc.
- Analyses of innovative evidence based research methods
- Pilot implementation grid
- National stakeholder meetings
- Major implementation challenges identified: education, reimbursement, validation and policy
- Online launch of the eMEN platform
- 3 conferences and 8 seminars
eMEN cooperation platform

e-mental health innovation and transnational implementation platform North West Europe (eMEN)

eMEN transnational co-operation platform

One of the main objectives of the eMEN project is to expand knowledge and information about implementing e-mental health interventions and share this knowledge within the consortium and beyond.

To sustain the project results and outputs in the medium and long-term after the project phase, a
Zitat von Johann Wolfgang von Goethe:
„Behandle die Menschen so, als wären sie, was sie sein sollten – Und du hilfst ihnen zu werden, was sie sein können.“

Thank you for your attention / Ich danke Ihnen für Ihre Aufmerksamkeit

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