

**eMEN in Ireland**



**Pilots & SME support**

**Kevin Cullen**

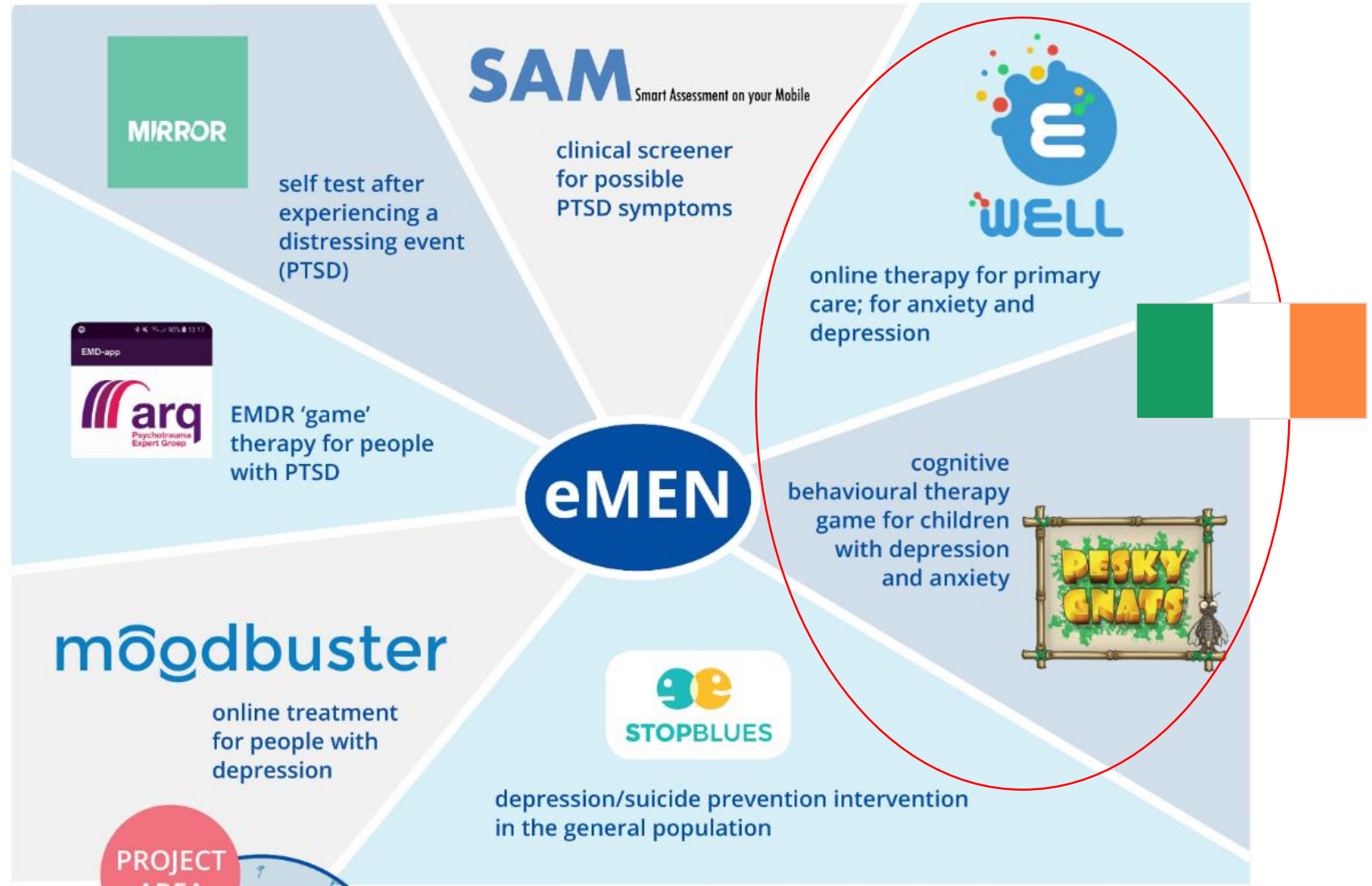
## Pilots



## 'SME' support



## eMEN Pilots (case studies)



# Pesky gNATs

Handaxe CIC

CBT concepts for children & adolescents...



# Extended the set of 3-D Avatars



## Made more inclusive

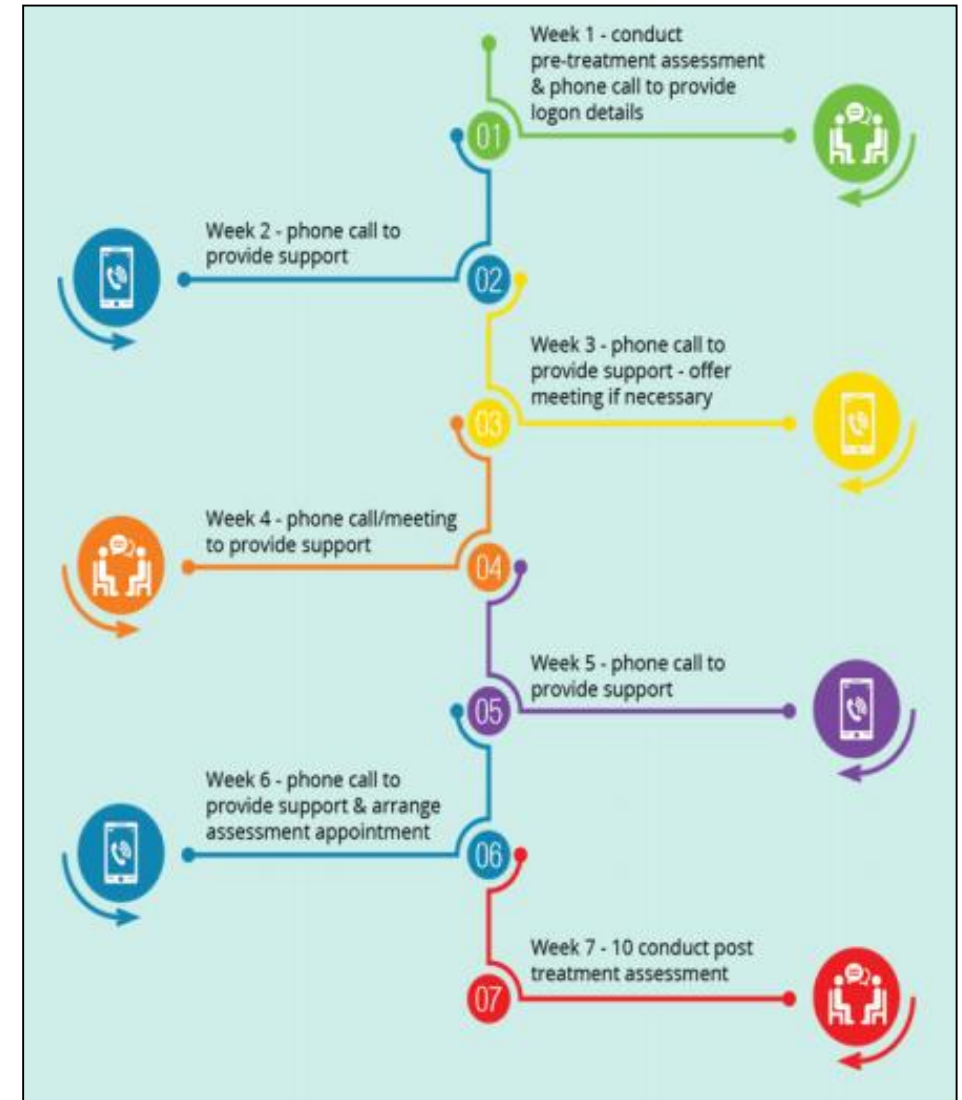
- Age (younger / older)
- Gender (male / female / more neutral)
- Various other upgrades

# Learning points

- ❑ Application of game-based approaches in child/adolescent mental health
- ❑ Multi-disciplinary collaboration (psychologists & computer scientists)
- ❑ Challenges facing non-profit / third sector eMental health developers
  - ‘competitive’ disadvantages (e.g. through not seeking venture capital)
  - research funding (to generate evidence on efficacy/effectiveness)
  - design/development funding (for UX to deliver the therapeutic/psychoeducation content)
- ❑ Design for inclusivity (and involving users in design/development process)



- Supported Online CBT for Adolescents
- Assistant Psychologists (APs)



# wellola : Patient Communication Portal



1. Secure Infrastructure

2. Suite of Communication Tools

3. Removing Barriers To Care



Personal Health Portal or App



Scheduling for Video & In-Person Care



Messaging Therapy



Assessments with Data Tracking for R&D



Payments, Invoicing, Receipt (Private)





# A Stepped Care Approach to eMental Health



Adults 18+ & Extending to Youth 12+ & Parents/Couples

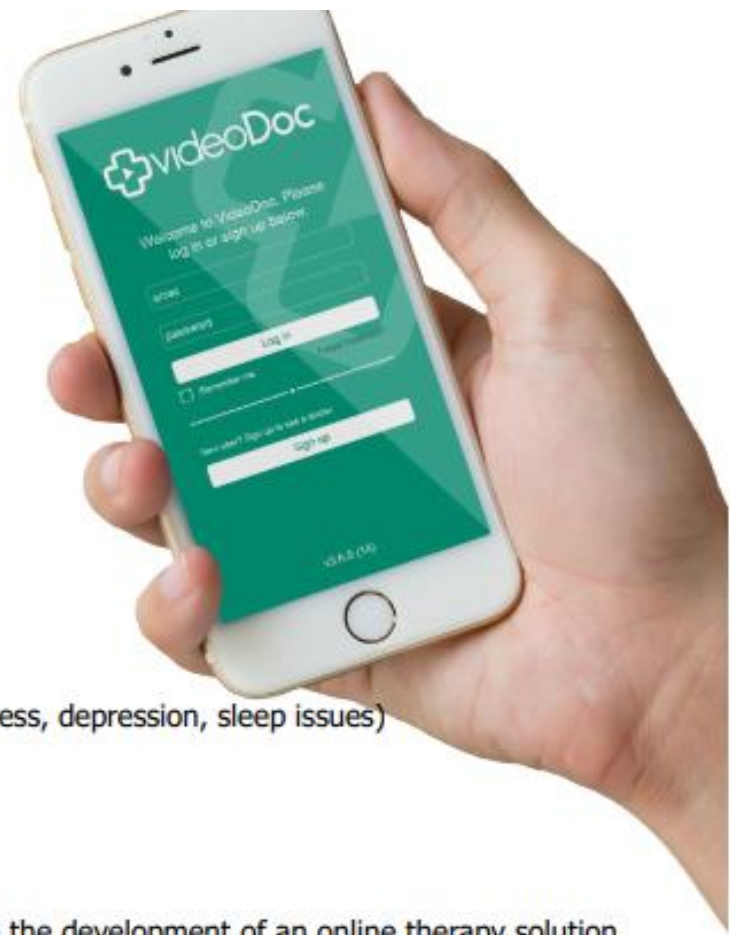
48% Increase in service delivery in 2019

## Solution

- Health & wellbeing services via web portal and mobile applications
- Proprietary clinical pathways for 70% of presenting complaints  
Provider of both healthcare service and technology including white-label
- Web, iOS App, Android and API technology live (ISO 9001, ISO 27001, ISO 13131)

## Experience

- Since 2016 videoDoc has delivered 60,000+ GP consultations
- 1-2 of 10 patients presented with a mental health related issue (most common presentations: anxiety, stress, depression, sleep issues)
- Deployed a solution for AnxietyUK enabling their therapists to offer online consultations, securely
- Deployed a solution for HSE, telehealth pilot enabling CAHMS patients to consult with a clinical online
- Support of eMen project
- Recognise the requirement from employers to deliver mental wellbeing solutions for employees leading to the development of an online therapy solution
- Initial reaction to therapy online
  - *"Surprised by experience "*
  - *"No loss of rapport despite being online"*
  - *"Loved consulting a therapist from my bedroom, more likely to continue"*
  - *"I am amazed at how quickly I settled into the session"*



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**Thank You !**