# Prevention with digital technologies
## Expanding the possibilities for better mental health

**24 January 2019 | Barbican Centre**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activities</th>
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| 09.00 - 09.45 | Registration  
Tea and coffee |
| 09.45 - 10.00 | Morning Chair’s welcome  
- Mark Rowland, CEO, Mental Health Foundation |
| 10.00 - 10.30 | Setting the scene for the day: Big Questions and Critical Thinking  
- Mark Brown & André Tomlin from Beyond the Room  
- Dr Victoria Betton, Director, mHabitat |
| 10.30 - 11.30 | Session 1: Mental health prevention with digital technologies  
Knowledge exchange: the cornerstone of developing ‘fit-for-purpose’ digital mental health interventions  
- Dr Lina Gega, University of York  
Moving beyond simplification: embracing the complexity of mental health  
- Prof Claudi Bockting, Academic Medical Centre, Amsterdam  
Q&A |
| 11.30 - 11.50 | Tea, coffee and networking  
With poster presentations and exhibition |
| 11.50 - 12.50 | Session 2: Getting digital into practice  
Good Thinking: innovative ways of finding and supporting the mental well-being of Londoners through digital technology  
- Tracy Parr, Healthy London Partnership  
What can we learn from trials?  
- Prof Simon Gilbody, University of York  
Q&A |
| 12.50 - 13.50 | Lunch and networking  
Poster presentations and exhibition |
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<tr>
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<tr>
<td>13.50 – 14.05</td>
<td><strong>Afternoon Chair’s welcome</strong></td>
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<tr>
<td></td>
<td>• Prof Rachel Churchill, Cochrane Common Mental Disorders Group, University of York</td>
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<td></td>
<td><strong>Presentation of Janice Sinson award</strong></td>
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<td>• Antonis Kousoulis, Associate Director of Research &amp; Development, Mental Health Foundation</td>
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<td><em>The most promising research poster will win the Janice Sinson Award – a prize of £500, presented in memory of Dr Janice Sinson. This is given each year by the Mental Health Foundation for a key contribution to the evidence base in mental health research by a current or very recent postgraduate researcher.</em></td>
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<td>14.05 – 15.05</td>
<td><strong>Session 3: How far have we come? How far can we go?</strong></td>
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<td></td>
<td>• Mark Brown, @MarkOneinFour</td>
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<td>• Dr Victoria Betton, Director, mHabitat</td>
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<td>• Marcus Gardiner, Software Developer for Softwire and Fellow, Winston Churchill Memorial Trust</td>
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<td>• Chris O’Sullivan, Head of Business Development and Engagement, Mental Health Foundation</td>
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<td></td>
<td><strong>Q&amp;A</strong></td>
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<td>15.05 – 16.05</td>
<td><strong>Panel discussion: Tech for good? The benefits and challenges of digital technologies for mental health</strong></td>
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<td><em>(Note: this session will be livestreamed)</em></td>
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<td>How can we ensure effective co-production, access and equity in the development and use of cost-effective digital mental health technologies, in this fast-moving field of many and varied technologies and approaches?</td>
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<td><strong>Panellists:</strong></td>
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<td>• Dr Diane Pennington, Senior Lecturer in Information Science, Strathclyde iSchool Course Director, University of Strathclyde</td>
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<td>• Dr Divya Srivastava, Deputy Head of Mental Health, NHS England</td>
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<td>• Josefien Breedvelt, Research Lead, Mental Health Foundation</td>
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<td>• Dr Indra Joshi, Clinical Lead for Digital Health and Artificial Intelligence, NHS England</td>
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<td>• Nicola Tiffany, Director HMA, Tech partner Calm Harm and Clear Fear apps</td>
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<td>16.05 – 16.25</td>
<td><strong>Final reflections from Beyond The Room</strong></td>
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<td>16.25 – 16.30</td>
<td><strong>Closing remarks: Mark Rowland</strong></td>
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<td>16.30 – 17.00</td>
<td><strong>Networking</strong></td>
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Comments or questions for our speakers? Go to [www.menti.com](http://www.menti.com) and use the code 35 40 37
Speakers

Mark Rowland
Chief Executive, Mental Health Foundation
@markrowland77

Mark was appointed as Chief Executive of the Mental Health Foundation in October 2018, having previously been the Foundation’s Director of Communications and Fundraising where he oversaw a significant growth in profile and income for the organisation.

Before this, Mark spent 15 years working for a range of international development NGOs, where his roles ranged from running a campaign to secure the release of a British man being held in solitary confinement in Burma to working with refugees on the border between Burma and Thailand.

On his return to the UK, Mark worked for Jubilee Action, Christian Aid, where he doubled income in philanthropy and partnerships over a 5-year period, before assuming the role of Head of Fundraising and Partnerships at Voluntary Services Overseas (VSO), where he led and implemented VSO’s global fundraising strategy, growing income by a third and securing their first seven-figure individual donation.

He has a BA Hons in Social Sciences and an MBA from the Open University. Mark is passionate about MHF’s mission and is excited to be part of this conference to explore the role of digital tools in improving people’s mental health and preventing mental health problems.

Mark Brown
Social Spider CIC
@markoneinfour

Mark is development director of Social Spider CIC, ex-editor of One in Four magazine, one of Nursing Times/Health Service Journal Social Media Pioneers 2014, mental health writer and doer. One of the people behind the regular We Mental Health Nurses chats on Twitter.

His digital work includes: the Leeds Mental Health and Wellbeing Innovation Lab, supporting the development of young people’s mental health app Doc Ready, Step Up CAMHS platform, and A Day in the Life funded by Public Health England.

He is currently supporting Hearing Voices Network in their development of a digital project to collect the lived experience of voice hearing. Mark has been involved in various work around coproduction and collaboration in social sector spaces and has worked with Paul Hamlyn Foundation, the former National Mental Health Development Unit and others. He has been working with National Survivor User Network on strategy and development.

Social Spider works regularly on topics such as social investment and what makes projects or initiatives work for organisation such as Big Lottery Fund, Power to Change and others.

Mark is currently working on a Big Lottery Funded project exploring coproduction. He regularly writes and speaks on mental health, innovation and technology. His writing has appeared in the i-paper, Mental Health Today, The Guardian, Prospect, Shortlist, New Statesman and The Independent among others.
André Tomlin is an Information Scientist with 20 years’ experience working in evidence-based healthcare. He’s worked in the NHS, for Oxford University and, since 2002, as Managing Director of Minervation Ltd, a consultancy company who do clever digital stuff for charities, universities and the public sector.

Most recently André has been the driving force behind the Mental Elf and the National Elf Service; an innovative digital platform that helps professionals keep up to date with simple, clear and engaging summaries of evidence-based research.

André is a Trustee at the Centre for Mental Health and an Honorary Research Fellow at University College London Division of Psychiatry. He lives in Bristol with his wife, dogs and three little elflings.

Victoria is founder and director of mHabitat - an NHS-hosted organisation which supports people-centred digital innovation in health and care. She is a qualified social worker and coach with over twenty year’s experience in local government, third sector and the NHS. She has Masters degrees in Women’s Studies, Social Work and a Diploma in Public Sector Relations.

Her doctoral research was on the theme of mental health and online social networks. She is a member of the HIMSS UK Advisory Board and a trustee for Solace, a refugee and asylum seeker charity.

She is co-author of Teen Mental Health in an Online World and you can find her blog at www.codesigndigitalhealth.co.uk You can find her on Twitter @VictoriaBetton and her Pets as Therapy dog Bibi on Instagram at bibithepatdog.

Lina is a Reader in Mental Health at the University of York, in a joint appointment with the Department of Health Sciences and Hull York Medical School (HYMS).

Lina completed her doctorate in health services research at the Institute of Psychiatry King’s College London, her post-graduate behavioural psychotherapy training at Sheffield Community Health NHS Trust and the Maudsley Hospital London, and her nursing studies at the University of Nottingham.

Previously, she held leadership roles at King’s College London as Course Director for Cognitive Behavioural Therapy and Brach Lead for Mental Health Nursing, and at Norwich Medical School as Deputy Lead for Psychiatry.

Her current research and clinical work focus on interventions to improve health and quality of life for children and young people affected by mental health problems. Lina is a teacher and senior advisor for undergraduate medical students and a research supervisor for post-graduate and doctorate students in health sciences, public health and health economics. She trains professionals and lay people in mental health and psychological therapies.

Her expertise is in digital technologies, focusing on their clinical utility as means to specialist interventions for people with mental health problems supported by non-specialists in the community.
Claudi is a clinical psychologist and psychotherapist. She has been affiliated with the Amsterdam University Medical Centers’ department of Psychiatry since 2017. Her research program focuses on common mental health disorders such as depression and anxiety. She studies potentially modifiable etiological factors of onset and recurrence/chronicity using an interdisciplinary complexity approach in order to explore new targets for (relapse) prevention and treatment (Institute of Advanced Studies fellow, UvA).

As professor at the UvA, Claudi is focusing on complexity modelling tools, how can they be successfully applied and explored to understand the onset and maintenance of common mental health disorders like depression and anxiety.

She also focuses on innovative multimodal psychological interventions (i.e. combined with technological devices and pharmacological treatments) and evaluates the effect in RCT’s and micro RCT’s (ecological momentary assessment and affective networks) and increasing accessibility of effective psychological interventions using technology (for instance mobile interventions in low-, and middle-income countries; WHO, IUPS/APA fellow).

Tracy is Director of Transformation for Good Thinking, Children and Young People and Homeless Health programmes for Healthy London Partnership. She leads the Good Thinking project, delivering London's digital mental health and well-being programme.

Tracy previously led the maternity and children’s strategic clinical network in NHS England (London region). Prior to this she worked for six years on designing, delivering and managing London's trauma system, the largest inclusive trauma system in the world which went live in 2010. These roles have been founded on skills acquired though both clinical nursing and service improvement.

Following an undergraduate degree in Biological Sciences, Tracy trained as a nurse in Oxford before moving to London to specialise in paediatric nursing and paediatric intensive care at Great Ormond Street Hospital.

She undertook a number of clinical roles in the specialty, both within the UK and in Switzerland and Australia. Additionally, Tracy undertook extensive work for the Chain of Hope charity, led by Magdi Yacoub.

Using her clinical background, she moved into the field of clinical service improvement to deliver improvements in diverse areas such as radiology, outpatients and surgery. Tracy has a passion for embracing new technology – this is exemplified by her having been one of the first users of the original iPod. Her involvement in Good Thinking has enabled her to continue this passion and develop a deeper knowledge to ensure the programme can mature and flourish.
Simon Gilbody is Professor of Psychological Medicine and Health Services Research at the University of York. He is Director of the Mental Health and Addictions Research Group (MHARG) and an honorary consultant psychiatrist at Tees and Wear Valleys (TEWV) NHS Foundation Trust.

Simon holds first degrees in psychology and medicine, and he trained in psychiatry and CBT in the North of England. He held a four year fellowship with the UK Medical Research Council; training as a population scientist and health services researcher.

In 2005 he founded the York Mental Health and Addictions Research Group (MHARG). The group has grown in size and reach, and now includes 65 researchers, clinical academics and methodologists. The overarching aim of his research programme is to ensure that publicly-funded mental health care is effective, efficient and equitable.

He draws upon his clinical background to conduct large scale pragmatic trials of innovative approaches to treat common mental health problems and to help improve the physical health of people with severe mental illness.

Simon leads several of the largest publicly-funded trials for depression in the UK. The results of his CASPER trials to prevent depression in older people were published in JAMA, and his REEACT trials into the real world effectiveness of computerised CBT were published in the BMJ.

In 2018 Simon established the UKRI-funded network to reduce health inequalities for people with the most severe forms of mental ill health (‘the Closing the Gap Network’). He serves on National funding boards and is Deputy Chair of the NIHR Health Technology Assessment (HTA) Commissioning Board. Simon was an inaugural NIHR senior investigator (2007-2011).

Rachel is a Professor in Evidence Synthesis within CRD. A psychiatric epidemiologist and mental health services researcher, dedicated to improving healthcare decision-making with people experiencing mental health problems. She works in methodological development (design, conduct, reporting and implementation of evidence synthesis), as well as knowledge translation and mobilisation.

Her research interests include evaluating the effectiveness of a range of interventions, particularly psychological therapies, for people with mental health problems. Over the last 25 years, she has worked at the interface between research and policy to ensure that evidence informs policy and practice. She has been a Clinical Evidence Specialist at the Center for Evidence-based Policy at Oregon Health and Science University in the US, and has established clinical question-answering and knowledge translation services in the UK and in several other countries.

She is Coordinating Editor of the Cochrane Common Mental Disorders Group and has been a member of the Cochrane Steering Group, the Board of Trustees of Cochrane. She is a Standing Member of a NICE Guideline Updating Committee. She leads the Mental Health theme within CRD and, with Dr Peter Coventry, co-leads the Evidence Synthesis theme in Mental Health and Addictions Research within Health Sciences.
Through three years of top performance and an early promotion as a management consultant at Deloitte, Marcus concealed worsening anxiety. As he came to understand what mental health was, digital mental healthcare solutions were essential in taking the action he needed to return to being his best self.

Compelled by this lived experience and his work as a software developer at Softwire, Marcus has built a unique expertise in workplace digital mental healthcare through a global research fellowship with the Winston Churchill Trust.

His work brings together a vital range of expertise from over 40 global thought-leaders in digital mental healthcare, including Clinical Researchers (e.g. UCSF, Stanford Brainstorm – San Francisco), Mental Health Bodies (e.g. Mind, Mental Health Foundation – UK) and Digital Mental Health Technology founders (e.g. X2Ai – San Francisco, SilverCloud – Boston).

Marcus believes that if UK businesses are empowered to invest responsibly in digital mental healthcare, there is the potential for a broad, positive impact on individual and population mental health.

Chris leads on workplace mental health for the Mental Health Foundation across the UK, combining programme and policy activities on workplace mental health with the management of our corporate partnerships and workplace training and consultancy services.

Chris’s background is in mental health policy, research and campaigns. Before joining the Foundation Chris was a programme manager working on policy into practice projects in public mental health, including supporting the European Commission developing the Joint Action on Mental Health.

Chris has a longstanding interest in technology and mental health, particularly in the positive aspects of technology and social media in promoting mental health and supporting recovery. He sat on the programme board for Innovation Labs, supporting co-design of digital tools for young people’s mental health, and led for the MHF on Aye Mind, a partnership in Glasgow to address young people’s mental health through digital tools.

He is a regular contributor on digital mental health to The Mental Elf blog. In 2011 Chris was selected as a founding member of the Royal Society of Edinburgh Young Academy of Scotland. Chris uses his lived experience of mental ill health and recovery to inform his work.
Dr Diane Rasmussen Pennington is a Senior Lecturer in Information Science and Course Director for the MSc Information and Library Studies in the Department of Computer and Information Sciences at the University of Strathclyde.

She leads the Information Engagement Research Area of the Strathclyde iSchool Research group, and she is a member of her department’s Digital Health and Wellness Research Group.

Her research interests include e-mental health provision especially for youth and for people living with dementia, non-text information, social media, and linked data.

She is the Editor-in-Chief of Library and Information Research, an open access journal.

Dr Divya Srivastava is Programme Lead of Infrastructure for the Mental Health Policy Team at NHS England. Her work area covers cross-cutting functions to support the mental health policy teams, tackling common issues related to the use of digital technology to improve services and care, supporting the use of outcome measures to inform service improvement and delivery, the design and implementation of financial levers and incentives, and the development of payment systems which support and encourage best practice in mental health.

Previously she has worked for the Organisation for Economic Cooperation and Development (OECD) in Paris, the World Health Organization European Observatory on Health Systems and Policies in Brussels, the UK Government, the Canadian government and as a consultant. She holds a PhD in pharmaceutical economics from the London School of Economics and Political Science.

Josefien is Research Lead at the Mental Health Foundation, where she leads on research studies and maintains strong partnerships with academic, lived experience and policy contacts across the UK. She is based in London, where she manages a team of five researchers.

She has a background in third sector and academic research and in her previous role she led on the evaluation of mental health and addiction programmes in prisons.

Josefien is interested in digital mental health interventions for preventing mental health problems and one of her recent research projects through eMEN is a randomised controlled trial in Manchester which evaluates a guided cCBT programme for the prevention of depression. Alongside her function at the Mental Health Foundation, she is also a PhD candidate supervised by Prof. C.L.H Bockting and Prof. S. Gilbody where she studies low intensity and digital mental health interventions for primary and tertiary prevention of depression. Throughout her work she fosters strong links with lived experience networks, policy and practice.
Dr Indra Joshi is the Clinical Lead for NHS England’s Empower the Person Portfolio overseeing the national citizen facing digital initiatives within the NHS with a focus on evidence, data, digital health standards and policy for AI. Indra has a unique portfolio with experience stretching across policy, governance, digital health and marketing, national project strategy and implementation; whilst remaining true to her professional training as an emergency medic.

She is the Clinical Director of One HealthTech – a network which campaigns for the need and importance of better inclusion of all backgrounds, skillsets and disciplines in health technology.

Alongside she is a Vice Chair for the British Computer Society (Health), an international speaker and consultant on digital health, an expedition medic, and most importantly a mum to two wonderful little munchkins.

Nicola heads up Yorkshire-based digital agency HMA which specialises in design, development and marketing for the Health, Science and Tech sectors.

Working in partnership with teenage mental health charity stem4 and its CEO Dr Nihara Krause, HMA has designed and developed two mobile apps for mental health – Calm Harm and Clear Fear.

The most established of the two is multi-award winning Calm Harm, an app to help teenagers manage the urge to self-harm which is listed on the NHS App Library and has been downloaded over 800,000 times globally.
SMEs

Shift, BfB Labs

1. Gaming to help tackle anxiety in children

A first glance at the prototype of a mobile video game to provide early intervention support to young people aged 8-12 years with low-medium anxiety by combining exposure therapy with an immersive gaming experience

bfb-labs.com/anxietygaming

2. Gaming for better emotional regulation

A brand new card game where players have to master their magical power to win, training players to focus their mind and manage their frustrations. It uses a heart rate variability sensor and responds to player's emotional state to make staying calm a core part of gameplay.

bfb-labs.com/cots

MyMood

MyMood is an Android mood tracker developed by researchers at University College London and The Alan Turing Institute. It allows users to keep a journal of their mood and record pictures from their everyday lives. The app provides functionality for users to explore statistics about their moods on weekly charts, see their moods at the different locations where they spend their time, and view images associated with different moods. Altogether, it allows users to examine trends in their wellbeing and keep memories of their happy moments. The app is currently used as part of a digital health study, but it is also available for a wider audience via the Google Play Store.

Calm Harm

Calm Harm is a free app that helps children and young people (CYP) resist or manage the urge to self-harm, created by Consultant Clinical Psychologist Dr Nihara Krause for teenage mental health charity stem4. The app provides users with four categories of tasks based on the main causes of self-harm:

- Distract helps to combat the urge by learning self-control
- Comfort helps to care rather than harm
- Express gets those feelings out in a different way
- Release provides safe alternatives to self-injury

It also includes a breathing technique to help reduce symptoms of anxiety and allow users to stay in the moment.

Calm Harm is an aid to help young people manage and resist the urge to self-harm and is not intended to replace treatment. It is completely private and password-protected and free on the App Store and Google Play, and featured on the NHS Apps Library.

Find out more at www.calmharm.co.uk

Clear Fear

Clear Fear is a free app providing CYP with a range of ways to manage anxiety. Designed by Consultant Clinical Psychologist Dr Nihara Krause with ideas from young people, Clear Fear uses a cognitive behavioural framework to help users change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different ways in which anxiety can manifest itself, resources and a ‘grit box’ to boost resilience.
Clear Fear can help young people deal with their emotions, manage their worries, learn to react to worries and help manage physical responses to anxiety. Users can create a personal ‘safety net’ of things they can think and do, and an emergency section explains how to deal with a panic attack. An information section provides a range of resources, and self-monitoring allows you to keep track of triggers and change.

The app is free on the App Store and Google Play. Clear Fear complements but does not substitute for the assessment and ongoing support of a mental health professional.

Find out more at www.clearfear.co.uk

Be Mindful

Be Mindful is a fully online Mindfulness-Based Cognitive Therapy (MBCT) course used by over 20,000 people and is provided to individuals in healthcare and workplace settings and direct via www.bemindfulonline.com

It is highly accessible, mobile and tablet-friendly and can cater to a limitless number of participants, internationally across time-zones. The course is research-backed and evidence-based, with 2 RCTs and many proven significant benefits, including: reduced stress, rumination and fatigue, improved sleep quality and reductions in stress, anxiety and depression scores.

Be Mindful is recognised by clinical authorities as delivering the elements of MBCT in an effective digital format. It's listed on the NHS Apps Library, having been assessed and satisfying rigorous NHS quality standards for clinical effectiveness, safety, usability and accessibility.

The latest published research study, by Surrey University, reported average outcomes for completers of the course as reductions of 58% in anxiety, 63% in depression and 40% in stress.