Scotland's Digital Mental Health Innovation Cluster

Meeting 2

Tuesday 28 June 2022

0930-1200

Digital Health & Care Innovation Centre

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Attendees please note

1. We are **recording this event** and it will be hosted on our DMHIC webpage resources so it can be watched on demand
2. If you **do not** wish to appear on the recording, you must keep your camera and microphone turned off for the duration of the event
3. As a courtesy to our speakers and guests, we ask all attendees to **turn off** microphones and cameras during presentations
4. Drop your **questions in the chat field**, where they can be answered

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Agenda

0930 **Welcome and Updates**

-Chris Wright National Programme Lead

-Joanne Boyle Head of Engagement DHI

0945 **Feedback from Inaugural Session: Outcome Mapping**

- Dr Simon Bradstreet Matter of Focus

10.30 **Discussion**

11.00 **Comfort Break**

11.15 **Social Isolation and Loneliness Presentation**

Alan Connor MPower

1130 **Discussion**

1150 **Next Steps**

1200 **Close**

Emerging Innovations in Digital Mental Health

https://doi.org/10.17868/strath.00081236

Digital Mental Health Innovation Cluster

Cluster Event 28/06/22

Dr Simon Bradstreet, Senior Evaluation Consultant

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Matter of Focus

Evidence. Action. Change.

Certified B Corporation

This company meets the highest standards of social and environmental impact

OutNav

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Some of our clients

life changes trust

Technoleg Iechyd Cymru
Health Technology Wales

EAST RENFREWSHIRE
HEALTH AND SOCIAL CARE
PARTNERSHIP

unicef | for every child
Office of Research-Innocenti

Healthcare Improvement Scotland

Midlothian
Health & Social Care
Partnership

STARCATCHERS

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Love later life

NHS
Greater Glasgow and Clyde

NHS
Lothian

Children and Young People Improvement Collaborative

penumbra
your way to a brighter future

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Our role and purpose

- Evaluation partner for the Cluster
- Map the context for digital mental health and explore what success looks like
- Help develop an outcome map (theory of change) and evaluation framework for the cluster

OUTCOMES & IMPACT

A framework for action

- Vision of where we want to go
- Plan of how we can work together
- Way to check on progress - flex as required
- Reflect on the process and share and embed our learning

Matter of Focus

Progress to date

Launch event

- Develop a shared understanding of the **context** of this work (what and hinders change)
- We shared and learned from success stories

https://miro.com/app/board/uXjVOIiTGPA=/?share_link_id=995874740276

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Developing a draft outcome map

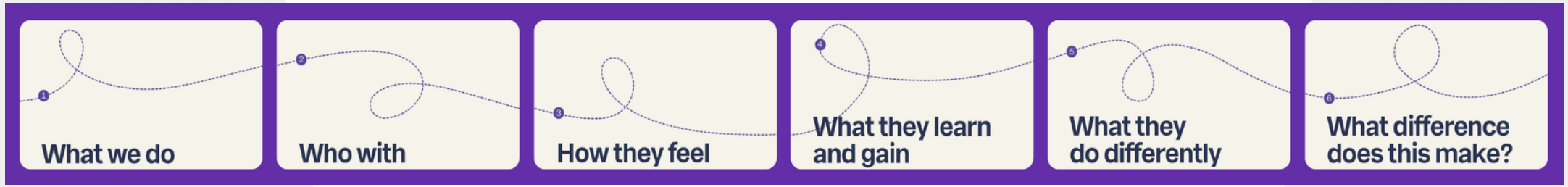
- Drafted an outcome map with two pathways informed by:
  - What success looks like
  - Evidence from the healthy ageing cluster
- Underpinned by risks and assumptions informed by:
  - Context analysis

How we map contribution to outcomes

Who is engaged and involved

Knowledge, skills, attitudes

What is better for people or communities?



Main activities delivered

Reaction to activities, what helps engagement?

Behaviour, policy or practice change

Our task

- Review the report from OutNav: https://www.outnav.net/view-live-report/g/DOI1MFT8xZFQ9OGdmR0mKJ1DqqeTm0Wq
  - Do the pathways accurately reflect change processes?
  - What might be missing or could be removed?
  - Are the risks and assumptions helpful?
- Post responses comments and questions to chat
- OR respond to our survey: https://forms.office.com/r/sULeRHdQ5G

OutNav

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Thank you!

Let's keep the conversation going:

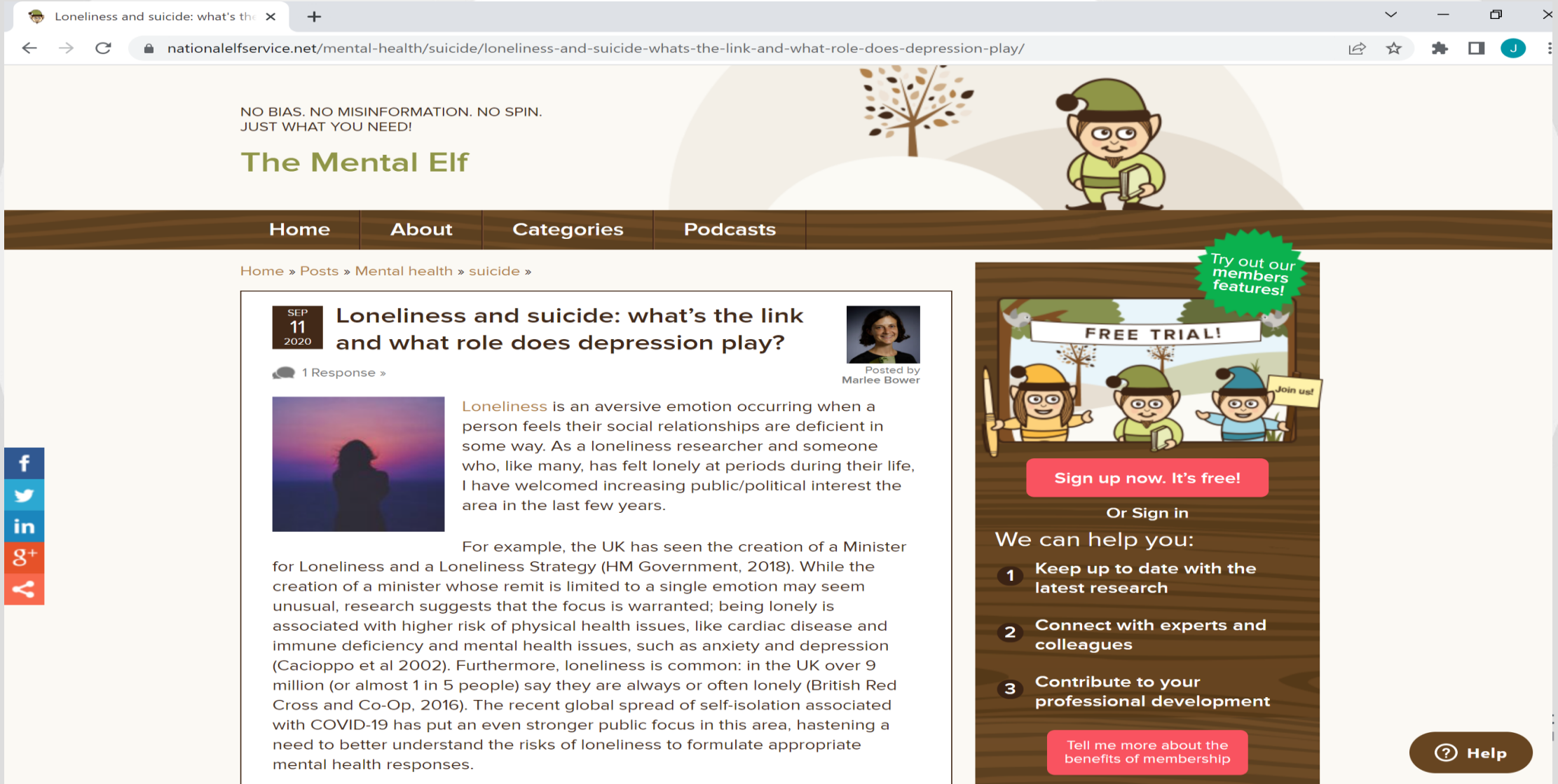
Website: **www.matter-of-focus.com**

Twitter: **@matter_of_focus @SimonMHR**

LinkedIn: **…/company/matter-of-focus**

Email: **simon@matter-of-focus.com**

Themed Discussion



Digital Mental Health Innovation Cluster

Alan Connor

International Engagement Manager – INTERREG VA

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ALAN CONNOR

mPOWER PROGRAMME MANAGER

NHS National Services Scotland

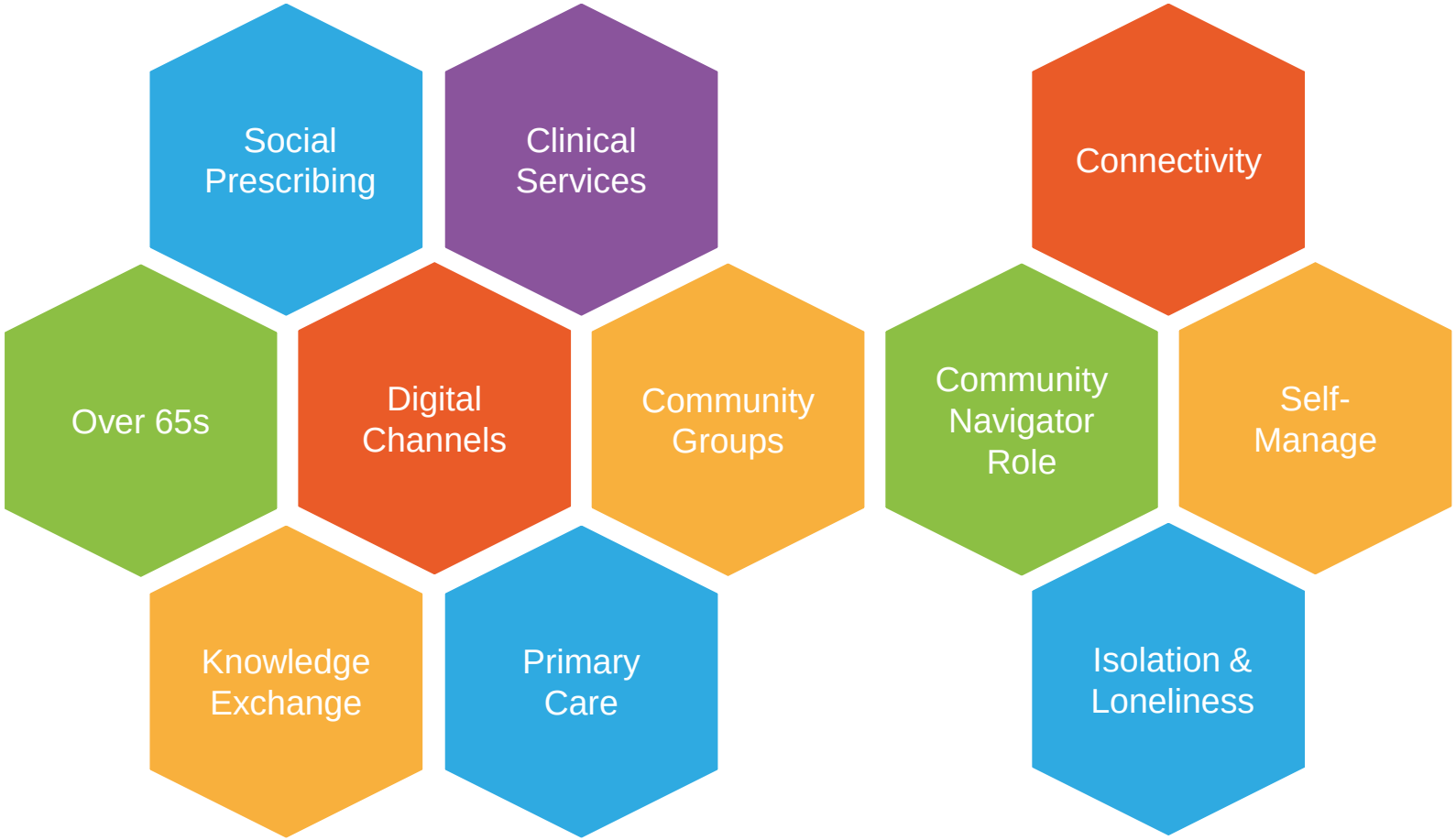
28th June 2022

Power

Healthy & Connected Communities

A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body (SEUPB)

mPOWER PURPOSE & OBJECTIVES



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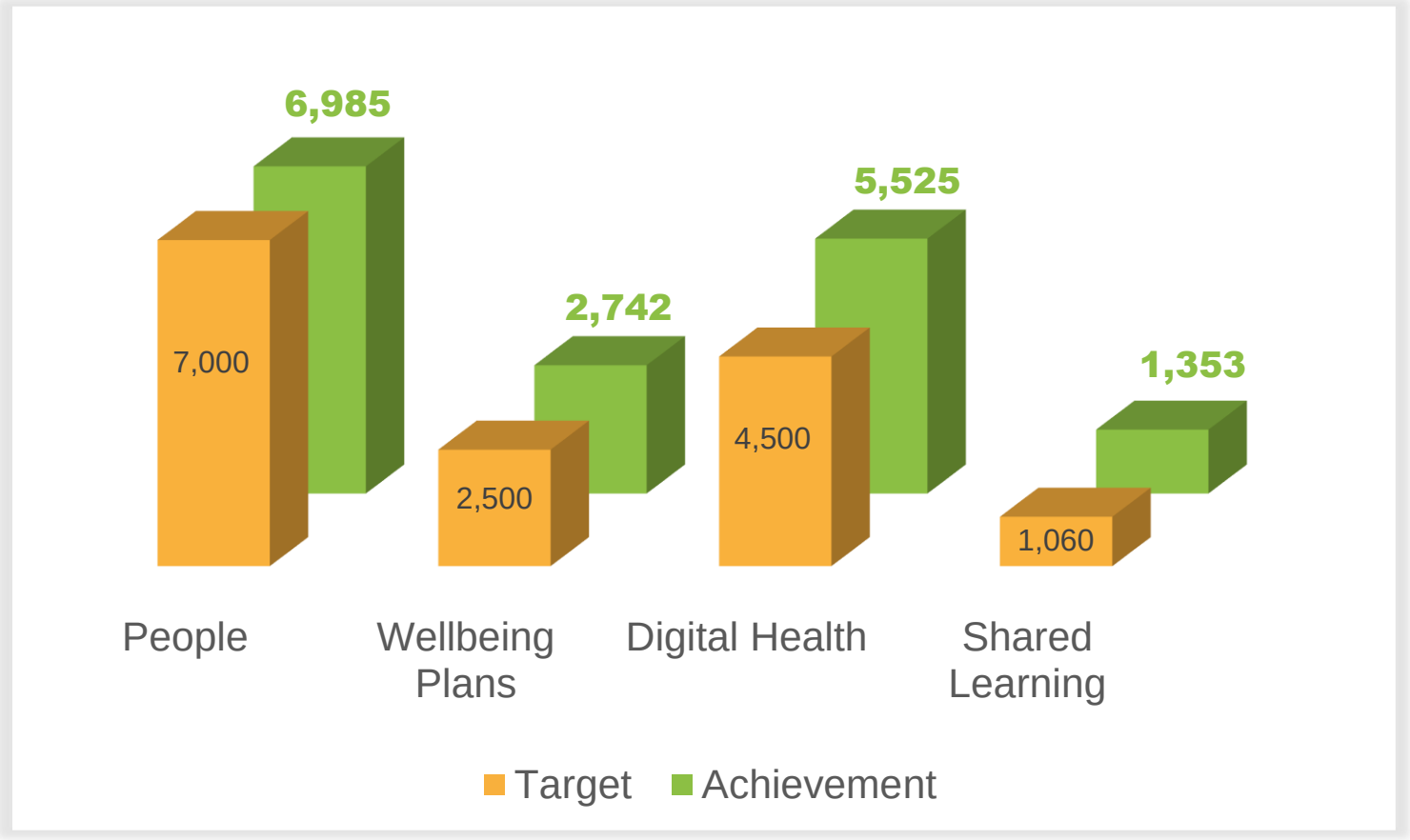
OPERATIONAL TARGET OUTPUTS



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DIGITAL APPROACHES

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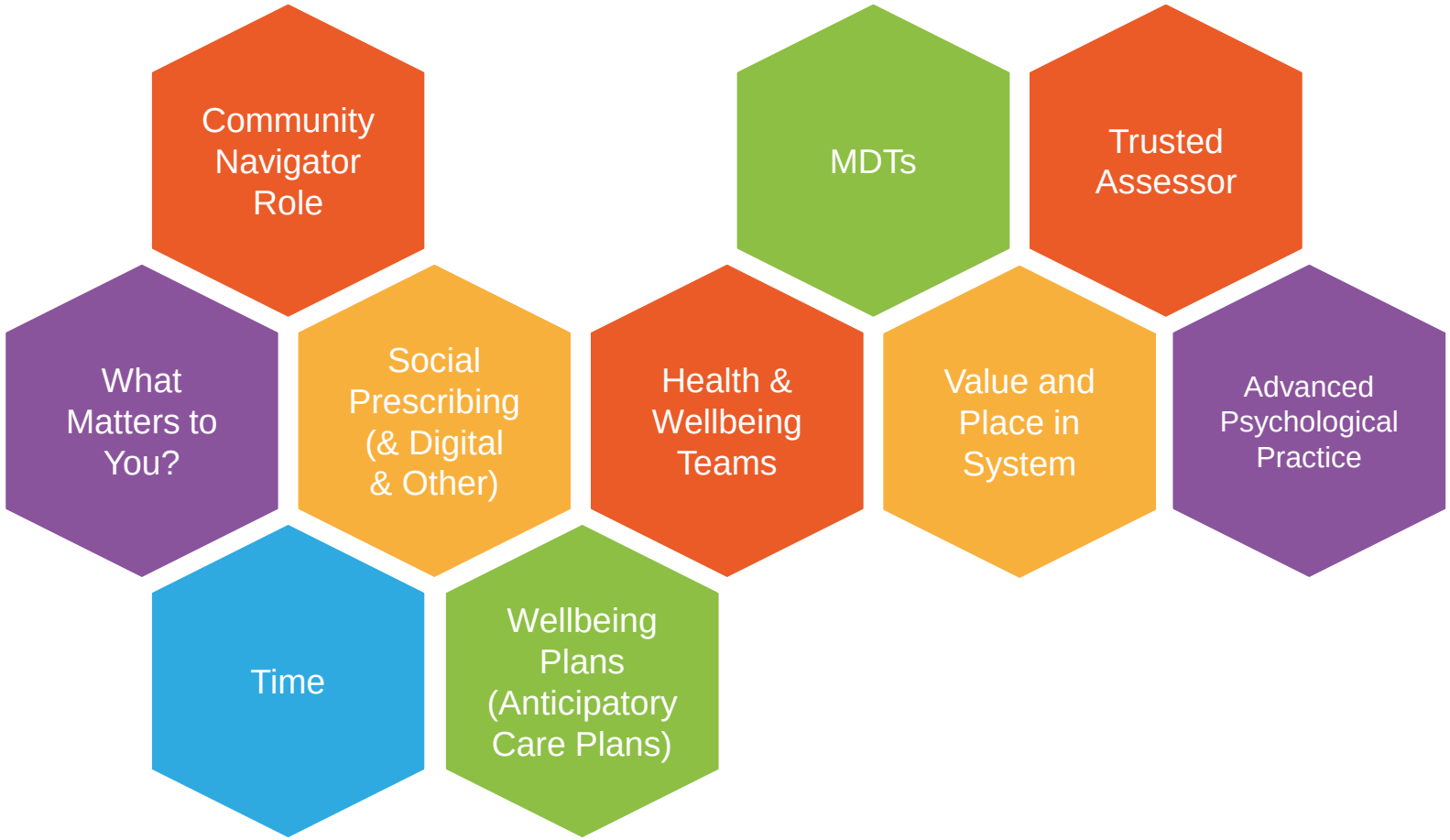
WELLBEING PLANS



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SHARED LEARNING & COLLABORATION

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REPEATABLE

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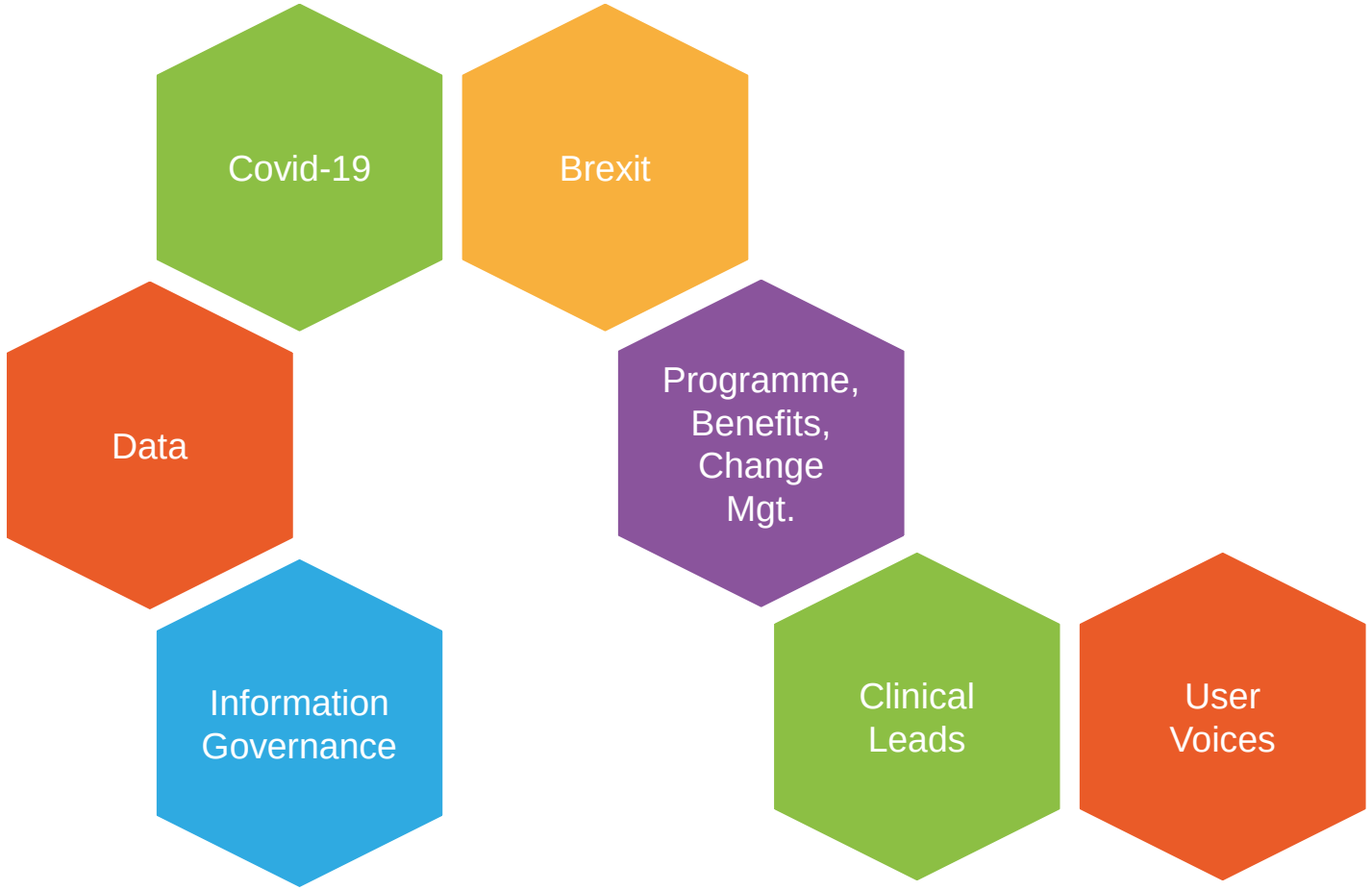
UN-REPEATABLE



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Thank you

mpowerhealth.eu

@mPower_health

Alan Connor: mPower Programme Manager

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Aim: To accelerate digital innovation and Adoption in health and care

Create	Share	Build	Seek & Solve	Opportunities
Create a collective of shared interests, expertise and skills	Share information and support knowledge exchange	Build Collaborations that are greater than the sum of their parts	Seek and solve demand led challenges	Identify funding/host challenge opportunities

Mental Health Innovation Challenge

Delivering person-centred and equitable Mental Health support and services for people in Scotland

Introduction

The Scottish Government Mental Health Strategy 2017-2027 vision is of a Scotland where people can get the right help at the right time, expect recovery, and fully enjoy their rights, free from discrimination and stigma.

Immediate Challenges in Mental Health

The term mental health is used in many different ways. It applies to a continuum from emotional wellbeing like happiness and sadness, to mental disorder like the acute reaction that can happen to stress, to mental illness like schizophrenia.

Approximately 1 in 4 people experience challenges with their mental health at some point in their lifetime. At any one time approximately 1 in 6 people have a mental health condition. People with mental illness die up to 20 years younger than their peers, primarily due to serious physical health conditions such as heart disease, stroke and diabetes.[1]

Up to 1 in 5 women experience difficulties with their mental health in the perinatal period, only 50% receive treatment. The consequence of not receiving treatment can have long lasting impact on children. The majority of mental health conditions will develop before age 24 with 50% of mental health difficulties established by age 14. Adverse childhood experiences (ACEs) have been found to have a lifelong impact on mental health.[1]

Poor mental health is not equally distributed across the population. Adults

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DMHIC - Get involved and learn more

Join our network

www.dhi-scotland.com/join-our-network

Visit the MHIC webpage

www.dhi-scotland.com/innovation/innovation-clusters

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