Better mental health, one click at a time

Anna Elders - Clinical Lead, MH Nurse Practitioner & CBT therapist
33% people who present to the General Practice setting have a mental health disorder (WHO, 1995)

1 in 20 present with mental health as main issue, HOWEVER 1 in 5 had associated mental health concerns as part of presentation (Magpie Research Group, 2003)

“...significant proportion of cases then were, and still are today, untreated” (pg 4, WHO, 2018)

Lack of availability of psychological interventions identified as part of the problem (WHO, 2018)
What are the current challenges in providing evidence-based mental health care?
Struggles from my patch

• 6-8 week wait for therapy.
• Caseload can prevent weekly sessions.
• People who need longer support struggle to gain this.
• Ability to support people in primary care lost.
• Rangatahi (youth) not receiving therapy due to stretched CAMHS services.
• Long wait lists to see a psychologist in secondary services.
Some of our challenges....

• Continued heavy reliance on pharmacological treatment.
• Lack of trauma-informed focus.
• Revolving door syndrome and ‘treatment resistance’.
• Psychology workforce significantly stretched.
• Lack of talking therapies in secondary services.
• Challenge around costs and time for training workforce in talking therapies.

we need more solutions!!!
Could e-CBT be part of the answer...

• Immediate access.
• Greater choice and flexibility around engagement.
• Quick and cost-effective dissemination to large populations.
• Content can be revised whenever needed.
• Provides high fidelity to evidence-based treatment.
• Effect sizes considered equivalent to face-to-face therapy. (Anderson & Cuipers, 2009; Griffiths et al., 2010; Carlbring et al., 2018)
• Mean completion rates identified at 67%.
• ‘Very high’ or ‘high’ levels of acceptance of format. (Rost et al., 2017)
So the Wise Group began searching...

Collaboratively developed by University of NSW and St Vincent’s Hospital

Used globally by:

36,000+ people

9,800+ clinicians

RCTs involving 2,000+ patients

Academic papers on effectiveness in clinical practice

18 Disorder-specific and general wellbeing courses
Launched 12th September – to date over 5,700 registered users
Start prescribing...

Prescribe a course via email
Fill out the form below to prescribe a course to your patient.

 Patient's first name* 

 Patient's last name* 

 Patient's email* 

NOTE: A prescription is used when the prescribing clinician elects to retain clinical responsibility for the patient and supervise them through the course. More information about this can be found in your Clinician Welcome Guide or the terms of use page.

**Patients**

Below is a list of 10 most recent (non archived) patients

<table>
<thead>
<tr>
<th>Name</th>
<th>Course</th>
<th>Lesson</th>
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During the past 2 weeks...

About how often did you feel so nervous that nothing could calm you down?

- None of the time
- A little of the time
- Some of the time
- Most of the time
- All of the time

Questions 3 of 10
Generalised Anxiety Disorder

About the diagnosis and treatment

“I’ve got too much to do...This is too much...I can’t cope”

Thoughts

Generalised anxiety disorder

Behaviours

Physical symptoms

When I felt anxious about a deadline at work, I thought 'I’ve got too much to do, This is too much...' and these thoughts only made me feel worse.
**STEP 1:** Recognize your thoughts

**Assumption:** “If I make a mistake then I’m useless…”

**Belief:** “I am useless”

**STEP 2:** Test whether your thoughts are realistic

- My husband says I’m a good mother
- I get lots of things done around the house every day
- I often get positive feedback at work
- I have good relationships with my colleagues
- My friends often come to me for help
- I’ve been told I’m good at what I do

**STEP 3:** Change any unrealistic or unhelpful thoughts to more realistic & useful thoughts

**Assumption:** If I do make a mistake that is ok… everybody makes mistakes.

**Belief:** Nobody’s perfect and I’m doing my best.
9. Controlled breathing

One other way of managing your physical symptoms of anxiety (as well as engaging in regular exercise) is to regularly use controlled breathing. The aim is that once you get good at being able to do controlled breathing you can use it at times during the day when you notice you’re starting to feel anxious or worried.

It’s important to practise, practise and practise the controlled breathing task – and then practise some more!

**Step 1:** A normal resting breathing rate is 10 – 12 breaths per minute. What is yours now? Use a watch with a second hand (or timer) and count the number of breaths you take over one minute.

**How many breaths per minute did you count?**

**Step 2:** Sit comfortably in a chair. Use a watch with a second hand to time yourself. Breathe in and out gently through your nose. Rest your hands on your tummy to check that you are using your stomach muscles (and therefore, your diaphragm) to drive your breathing rather than your upper chest.
**My Health Record**

K10 - A measure of your distress results over time

- Very High
- High
- Elevated
- Healthy

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<thead>
<tr>
<th>Date</th>
<th>Very High</th>
<th>High</th>
<th>Elevated</th>
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Get urgent help

While we’d love to help everyone, we are not a crisis service. If you need urgent help, please seek it now. These numbers and websites only work if you’re in Aotearoa, New Zealand.

⚠️ Emergency - Call 111

If you or someone you love is unsafe or in an emergency situation, please call 111 now.

Don’t wait. If you need to talk to someone when you’re not feeling well, always remember to reach out to a trusted friend, family or whānau member - sharing our problems or feelings with others does help.

If you need to talk to someone right away, please contact one of the following helplines:

- Free call or text 1737 any time, 24 hours a day. You’ll get to talk to (or text with) a trained counsellor
- Lifeline - 0800 543 354 or text HELP (4357) for free, 24/7, confidential support – 24 hours a day, 7 days a week
- Mental Health Crisis Line – find your local DHB Mental Health crisis team contact number
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUOKO)
- Youthline – 0800 376 633 or free text 234
- Kidsline – 0800 54 37 54 (for under 18s)
- What’s Up – 0800 942 8787 (for 5-18 year-olds and available 12pm-11pm weekdays and 3pm-11pm weekends. There’s also a 24/7 answering service)

If you need healthcare in Aotearoa, please contact a General Practitioner or 111.
Start prescribing...

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NHI number

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Course*

Patient's email*

Email me a copy

Prescribe Course

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View all
The benefits for services

• Helps reduce the practice-evidence gap with lack of access to CBT.

• Enables staff to easily offer access to an evidenced-based, psychological support tool.

• Enhances focus on psychological wellbeing, allowing greater self-determination

• Collects live data on people’s progress to support decision-making.

• Helps monitor people’s risk and reinforces crisis help seeking.
The benefits of e-CBT in conjunction with face-to-face

• Can support people on wait lists.

• May reduce number of face-to-face sessions or need altogether (‘natural triaging’).

• Provides vital psychoeducation so that face-to-face therapy can focus on more complex issues.

• Helpful option after discharge in terms of offering a way to review and re-cover content (‘booster’).

• Can be integrated into group therapy programmes.
Enrol client in Wellness Support Model and assess for appropriateness of CBT

If secondary care or crisis support is considered necessary, continue with this plan and reassess for CBT intervention (online or face to face) once acuity reduces.

Offer Just a Thought online course as a first-step to all patients who may benefit from CBT through either prescribed, monitored option (evidence of greater adherence and benefits) or self-referral pathway.

Prescribe Just a Thought as first step and support engagement with tool

GP to prescribe or task practice champion to prescribe through Just a Thought dashboard - patient will receive email and self-load onto the clinical dashboard.

Initial prescriber to discuss benefits for completing the course (80% improvement rates), immediate access, flexibility of use and advise a practice member will be in touch to discuss follow-up support.

Plan for follow up by team with the patient during the course

Identify team member/practice champion to follow-up as part of Wellness Support model (e.g. practice nurse, health coach, health support worker).

Support person to set recall in PMS for weekly support (email, text, phone, in-person) to encourage engagement and regularly monitor dashboard for distress flags.

Continue to review adherence and outcomes

Support person/prescribing clinician to review with patient if disengagement occurs and attempt to identify obstacles and problem solve to support re-engagement.

Assess on disengagement or significant deterioration need for face to face therapy referral. Reassess for need for face to face therapy on completion of course based on patient outcomes and preference.
Some early feedback

Prescribing clinician:

“The 'Just a Thought' tool has been a much-needed addition to my clinical toolkit. At times, there are delays in connecting tāngata whai ora with therapies such as CBT. This tool supports to bridge this gap in primary services for mental health and wellbeing and means that our tāngata whai ora are able to access cost-effective and readily available psychological based support with no barriers.”
Some early feedback

Learner:

“I love Just a Thought! I find the lessons really thought-provoking. I feel like it’s helping me recognise unhelpful habits and give me alternative tools.”
Final clip from Richie
19.14 to 20.07
Nice final piece
The future...

• Depression
• Generalised anxiety disorder
• Culturally responsive courses for Māori and Pacifika
• Translation into other languages
• Audio and video content
• Mixed depression and anxiety
• Mindfulness-based CBT
• Panic disorder
• Social Phobia
• Obsessive compulsive disorder
• Health anxiety
• Coping with stress
• Post traumatic stress disorder
• Chronic pain
• Insomnia
• TeenSTRONG
Register and check it out now:
www.justathought.co.nz

For any queries, suggestions or support contact us at
hello@justathought.co.nz
References


