Healios

Bringing exceptional healthcare to anyone, anytime, anywhere

Insights and learnings on how to integrate digital into CAMHS clinical pathways

Richard Andrews, Founder and CEO Healios

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#digitalhealth #mentalhealth

Specialist online provider of mental health and neurodevelopmental conditions service

Children and young people

- Anxiety
- Eating disorders
- Low mood
- Troubled Families/ Parenting
- ADHD
- Trauma*
- ASC
- Attachment disorder*

Adults

- Depression (incl. perinatal)
- Adjustment disorder
- Anxiety
- PTSD
- Bipolar
- Psychosis, Schizophrenia
- Dementia
- Personality Disorders
- Substance misuse*
- ASC

Healios provides a range of assessments and treatments for C&YP and Adults

Assessments

- Neurodevelopmental Screening
- Autism Spectrum Conditions
- ADHD
- Initial Mental Health

Psychological therapy

- Family Based Therapy
- Cognitive Behavioural Therapy
- Family Intervention and Family Systemic Therapy
- Specific ASC/ADHD interventions

Example of our digital services integrated within multiple clinical pathways

C&YP and family

Tier 2/3 mental health assessment

FBT intervention (Eating disorders)

CBT intervention (Anxiety/Depression)

Specially adapted CBT for autism and anxiety

Neurodevelopmental assessments (ASC or ADHD) Or special screening service

Post-diagnosis interventions (ASC or ADHD)

Healios is partnering with many NHS organisations

5 Boroughs Partnership NHS
NHS Foundation Trus

NHS
Islington
Clinical Commissioning Group

NHS
Surrey Downs
Clinical Commissioning Group

Southern Health NHS
NHS Foundation Trust

NHS
Coventry and
Warwickshire Partnership
NHS Trust

South Staffordshire and Shropshire Healthcare NHS
NHS Foundation Trust
A Keele University Teaching Trust

NHS
Oxfordshire
Clinical Commissioning Group

East Midlands
Academic Health Science Network

Somerset Partnership NHS
NHS Foundation Trust

NHS
Canterbury and Coastal
Clinical Commissioning Group

Lincolnshire Partnership NHS
NHS Foundation Trust

Blackpool Teaching Hospitals NHS
NHS Foundation Trust

NHS
North West Surrey
Clinical Commissioning Group

Sussex Partnership NHS
NHS Foundation Trust

NHS
Guildford and Waverley
Clinical Commissioning Group

NELFT NHS
NHS Foundation Trust

NHS
North East Hampshire and Farnham
Clinical Commissioning Group

NHS
Thanet Clinical Commissioning Group

NHS
Surrey Heath
Clinical Commissioning Group

Isle of Wight NHS
NHS Trust

Avon and Wiltshire NHS

NHS
East Surrey
Clinical Commissioning Group

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Goals of many CAMHS service

Demonstrable outcomes

Cost savings and sustainability

Built around the needs of C&YP and their families

Consistent quality & safety

Sufficient capacity to meet increasing demand

CREATIVE
IDEA

Learnings from integrating digital into CAMHS clinical pathways

Partnership mentality is key
not 'them and us'

Harness all that's great about the NHS

+

Combine that with what's great about digital

=

Greater access and choice to services that wrap around people's **lifestyles and needs – anytime, anywhere**

No individual is perfect, but a team can be

Co-designing clinical care pathways that wrap around young person & family needs

South Staffordshire and Shropshire Healthcare
NHS Foundation Trust
A Keele University Teaching Trust

Coventry and Warwickshire Partnership
NHS Trust

Somerset Partnership
NHS Foundation Trust

Canterbury and Coastal Clinical Commissioning Group

Oxfordshire Clinical Commissioning Group

Central and North West London
NHS Foundation Trust

Clear criteria & decision points across each stage of the journey incl. risk

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Digital can have a significant impact when integrated correctly

450
referrals in 6 months

C&YP clinical pathways

- Anxiety
- Low mood
- ADHD
- Autism spectrum conditions

Digital assessment services

- *Tier 2/3 mental health assessments*
- *ADHD assessments*
- *ASC assessments*

Digital treatment services

- *CBT treatment*
- *Post-diagnosis interventions*
- *FBT treatment*

“I’m very impressed with the service. It was very convenient as we just all sat on the sofa for the sessions. But it was how they moved us straight away to another assessment which made all the difference. We didn’t have to wait months again, they just did it”

Mum

Thank you

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