



GAMIAN-Europe

European Research project

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PARTNERS IN THE PROJECT

ASL TO3 (Italy)

Italy has a public national health system, providing health services through Local Health Authorities, called "Aziende Sanitarie Locali" (ASL), or hospitals. In Piedmont, a northwest region of Italy with an area population of nearly 600,000, there are 13 ASL's. ASL TO3, partner in the MasterMind project, is located in Piedmont, and it covers the widest part of the regional territory as compared to the other ASL. Overall, ASL TO3 psychiatric services treat about 9,000 cases per year. Moreover, they receive about 3,000 new cases every year, with an estimated proportion of depressive disorders of around 20%. Over the years, a specific pathway for the assessment and treatment of people suffering from depression has been developed. This pathway encompasses an assessment stage of patients by the Mental Health Outpatient Services (11 distributed in the territory of ASL TO3) and, when appropriate, this is followed by the

referral to a therapeutic treatment of low, medium or high intensity depending on the patients' clinical needs. Moreover, patients can be treated in three hospitals (with 10 beds each for psychiatric emergencies, and an average length of stay of around 12 days), or in two private accredited facilities (with 140 beds in total, and an average length of stay of around 36 days). In addition, in the territory covered by ASL TO3 there are currently more than 400 GPs representing a precious resource. In the last years, the collaboration of the GPs has increased the capacity for early detection of those who are suffering (or at risk of suffering) from depression. However, it is currently difficult to provide adequate therapeutic treatment to such a large number of patients by means of traditional approaches, especially as the number of patients with depressive disorders will increase significantly in the next decades (World Health Organisation 2001).

IN THIS ISSUE

<i>The ASL TO3 (Piedmont, Italy)</i>	1-2
<i>The SALUD (Aragon, Spain)</i>	2
<i>GGZ InGeest (Netherlands)</i>	2-3
<i>RSYD (Denmark)</i>	3
<i>NHS 24 (Scotland)</i>	4
<i>Beating the Blues</i>	4

Thus, the introduction on the territory of ASL TO3 of a computerized Cognitive Behavioural Therapy service and of an increased use of the video-conference system of clinical monitoring (as implied by the MasterMind pilot) would probably allow a significant proportion of patients with mild to moderate depression to benefit from treatment of their disorder.





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The SALUD, in charge of Mastermind in Aragón (Spain)

Aragón is one of the four Spanish regions which are participating in MasterMind. The SALUD (Public Healthcare Service of Aragón) is the organisation in charge of the project in Aragón. The management team is part of the Innovation Unit at Barbastro Healthcare Area and the clinicians are a part of the Mental Health Care Unit and of the Primary Care Centres at this Area.

Some 100 patients are included in the ccBT pilot, which is being designed in close collaboration with the regions belonging to the Spanish cluster. These regions share the same therapy contents and are working together on a common workflow.

The ccVC pilot will start with inter-consultations between the general practitioners and the professionals from the Mental Health Care Unit. The main objective of this exercise is to empower the professionals from the Primary Care Centres, to lower the number of referrals to the Mental Health Care Unit and to reduce its consultations' waiting time.

SALUD members in MM project

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GGZ InGeest (Netherlands)

GGZ InGeest is an organisation for mental health care (2.300 staff members and 30.250 patients in current treatment) in the region of Amsterdam. Outpatient depression care is delivered at five different sites, three of which will take part in Mastermind.

GGZ inGeest offers basic and specialised mental health care. The organisation started with the implementation of e-mental health a few years ago. Within the Mastermind project GGZ inGeest aims to upscale the use of e-mental health, as well within their organisation as in two associated mental health organisations in the Netherlands (GGZ Noord Holland Noord and Pro Persona).

The online sessions of the blended cCBT program for depression are delivered through a secure web-based online treatment platform Minddistrict, www.minddistrict.com. The platform is owned by a commercial stakeholder from which GGZ inGeest and GGZ Noord Holland Noord buy the services. Pro Persona uses a different platform (Curelink www.curelink.nl).

GGZ InGeest collaborates with the VU University Medical Center in research, education and academic patient care.

The data management group of the organisation is experienced in building web based data collections and data dissemination infrastructures for studies such as Mastermind.

www.ggzingeest.nl.

GGZ InGeest members in MM project

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The Region of Southern Denmark (RSD)

The Region of Southern Denmark (RSD) has 1,2 million inhabitants and a total area of 12.191 km². In Denmark, the responsibility for running health services is decentralised and lies mostly with the regional authorities – Denmark has five regions in total. Currently RSD has four hospital units running a total of 18 hospitals. Over the last five years, RSD has increasingly focused on eHealth and telemedicine – in research projects as well as in implementation. All hospitals in the region have implemented telemedicine services and the level of

electronic communication is very high: more than 1 million electronic messages are transmitted every month in the region.

Odense University Hospital (OUH) is the largest of the three university hospitals in Denmark and is one of the leading European facilities for developing and testing innovative technologies and telemedicine solutions. Mental Health Services in RSD offer assessment, diagnosis, and treatment of citizens with serious mental disorders. In close and binding collaboration with the primary care sector, the municipalities, and the other healthcare services in RSD, the care pathway is planned and carried out as expediently as possible. For the main part, general practitioners and psychiatry specialist doctors see to the treatment of mild mental disorders. Mental Health Services in RSD consist of departments and functions across the region with some 3,000 employees covering both community psychiatry and hospital psychiatry. Every year, the psychiatry services in RSD have around 9.200 admissions and a total of approx. 21.000 patients visit the psychiatric outpatient services 230.000 times.

RSD members in MM project

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NHS 24 (Scotland)

Scotland has a population of approximately 5 million people, with a mix of urban and remote and rural locations. The health and social care system in Scotland is a devolved responsibility which is overseen directly by the Scottish Government and has recently published its “2020 vision”:

Our vision is that by 2020 everyone is able to live longer healthier lives at home, or in a homely setting. We will have a healthcare system where we have integrated health and social care, a focus on prevention, anticipation and supported self management. When hospital treatment is required, and cannot be provided in a community setting, day case treatment will be the norm. Whatever the setting, care will be provided to the highest standards of quality and safety, with the person at the centre of all decisions. There will be a focus on ensuring that people get back into their home or community environment as soon as appropriate, with minimal risk of re-admission.

NHS 24 is a Special Health Board providing and facilitating the development of national teleHealth and telecare services across Scotland, and is directly accountable to Scottish Ministers. The Scottish Centre for TeleHealth and Telecare (SCTT) is part of NHS 24, and has been established by the Scottish Government to provide practical advice and support to Health Boards, Local Authorities and other key stakeholders across Scotland as they seek to realise the potential of digital health and assistive living technologies in the redesign of health and care services. NHS 24 and the Scottish Centre for TeleHealth & Telecare (SCTT) have been positioned to assist deliver this vision, and establish teleHealth and telecare as an integral part of service delivery in order to help the people of Scotland live longer healthier lives at home, or in a homely setting.

Mastermind provides SCTT with the ability to work with regional partners and develop teleHealth within mental health and to support the 'Mental Health Strategy for Scotland: 2012-2015' which acknowledges the key role innovative solutions can play in the delivery of mental services that are effective, person-centred and safe.

NHS24 project team:

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Powys teaching Health Board has been awarded European funding through the MasterMind project to run a pilot project delivering Cognitive Behavioural Therapy (CBT) online to Powys residents. Depression is a wide-spread condition, affecting millions of people across Europe. The number of patients requiring treatment outnumbers the available specialists to see them. Therefore, it is necessary to look at alternative methods of providing treatment without compromising the quality of the treatment. Across Europe a number of regions and countries are already implementing innovative services and solutions, and quite a lot of research has been done to establish the results of these alternative treatments. Beating the Blues is an eight session course, designed to be run over eight weeks, although as an online service, the specific timings can be flexible to meet the needs of the user. Eligible patients will be referred by their GP to access the service, including those currently waiting for traditional CBT services.

The MasterMind project builds on the existing research and the various services being implemented in European regions and gathers these in a joint project with the aim to implement the services widely and gather evidence on the results. The project will run for 17 months and during that time it aims to reach some 500 patients. Powys has adopted the 'Beating the Blues' system of online CBT, developed by Ultrasis, to deliver the treatment. Beating the Blues is an eight session course, designed to be run over eight weeks, although as an online service, the specific timings can be flexible to meet the needs of the user. Eligible patients will be referred by their GP to access the service, including those currently waiting for traditional CBT services.

"Of over 600 patients that went through the Beating the Blues program over a six-year period, 70% of those that completed it were fully discharged without any face to face therapy"



MasterMind

The Master Mind project is part of the FP7 research programme funded by the European Commission