



MindTech Healthcare
Technology Co-operative

*National Institute for
Health Research*

Harnessing the Digital Revolution

MindTech 2015 Mental Health Technology Symposium

The NIHR MindTech Healthcare Technology
Co-operative for Mental Health and Neurodevelopmental Disorders

Programme and Booking Details



Thursday 3 December 2015
Royal College of Physicians, London

**MindTech Healthcare
Technology Co-operative**



***National Institute for
Health Research***

MindTech National Symposium 2015

Harnessing the Digital Revolution

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**With thanks to our headline sponsor:
ProReal Ltd**



MindTech is working in partnership with ProReal to support their work to develop and evaluate the ProReal avatar software for use in mental health. MindTech's role in this partnership is to use our technical and clinical knowledge to help identify the clinical conditions and patients who could most benefit from having access to ProReal and then to help them develop and evaluate their software so that we know more about how it works, who it is best suited for and how it should be used within the NHS.

ProReal's mission is to pioneer software technologies and related services which support psychological wellbeing. The main product is an avatar-based 3-D software platform which is used to create a visual and dynamic representation of a situation. Users of the software report enhanced levels of self-expression, new insights, and the development of empathy.

NIHR MindTech National Symposium 2015

Harnessing the Digital Revolution

Thursday 3 December 2015
Royal College of Physicians, London

- 09.00** Registration and Coffee
- 10.00** Welcome and opening remarks
Professor Mike Cooke CBE – Chair of NIHR MindTech HTC
Professor Chris Hollis – Director of NIHR MindTech HTC
- 10.10** **Mental Healthcare 2020 Vision**
Dr Geraldine Strathdee OBE – National Clinical Director, Mental Health, NHS England
- Session 1: Blended interventions: how to integrate digital technology within traditional face-to-face services?**
Chair: Dr Lia Ali – Consultant Psychiatrist, Surrey & Borders Partnership NHS Foundation Trust
- 10.20** Development and implementation of ICBT for anxiety, OCD and related disorders in children and adolescents: A Swedish perspective.
Dr Eva Serlachius - Associate Professor & Research Group Leader and Fabian Lenhard - Psychologist & Psychotherapist (CBT), Child and Adolescent Psychiatry Centre, Karolinska Institute, Stockholm
- Discussant: Professor David Mataix-Cols – Professor of Child and Adolescent Psychiatric Science, Karolinska Institute, Stockholm*
- 10.35** Online anonymous counselling service: cross-organisational working to engage with hard-to-reach young people
Aaron Sefi – Service Development Manager, Xenzone/Kooth
- Questions will be invited after each speaker.*
- 11.00** Refreshments and Networking – Osler Room
- 11.25** **Keynote address:**
NHS National Information Board: Providing citizens with access to an assessed set of NHS and social care 'apps'
Alexia Tonnel - Director, Evidence Resources, National Institute for Health and Care Excellence (NICE)

Session 2 - Debate: Trials or TripAdvisor: How should we assess mental health apps?

Chair: Professor Chris Hollis - NIHR Senior Investigator, Chair of Child & Adolescent Psychiatry and Director, NIHR MindTech Healthcare Technology Co-operative, University of Nottingham and Institute of Mental Health

11.40

Panel includes:

Prof Elizabeth Murray – Director, eHealth Unit, University College London

Eve Critchley – Digital Community Manager, Mind

André Tomlin – The Mental Elf

Charles Lowe – Managing Director, Digital Health and Care Alliance

Dr David Cox - Chief Medical Officer, Headspace

12.40

Remote Assessment of Disease Relapse in Central Nervous System Disorders (RADAR-CNS)

Matthew Hotopf - Director of the South London and Maudsley NHS Foundation Trust National Institute of Health Research Biomedical Research Centre (BRC) and Professor of General Hospital Psychiatry at the Institute of Psychiatry, Psychology and Neuroscience, King's College London

12.50 – 14.00 Lunch, networking, exhibition – Osler Room

14.00

True Colours: Remote Monitory Technology for Depression – Clinical and Research Perspectives

Professor John Geddes, Professor of Epidemiological Psychiatry, Head of Department of Psychiatry, Director – NIHR Oxford Cognitive Health Clinical Research Facility and Director – Oxford Cognitive Health & Neuroscience Clinical Trial Unit

14.20

Session 3: Rapid Fire Technology Showcase

Chair: Andrew Jackson – CEO, ProReal Ltd

Emerging MindTech technology – *Dr Michael Craven – Senior Research Fellow, NIHR MindTech HTC*

Emotional Test Battery to predict treatment response to anti-depressant medication - *Jonathan Kingslake, Chief Operating Officer, P1vital*

Prism online psychological therapies hub: enabling uptake and evaluation of digital interventions in IAPT services: *Alison Sturgess-Durden – Mayden & Dr Rachel Churchill – Reader in Psychiatric Epidemiology, University of Bristol*

The potential of physiological sensing for mental health - *Professor John Crowe - Professor of Biomedical Engineering, University of Nottingham & Technology Theme Lead, NIHR MindTech HTC*

How to Sleep(io) your way to better mental health – *Dr Sophie Bostock, Science & Operations Lead, Big Health Ltd*

15.15

Refreshments and networking – Osler Room

**Session 4: NHS & Technology: From clinically-driven needs to implementation:
Chair: Professor Richard Morriss - Professor of Psychiatry & Community
Mental Health, University of Nottingham**

- 15.45** "You are not on your own with SHaRON" The role and development of the Support Hope and Recovery Online Network
Simon Thomson - Manager & Principal Psychotherapist, Berkshire Eating Disorders Service, Jon Burton – Web Development Manager, Berkshire Healthcare NHS Foundation Trust and Eleanor Deighton – Peer Moderator, SHaRON Moderating Team
- 15.55** People-driven digital Health:
Victoria Betton – mHealth Programme Director, Leeds mHealth Habitat & Sue Sibbald – Peer Support Specialist, Sheffield Health and Social Care Foundation Trust
- 16.10** **Keynote address:
Digital Health – The future of the NHS**
Andrew Chitty – Co-Founder, Digital Life Sciences
- 16.30** Closing remarks and thanks
Professor Mike Cooke CBE

Registration

Voluntary Sector/CIC's - £90

For local, voluntary and community interest groups, small charities (with a yearly income under £150,000), self-help groups and service users. We have a small number of assisted places available at the above price. If you would like to be considered for an assisted place please contact Angela Summerfield (angela.summerfield@nottingham.ac.uk) with full details of your organisation before completing the online booking form.

Not for Profit & Commercial - £190

For national or statutory organisations (such as universities, NIHR, NHS Trusts, national charities) and for business organisations (such as pharmaceutical or medical devices companies, publishers).

How to book

Please complete the booking form on the MindTech website:

<http://www.mindtech.org.uk/mindtech-annual-conference.html>

For further information contact Karen Sugars on 0115 823 2416 or email karen.sugars@nottshc.nhs.uk

Cancellation Policy

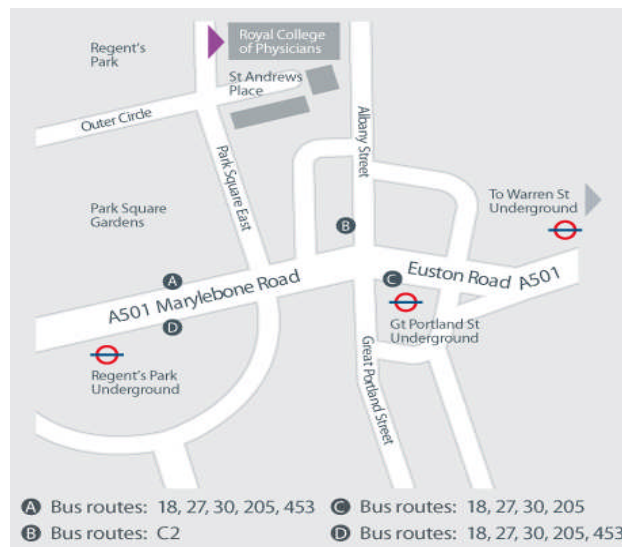
Written notice is required for cancellations. An administration charge of £30 will be made for cancellations less than 40 working days before the event, after which no refunds will be made.

Location

The Royal College of Physicians (RCP) is located next to Regent's Park in the centre of London. Address: Royal College of Physicians, 11 St Andrews Place, Regent's Park, London NW1 4LE.

Finding the Venue

Visit the website: <http://www.rcplondon.ac.uk/visit-us> for a venue map, directions via public transport and car parking information.



By Underground

- Regent's Park Station on the Bakerloo line (3 minutes' walk)
- Great Portland Street Station on the Circle, Metropolitan and City lines (5 minutes' walk)
- Warren Street Station on the Victoria and Northern lines (10 minutes' walk)

By Train

- Euston Station (15 minutes' walk)
- King's Cross Station (5 minutes by taxi)
- St Pancras Station – Eurostar terminal (5 minutes by taxi)
- Marylebone Station (5 minutes by taxi)

Car Parking

The RCP has limited free car parking for disabled visitors, spaces must be booked in advance. Please contact Karen Sugars on 0115 823 2416.

There are public car parks located on A4201 Portland Place, Devonshire Street, Munster Square, Cardington Street within walking distance.

Disabled Access

The Royal College of Physicians has carried out extensive work to make their listed building as accessible as possible to everyone, including visitors with physical, sensory and other disabilities. College staff are on hand to assist in any way if required.

Accommodation

Please refer to the RCP website or Google Maps for local accommodation.