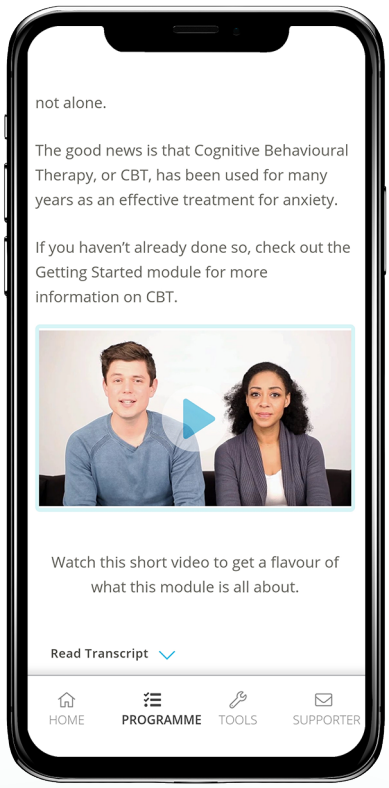
SilverCloud
Digital Mental Health Platform

Digital Mental Health For Children And Young People

NORTH POINT



Anxiety problems are the most common mental health issue faced by young people. An estimated 1.3 million children experience mental health problems. With 300,000 young people gaining access to NHS services there is a clear need in service provision that digital can help to fill.

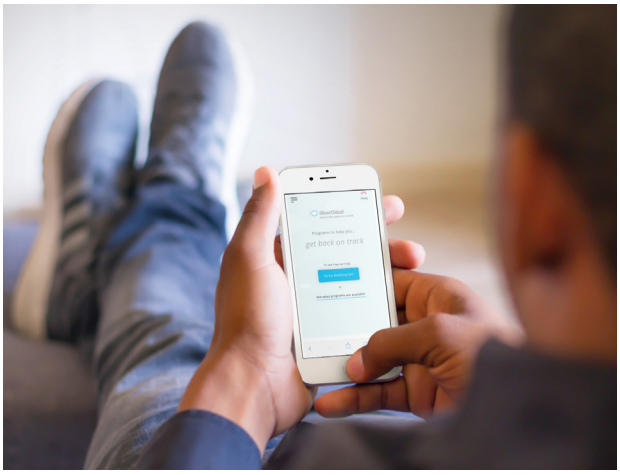
In light of increasing demand and in line with national service transformation sparked by Future in Mind and the Green Paper, SilverCloud saw the potential for a digital intervention to be used for the benefit of young people's mental health.

In 2019, the SilverCloud Health clinical team worked with mental health charity Northpoint Wellbeing and Action for Children to review the need within Children and Young Peoples services and create a new digital intervention to treat anxiety in young people.

Feedback from this review included:

- Many of the CAMHS referrals are for anxiety, which would benefit from guided self-help material.
- Cognitive Behavioural Therapy (CBT) is becoming the standard treatment approach. NICE guidance recommends digital CBT as a treatment for 12-18 year olds with mild depression [NG134].
- Young people's lives are busy and unpredictable which makes attending appointments difficult.

Collaboration with young people was crucial to the development and testing of the programme. This included workshops and focus groups to ensure that the main challenges faced by young people were included in the programme. Personal stories and examples reflect the main challenges faced by young people, for example there is a section specifically addressing exam stress.



Space from Anxiety

The programme consists of 7 modules whose structure and content follow evidence-based principles of traditional, face-to-face, Cognitive Behavioural Therapy and incorporate values of mindfulness practice.

Programme Modules	Topics	Goals	Activities
Getting Started	• Introduce Cognitive Behavioural Therapy (CBT) model • The CBT Cycle • Personal stories	• Introduce users to the CBT model • Introduce the CBT cycle • Learn how thoughts, feelings and behaviours affect each other • Facilitate goal setting	• Introduce Cognitive Behavioural Therapy (CBT) model • The CBT Cycle • Personal stories
Understanding Anxiety	• Psychoeducation about anxiety • The CBT cycle of anxiety • Personal stories	• Improve users' understanding of anxiety • Learn about the CBT cycle of anxiety • Facilitate users to reflect on their own personal circumstances	• Anxiety Myths and Facts Quiz • Understanding my situation • Staying in the present • Daily practice
Noticing Feelings	• Understanding emotions and their function • Emotions that are difficult to cope with • Physical body reactions and mood • Lifestyle choices • Managing exam stress • Personal stories	• Learn about emotions and their role in the CBT Cycle • Recognise emotions that are difficult to cope with • Recognise physical body reactions • Explore the impact of lifestyle choices on anxiety and general wellbeing • Tips to deal with exam stress	• Emotions & Your Body Quiz • The CBT Cycle • Mapping Lifestyle Choices • Staying in the Present (Body Scan) • Daily Practice
Facing Your Fears	• Avoidance • Safety behaviours • Graded exposure • Personal Stories	• Learn about the role of avoidance in maintaining fears and anxiety • Recognise safety behaviours • Face fears using graded exposure	• Facing Your Fears Quiz • My Safety Behaviours • Facing Your Fears • Daily Practice
Spotting Thoughts	• Automatic thoughts and mood • Thinking traps • Catching unhelpful thoughts • Personal stories	• Learn about the role of thoughts in anxiety within the CBT Cycle • Recognise negative automatic thoughts • Understand and recognise thinking traps	• Me & My Thoughts Quiz • The CBT Cycle • Staying in the Present (Watching Thoughts) • Daily Practice
Challenging Thoughts	• Hot thoughts • Challenging negative thoughts • Tackling thinking traps • Coping with difficult situations • Personal stories	• Learn about hot thoughts and how to recognise them • Learn to challenge negative thoughts • Learn how to overcome specific thinking traps • Recognise situations where it is necessary to use thoughts to cope	• My Helpful Thoughts • The CBT Cycle • Staying in the Present (Watching Thoughts) • Daily Practice
Managing Worry (unlockable)	• The role of worry in maintaining anxiety • Practical vs. hypothetical worries • The Worry Tree • Managing worries • Personal stories	• Improve knowledge of worry and its role in anxiety • Recognise practical or hypothetical worries • Use the Worry Tree to manage worries • Identify and use other strategies to manage worry	• Anxious Thoughts & Worries • My Worries • Worry Tree • Staying in the Present (Breathe) • Daily Practice
Bringing It All Together	• Finishing up • Warning signs • Social support • Preparing for the future • Preparing for relapse • Personal stories	• Preparation for coming to the end of the programme • Recognise the importance of social support in staying well • Identify warning signs • Planning for staying well • Set goals for the future	• Your Backup and Support Network • Staying Well Plan • Goals • Taking Stock • Staying in the Present (Sounds) • Daily Practice

Space from Anxiety Mini Modules

Several “locked” mini modules are available to allow for further tailoring of the programme to meet the needs of young people. They can be “unlocked” by the supporter as they see fit.

My Self-Esteem and I
Understand the impact of self-esteem on their mood and ways to improve their self-esteem.

Sleep Difficulties
Understand sleeping difficulties and develop a healthy sleeping routine.

Relaxation
Learn techniques and strategies for relaxation.

Employment Support
Learn to cope with the stresses associated with work and how to manage their difficulties within a working environment.

Behavioral Experiments
Develop experiments to track changes in mood by making changes to their behavior

Anger Management
Understand anger, and how it may be related to their mood and ways to manage anger effectively.

Communication and Relationships
Understand your communication style and develop effective communications skills

Grief and Loss
Understand the grieving process and learn how to cope with loss in a healthy way.

Each module includes personal stories relevant and identifiable to children and young people

How it Works

The programme supports progress at the users pace of learning, without having to wait until the next session.

Users learn techniques that they are then encouraged to put in place in their day to day life.

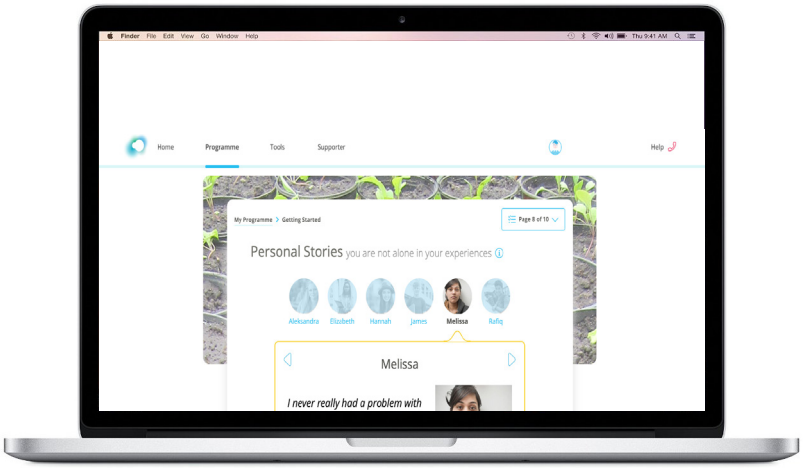
Accessing the programme on-demand provides more opportunity for implementing the technique in the real world. Tools and support are accessible when they are needed, day or night.

Support

Support is online through written feedback - offering encouragement and guidance.

Regular feedback is scheduled weekly.

Feedback from the supporting clinician is asynchronous. This encourages self-directed progress through the programme.



89% of young people found the programme relevant to them.

84% found the programme helpful and found that it supports them towards their goals.

The Impact

Young people are engaged
There is an average of 10 programme sessions per user. Spending over 1.14 hours using the programme.

Access to treatment is flexible and faster
At a time when the young person is motivated. Digital is becoming the preferred treatment for many young people.

A reduction in waiting times to treatment

Reach more young people
That can't travel or don't want to use other treatment options, such as groups or face to face.

Less clinical support time needed
One clinician said that it reduced clinical time for one case from 12 hours to 2 hours.

Better capacity planning
Staff are able to manage more clients, working within the digital world that many young people occupy.

"It has been a fantastic opportunity for us an organisation to work with SilverCloud, co-developing and building the evidence base for this new digital treatment programme for young people.

Anxiety is such a prevalent mental health issue for young people and having the programme as part of our service offer means we are able to support more young people."

HELEN MCGLINCHEY
SCHOOL SERVICES MANAGER & STRATEGIC LEAD AT NORTHPOINT

SilverCloud

FIND OUT HOW **SILVERCLOUD HEALTH** CAN HELP YOUR ORGANISATION

SilverCloudHealth.com
info@SilverCloudHealth.com