

# Innovation Alliance For The West Midlands



**MINDFUL HEALTHCARE**  
COLLABORATIVE RECOVERY FOR YOUNG MINDS

A digital support platform for mental health in children and young adults

**Dr Bev Mabey**





MINDFUL HEALTHCARE  
COLLABORATIVE RECOVERY FOR YOUNG MINDS

*Mindful healthcare is a ground-breaking partnership. While embracing state-of-the-art technology we ensure access to highly skilled and experienced practitioners. Working together our team facilitates individual programmes of support in harmony with pupils, their home and school in order to develop their wellbeing.*



# The Growing Need



70% of children and adolescents who experience mental health problems are not given appropriate interventions at a sufficiently early age.

80% of these are emotional issues, such as anxiety and/or depression, of which 20% result in behavioural problems and sometimes exclusion from school.

# Building Resilience



MINDFUL HEALTHCARE  
COLLABORATIVE RECOVERY FOR YOUNG MINDS

## Risk and protective factors for CYP's mental health

### RISK FACTORS

<ul style="list-style-type: none"><li>✗ Genetic influences</li><li>✗ Low IQ and learning disabilities</li><li>✗ Specific development delay</li><li>✗ Communication difficulties</li><li>✗ Difficult temperament</li><li>✗ Physical illness</li><li>✗ Academic failure</li><li>✗ Low self-esteem</li></ul>	<ul style="list-style-type: none"><li>✗ Family disharmony, or break up</li><li>✗ Inconsistent discipline style</li><li>✗ Parent/s with mental illness or substance abuse</li><li>✗ Physical, sexual, neglect or emotional abuse</li><li>✗ Parental criminality or alcoholism</li><li>✗ Death and loss</li></ul>	<ul style="list-style-type: none"><li>✗ Bullying</li><li>✗ Discrimination</li><li>✗ Breakdown in or lack of positive friendships</li><li>✗ Deviant peer influences</li><li>✗ Peer pressure</li><li>✗ Poor pupil to teacher relationships</li></ul>
---	---	--



Child



Family



School

<ul style="list-style-type: none"><li>✓ Secure attachment experience</li><li>✓ Good communication skills</li><li>✓ Having a belief in control</li><li>✓ A positive attitude</li><li>✓ Experiences of success and achievement</li><li>✓ Capacity to reflect</li></ul>
--

<ul style="list-style-type: none"><li>✓ Family harmony and stability</li><li>✓ Supportive parenting</li><li>✓ Strong family values</li><li>✓ Affection</li><li>✓ Clear, consistent discipline</li><li>✓ Support for education</li></ul>
---

<ul style="list-style-type: none"><li>✓ Positive school climate that enhances belonging and connectedness</li><li>✓ Clear policies on behaviour and bullying</li><li>✓ 'Open door' policy for children to raise problems</li><li>✓ A whole-school approach to promoting good mental health</li></ul>
--

### PROTECTIVE FACTORS

Building protective factors can mitigate the risks.

	Children with conduct disorders are <b>more likely</b> to have <b>poorer</b> outcomes:
	<b>2x more likely</b> to leave school with no qualifications
	<b>4x more likely</b> to be drug dependent
	<b>6x more likely</b> to die before the age of 30 years
	<b>20x more likely</b> to end up in prison

# What We Do



Using the most innovative and advanced technologies, to support our team of experienced practitioners, we deliver collaborative mental health and wellbeing programmes for 8 to 25 year olds.

We are bringing together families, schools and practitioners to change the way mental health services are provided through schools.



# Why We Are Different

Mindful uses artificial intelligence and video technology to maximise the use of practitioners' time. We then deliver collaborative mental healthcare programs directly to the individual.



## Easy access to care

- Preliminary assessment takes place online upon registering.
- Prompt initial assessment is followed by a full consultation which results in an individualised wellbeing programme within days.
- Delivered by practitioners directly to children and young people at school or in their home.



## Full involvement of families

- Mindful is unique in that it brings together the individual, their family, teachers, GPs, social workers and the practitioners.
- This collaborative approach replicates the supportive environment created in therapy and facilitates improved wellbeing.



## Leveraging powerful technology

- Therapy is carried out via online video-consultation. Information is stored using Blockchain, giving patient-controlled secure access to data across therapeutic partners.
- Artificial Intelligence tools are being developed to further streamline processes and support practitioners so they are able to maximise treatment time.



## Proven experts and full involvement of schools

- We provide immediate access to expert practitioners who will assess the urgency of a situation.
- We have a centre of expertise through which we provide advice and guidance to teachers on supporting students with mental health difficulties.
- This meets the needs of teachers in mainstream schools who struggle to help children in the early stages of mental health difficulties.



## Highly cost effective

- We charge a low cost. We reduce cost to private patients, the NHS and local authorities.
- Our cost base is kept low by effective utilisation of associate practitioners and our online model.
- By reducing the number of children excluded from school we also deliver substantial savings for local authorities.

# Current partnerships

---



- Washwood Heath MAT is a group of seven academies, two secondary, four primary and one all through school.
- Mindful is already working in partnership with 7 Multi Academy Trusts to deliver tailored recovery programmes to pupils.

AGENCYDIGITAL

- Technology partner with proven track record of delivering digital solutions to revolutionize businesses.
- Extensive skills in secure blockchain-based solutions and video technology.
- Artificial Intelligence experience to help transform mental healthcare

## Apps which Mindful is exploring linking with are:

- Beat Panic      help to overcome panic attacks and anxiety (aged 12+)
- BlueIce          help to resist or manage the urge to self-harm
- Calm Harm       help to resist or manage the urge to self-harm
- Catch It          help to manage anxiety and depression (CBT-based)
- Chill Panda      manage stress and worry
- MeeTwo           anonymous forum to discuss any issues with other teens
- SilverCloud      online CBT (aged 16+)
- Sleepio           online sleep improvement programme (aged 16+)



# Artificial intelligence is transforming healthcare

---

## Mindful phase 2 technology is AI

- Our AI system will learn from our current programmes – we will analyse every contact between therapist, child, family and school over the next year.
- We will identify certain contact patterns and keywords from the interaction, questions and techniques that the therapists use and the responses received.
- Using this data we will develop algorithms and tools that will support and empower the therapists during analysis and therapy.
- We are not eliminating human contact, we are supporting and improving human contact.
- AI will let us deliver machine contact 24x7.
- AI will let us automate manual pre-screening and administrative tasks – saving costs and improving service.

# The benefits of the Mindful delivery model

## Improved outcomes for young people experiencing difficulties in school

- A team of highly qualified practitioners providing long-term support. We are much more than counselling.
- Provide high quality cognitive behavioural therapy and trauma-informed care.
- Demonstrate empathy & understanding in order to build self esteem.
- Provide guidance and support to schools and key adults in order to deepen their understanding & practice.
- Reduce behavioural issues and persistent absence & lower the risk of fixed-term & permanent exclusion.

## Continuous collaboration between family, school, child and practitioner

- Working with both the family & school, developing a team around the child/young person.
- Developing an understanding of the present issues through collaboration and communication.
- Becoming attachment aware and through continued support, establishing stable & secure environments which will in turn reduce anxiety and strengthen the child/ young person's coping skills.

## Full use of digital technologies to accelerate progress

- Increase access to therapies.
- Enable real-time sharing of information.
- Develop state-of-the-art AI in order to increase the efficiency of our practitioners by reducing their workload.

## Wellbeing of whole education communities

- Supporting schools through high quality training
- Quality assuring schools' auditing & strategic approach to supporting the wellbeing of its students

## *Why Mindful has education VFM endorsement*

*“We at Washwood Heath Academy use Mindful because it’s great value for money compared with the alternatives. We could hire support directly into the school. But good therapists are hard to recruit and it’s expensive if you have a few schools. We looked at other providers but most services are low level counselling support and still more cost than Mindful without providing a full recovery programme.*

*We considered the option of do nothing. But the children and young people we are putting forward for the recovery programme are often those with the greatest behaviour issues and in danger of exclusion. When the child improves, they are not lost in the system and remain in mainstream. The benefits of remaining in mainstream for the child are immeasurable. And for us too. Exclusion can cost me up to £20k per child. That makes the Mindful recovery programme a very cost effective option.*

*There are many other cost benefits. Child behaviour problems lead to teacher stress and absence, they hold back other pupils in the form, and they impact on our Ofsted rating.*

*Put together, all these factors make the Mindful programme exceptional value.”*

*"I've been hugely impressed by the work that the Mindful team have done in setting up their unique digital wellbeing programme for young people suffering from mental health issues.*

*I firmly believe it will enable our schools to work collaboratively with the NHS and families to diagnose problems and ensure rapid Wellbeing. We have a major challenge to implement the recommendations of the government's Green Paper on children's mental health. This innovative new service offers us a radical new approach to meeting this challenge.*

***Paul Jennings***

*CEO Birmingham and Solihull CCG and STP Leader*



# Best Practice Example: Child F (age 13)

---

**Presenting Issues:** Anxiety, depression, anger, historical domestic violence, parental substance misuse. CP Plan

**Consequential issues:** School attendance, relationships with peers, teachers & family

**People involved:** Child, Mum, Grandmother, Psychotherapist, Social Worker, Head of Year, Form Tutor

**Initial Assessment with:**

- Mum & grandmother - identify issues, gather historical & current information
- Social worker - CP Plan, family background
- Head of Year & Form Tutor - current support systems in place
- Assessment with child

# Therapeutic Plan

---

- Individual sessions with child: Trauma Focused Cognitive Behavioural Therapy
- Sessions for mum and grandmother: Therapeutic parenting & attachment focused therapy. Sessions with mum; space to discuss domestic abuse. Psycho-education; connection between child's current difficulties & past experiences
- Sessions with school staff: review interventions & progress
- Sessions with social worker: consultation
- Follow up sessions



# Outcome

---

- School sessions focused on incidents in school; mum & child attended – shared understanding
- Child gradually began to transfer CBT skills to daily life - reduced anxiety, depression & anger outbursts
- Joint sessions with child & mum helped the child to express feelings, and helped mum to respond with a therapeutic parenting style
- School intervention: individual plan to accommodate & support presenting issues
- Significant reduction in difficulties at follow-up; school attendance significantly improved; CP plan ceased