



Integrated Care Matters Webinar Series 7

Mental Health and Wellbeing

15th February 2023

109 people from 24 countries registered for this webinar on integrated mental health in collaboration with CGI [Cummings Graduate Institute for Behavioural Health Studies](#)

Prof Anne Hendry, Director IFIC Scotland welcomed three Panellists to share their insights and experience.



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BEHAVIORAL HEALTH STUDIES

Chris Wright, National Advisor /Head of Programme for Digital Mental Health, Scottish Government described the impressive scale up across Scotland of multiple technologies embedded in a stepped care approach to digital mental health across the life stages over the last 20 years. Digital is a **clinical service** that can drive efficiencies and reach unmet demand.

Digital Therapy is now an integral part of service delivery across Scotland and is uniquely placed to deliver evidence-based therapy to all NHS staff, and to the wider population in Scotland. But we need to ensure digital services do not disadvantage those who cannot or do not wish to use them, or would prefer a blended approach.

Cara English, CEO of CGI Arizona, USA outlined the wide disparities in maternal mental health and highlighted the levers to impact on population mental health outcomes across three domains.

Postpartum Support International prompted national effort to increase training in assessment and treatment of perinatal mental health disorders leading to a significant increase in trained workforces in every state.



Dr Joan Vegué Grilló, Director, Mental Health and Addictions, Health Department, Catalan Government, reported that integrated mental health care is one of four regional priorities for Integrated Care. The overall aim is for a more inclusive society, committed to social justice, the rights of people and the improvement of care for vulnerable groups. Priority actions are focused on: Prevention, detection, early intervention and deinstitutionalization, including transitional care. Open spaces provide an inclusive support space for persons with mental disorders who don't use other public care services due to barriers.

Take Home Messages

It's about shifting control
and helping people create
connections

We need more resources and
also more innovative ways of
doing things.

- ⇒ Demand on specialist psychology services has doubled in 10 years
- ⇒ 25-30% of all GP consultations involve depression, stress or anxiety
- ⇒ We are seeing a new pandemic of assaults on woman's mental health
- ⇒ It's taken a pandemic to finally get the spotlight on digital and on mental health – for the first time they are a priority
- ⇒ Freeing technology through service structure and developing clinical trust are key

Integrated Care Leaders MUST Understand

- * Social, Economic, and Environmental Policy
- * Public Health Practice
- * Health Care System Integration Design

[Population-Based Approaches to Mental Health: History, Strategies, and Evidence](#)
Annual Review of Public Health 2020 41:1, 201-221

We need to address the
educational determinants
of health!

Digital therapy during Covid-19
enabled services to continue

You will find the webinar recording [here](#) and Presentation slides [here](#)

Register for our next Webinar:

[Child and family centred approaches on 19th April](#)

 IFICScotland@integratedcarefoundation.org

 <https://integratedcarefoundation.org/ific-scotland-3>



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