Immersive Technologies for Mental Health & Introduction to MindTech

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Introduction to MindTech

- We are 1 of 11 MICs -MedTech & In-vitro Diagnostic Co-operatives.

- Established in 2013. Re-funded in 2018 (and hopefully in 2024).

- We are funded to support innovators navigate the development-evaluation-adoption process

- We focus on all areas of Tech and Mental Health: increasing focus on XR

- Expertise includes health economics, implementation, clinical pathways, evaluation and assessment

LEEDS
NIHR Leeds In Vitro Diagnostics Co-operative

NIHR Surgical MedTech Co-operative

NEWCASTLE
NIHR Newcastle In Vitro Diagnostics Co-operative

SHEFFIELD
NIHR Devices for Dignity MedTech Co-operative

NIHR Children and Young People MedTech Co-operative

NOTTINGHAM
NIHR Mental Health MedTech Co-operative

CAMBRIDGE
NIHR Brain Injury MedTech Co-operative

BIRMINGHAM
NIHR Trauma Management MedTech Co-operative

LONDON
NIHR Cardiovascular MedTech Co-operative

OXFORD
NIHR Community Healthcare MedTech and In Vitro Diagnostics Co-operative

NIHR London In Vitro Diagnostics Co-operative

NIHR | Mental Health MedTech Co-operative

Why Mental Health?

- Mental health disorders are the single largest cause of disability in the UK, affecting 1 in 4 people over their lifespan.

- 60% of adults and 70% of children receive no help at all.

- Technology has the potential to improve access, reach and engagement of existing treatments

- And immersive Technology also has the potential to deliver completely new and transformative treatments.

- Few Digital MH innovations are supported by research evidence and those that are struggle to be implemented in the NHS.
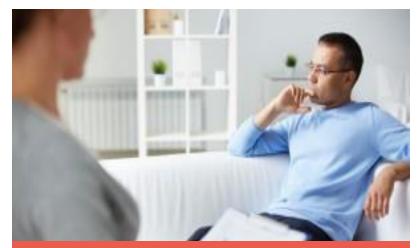

NHS
Long Term Plan
2019   2029

Chapter 5: Digitally-enabled care will go mainstream across the NHS

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How can technology help?

New non-pharmaceutical treatments

More objectivity and efficiency to diagnosis and management

Improving reach and engagement

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The Challenge for XR

From potential ⟶ evidence ⟶ practice

What Technologies are the NHS interested in?

Low cost/low risk technologies

- Technologies aimed at improving general mental health/wellbeing (or prevention) :
  - Stress
  - Relaxation
  - Mood
  - Anxiety

There may be other markets for these technologies (B2C, B2B)

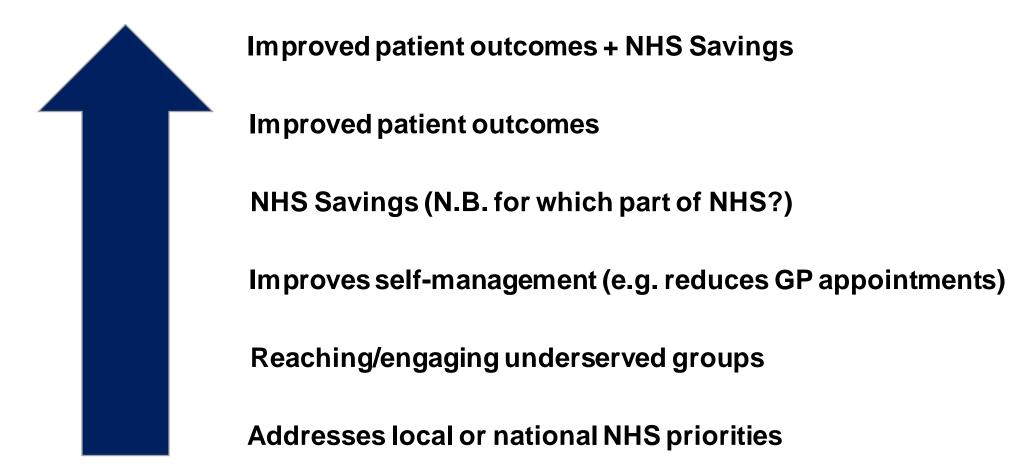**Transformative Services & Products**

Technologies that will deliver significant and tangible to patients and the NHS:

- Improvements in health outcomes
- Support service-redesign (e.g. reduce costs)
- Improve access – particularly for under-served groups
- Reduce burden on NHS, e.g. :
  - Treatment Costs
  - Waiting lists
  - GP appointments
  - A&E Attendance

And what outcomes?

Improved patient outcomes + NHS Savings

Improved patient outcomes

NHS Savings (N.B. for which part of NHS?)

Improves self-management (e.g. reduces GP appointments)

Reaching/engaging underserved groups

Addresses local or national NHS priorities

Advice to Applicants

- What unmet need/priority will the technology address?

  - Involve clinicians, service users, commissioners

- What pathway/service will the technology fit into?

  - Mapping and understanding care pathways

  - Interoperability, data sharing, security and privacy

  - What additional burden does it place on services or staff

- Start to develop the commissioning case/ value proposition

  - Are you selling a product or a service?

  - Know what the NHS will pay for and what it won't

  - Understand who the decision makers are & their priorities (commissioners, clinicians, managers)