

Online Platform to Help Mental Health Practitioners Implement EBPs



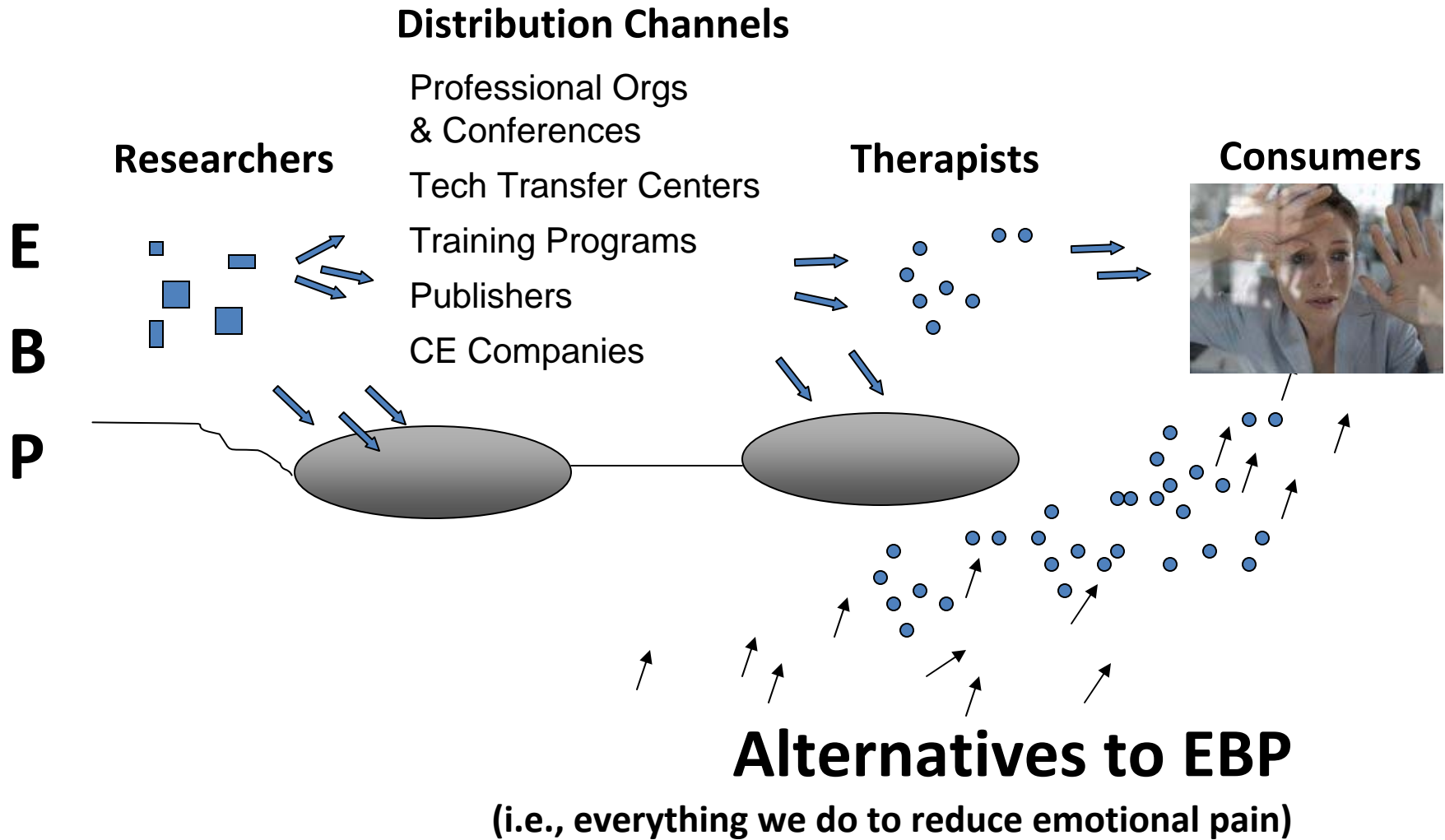
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Evidence-Based Practice Institute, LLC

Team



Now



Taking a *Design Thinking* approach to generate solutions...

- Design principles we're working from
 - Quick trip thru pilot work thus far
- Current Phase I: Online Platform to Help Mental Health Practitioners Implement EBPs
 1. Gathering Practitioner and Patient user requirement
 - Rapid Prototyping
 - Scenario Testing
 2. Gathering D&I scientist user requirement

Make It Easy & Fun

- Practitioners *want* to learn and use EBPs, Researchers *want* to share their work well ...it's just hard to do!
- Therefore, 2 simple ideas:
 - 1. Remove barriers**
 - 2. Provide reinforcement**
- Think: habit change and product design

Strengthen Stakeholders in a Community of Practice

Future



Can technology **Serve Practitioners?**

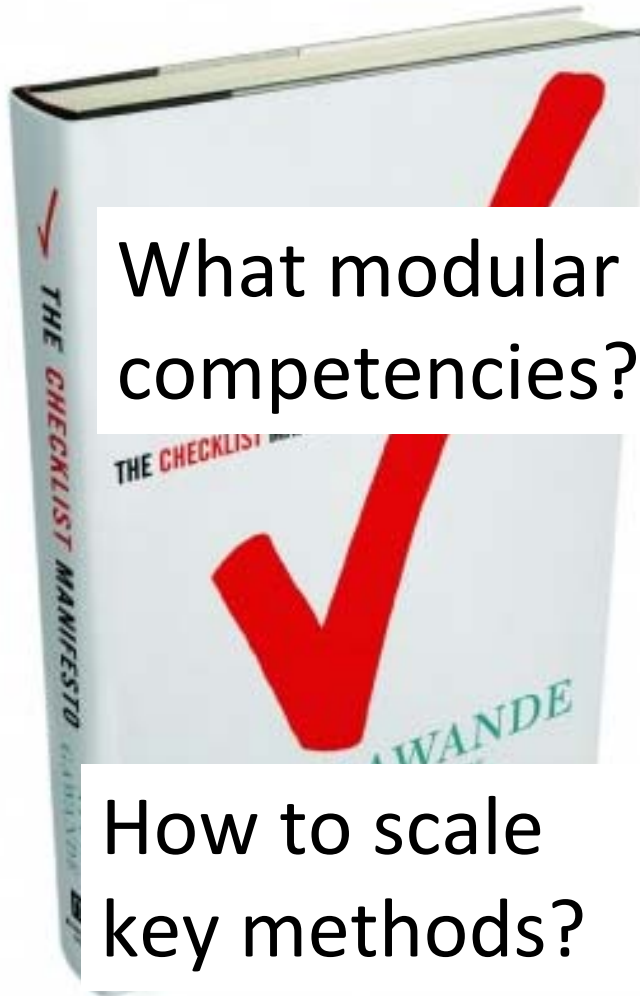


Your work life as a therapist is easier...

- open your laptop
- see your day's clients
- at a glance, remember, see status, plan today's work.
- See problems, easily reach for help
 - Tools, education, peers

**and you feel
justifiably confident
you give
the best possible care.**

Use Checklist Model



- ✓ Progress monitoring
- ✓ Behavioral activation
- ✓ Therapeutic relationship

- ✓ CBT-Insomnia, Bipolar Disorder, Interpersonal violence

- Modular competency training?
 - ✓ ACT, Jenn Villatte

- Deliberate practice + feedback
- Work sample fidelity coding
- Participant recruitment

1-2-3 DESIGN MODEL

Aim for Eastman

“You press the button,
we do the rest.”

-George Eastman



The original Kodak camera and a roll of Kodak film

1

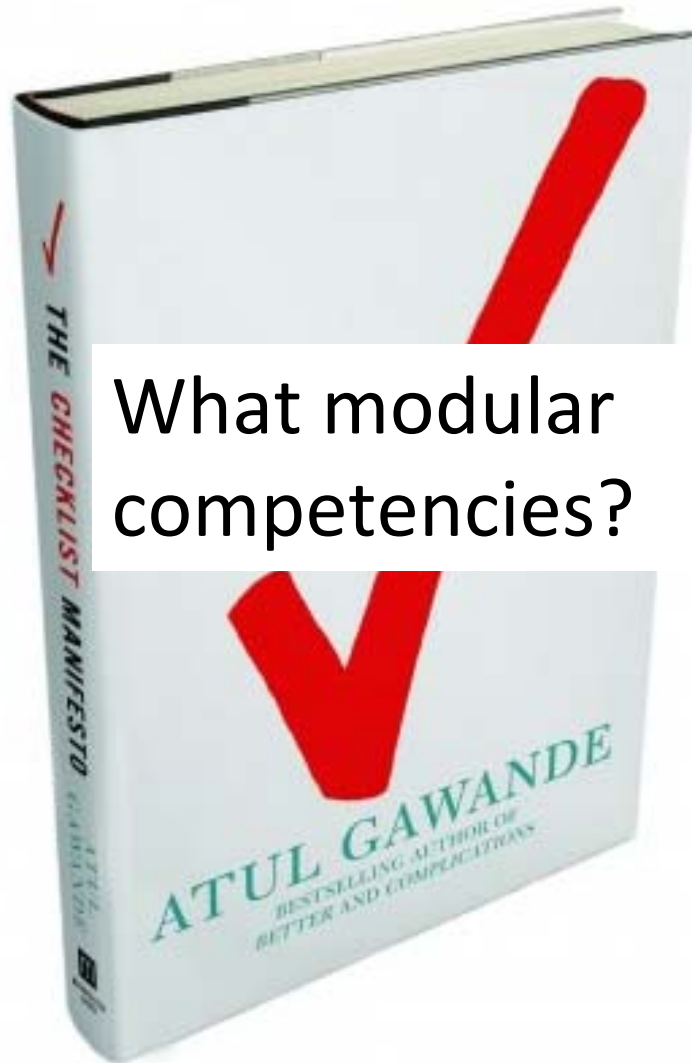
gather the best rendition

2

add instructional design

3

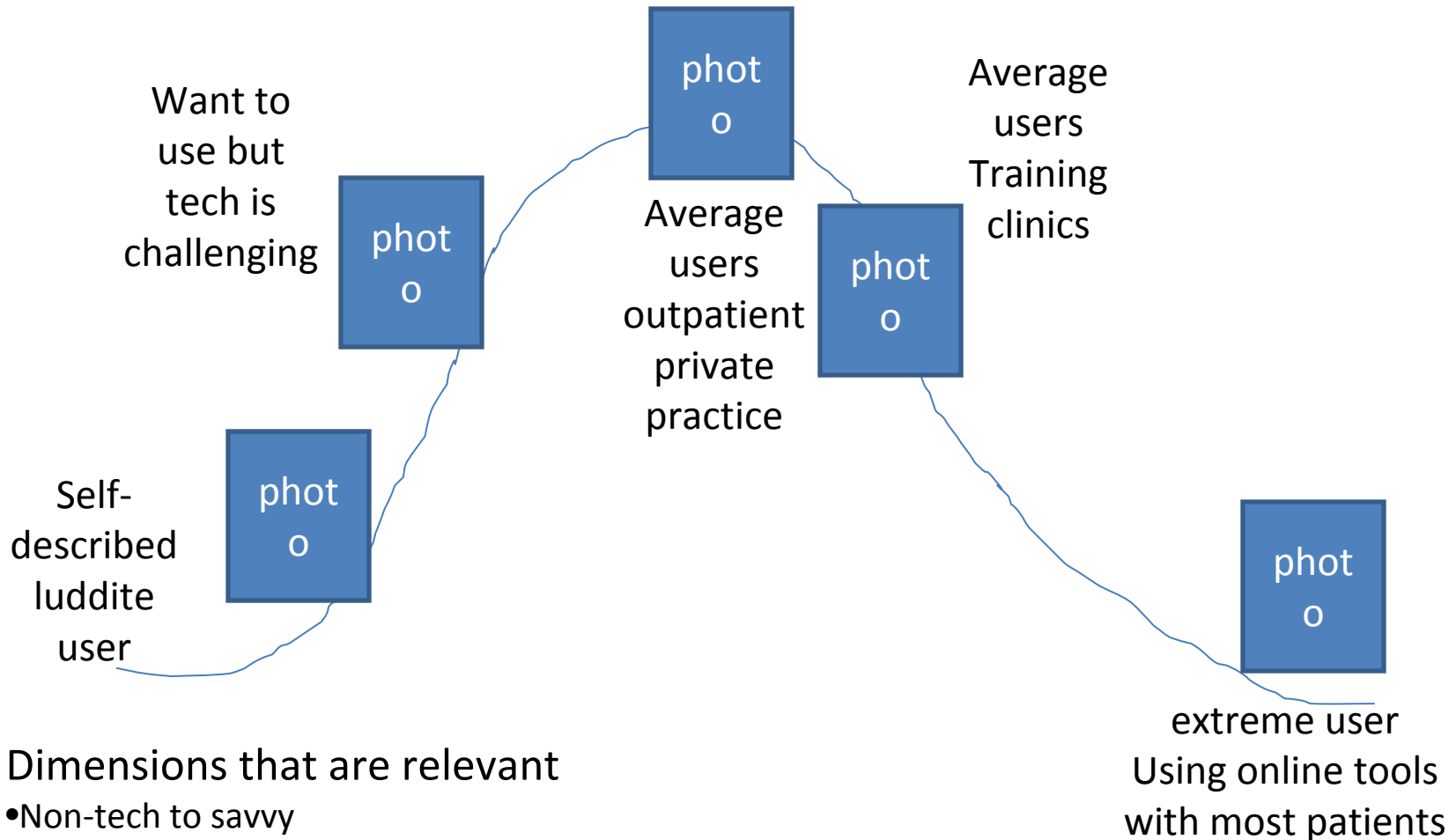
**add dissemination &
implementation science**



What modular competencies?

✓ Progress monitoring

We're now gathering user requirements



Dimensions that are relevant

- Non-tech to savvy
- Non-EBP to highly informed by data/science
- High system constraints to high autonomy
- Garden variety patients to mostly tx refractory
- New to practice—early/mid career—highly experienced

Interviewing

Contextual Inquiry → Work flow analysis

Diary Card Studies

RAPID PROTOTYPING

OPT Login

Welcome to the **Online Progress Tracking (OPT) System**

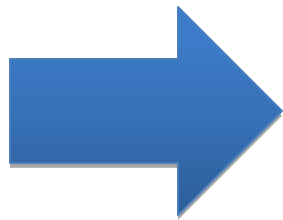
To access the system, please sign in with the User ID and password assigned for you.

Please note: you **must** have cookies enabled.

Sign in with the User ID assigned for you.

User ID:

Password:



Online Progress Tracking (OPT)

Please enter the Client ID, then click on the **Go** button to search for a client.

**Enter your
demo
client ID**

Client ID:

GO

Client ID: p003

Dashboard

NOTES

Empty text input field for notes.

10/03/2011

Save

Show Data

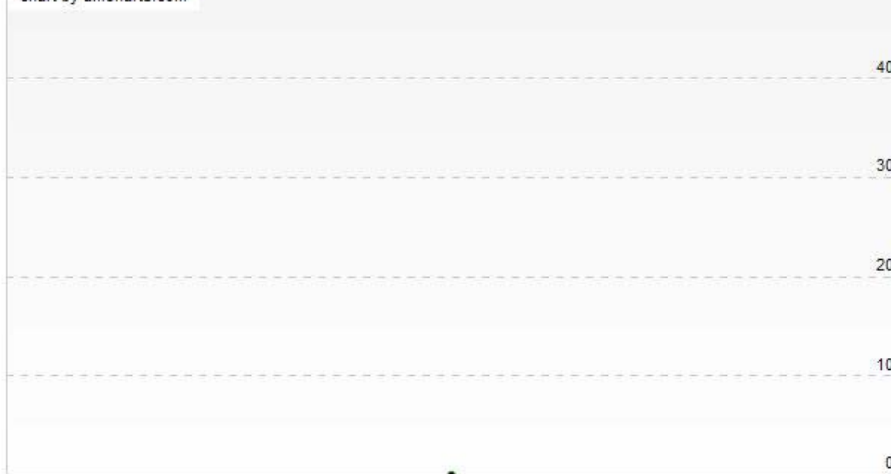
Enter Data

DASS

DEP 0 ANX 0 STR 0 22 0 23 0

10-03-2011 - 10-03-2011

chart by amCharts.com



Tick to show/hide scale(s):

- DASS_DEP
- DASS_ANX
- DASS_STR
- 22 Ideation
- 23 Intent

Draw Chart

My Log

Consult/Lear

feedback

Custom period: 10-03-2011 - 10-03-2011

Zoom: MAX

Dashboard

NOTES

here is where you type a note

10/09/2011

Save

10-09-2011

client has huge deadline,...

10-09-2011

Assessment Done
DASS_ANX:0 DASS_DEP:20
DASS_STR:26 DASS_22:1
DASS_23:0

10-03-2011

left husband with kids fo...

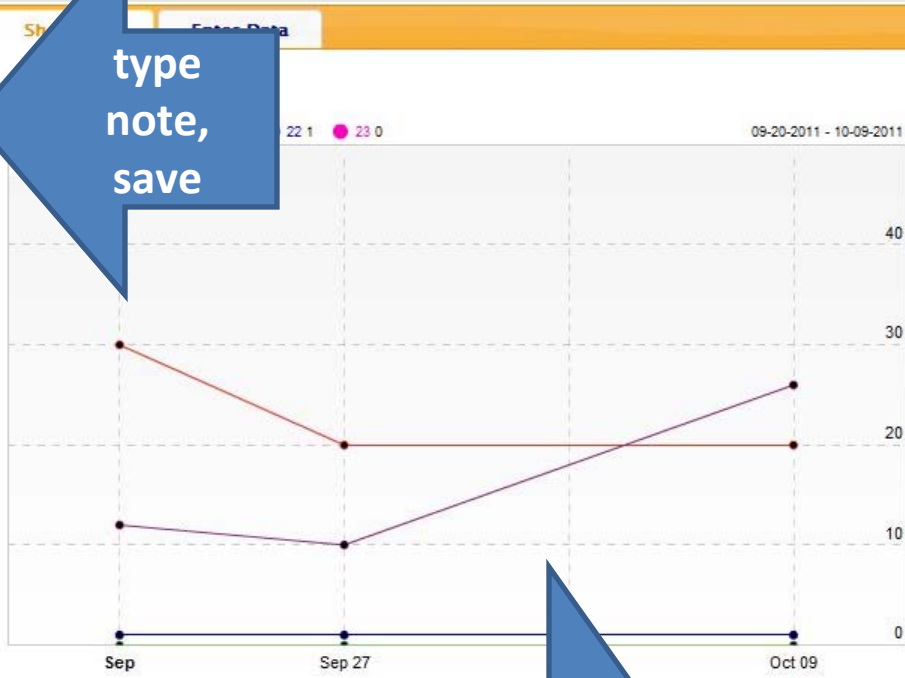
09-27-2011

Assessment Done
DASS_ANX:0 & DASS_DEP:20 &
DASS_STR:10 & DASS_22:1 &
DASS_23:0

09-20-2011

Assessment Done
DASS_ANX:0 & DASS_DEP:30 &
DASS_STR:12 & DASS_22:1 &
DASS_23:0

type note, save



Tick to show/hide scale(s):

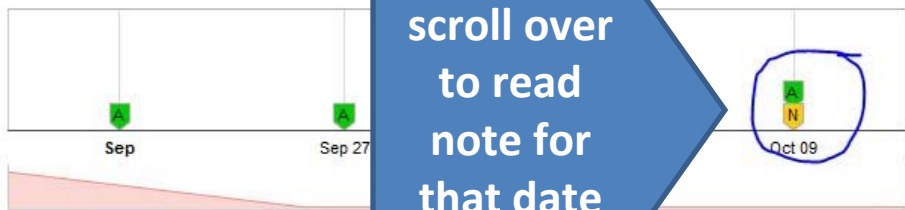
- DASS_DEP
- DASS_ANX
- DASS_STR
- 22 Ideation
- 23 Intent

Draw Chart

My Log

Consult/Learn

scroll over to read note for that date



Custom period: 09-20-2011 - 10-09-2011

Zoom: 1D 3D 7D MAX

feedback

Client ID: p001

Dashboard



NOTES

09/30/2011

Save

Show Data

Enter Data

DASS

Date of DASS Assessment: 09/30/2011

The rating scale is as follows:

- 0: did not apply to me at all
- 1: applied to me to some degree, or some of the time
- 2: applied to me to a considerable degree, or a good part of time
- 3: applied to me very much, or most of the time

Enter DASS
data for your
demo client

	not at all	some of the time	a good part of time	most of the time
I found it hard to wind down	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I was aware of dryness of my mouth	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I couldn't seem to experience any positive feeling at all	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I found it difficult to work up the initiative to do things	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I tended to over-react to situations	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I experienced trembling (eg, in the hands)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I felt that I was using a lot of nervous energy	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I was worried about situations in which I might panic and make a fool of myself	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I felt that I had nothing to look forward to	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I found myself getting agitated	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I found it difficult to relax	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
I felt down-hearted and blue	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

What the client sees



Online Progress Tracking (OPT)



LOG OFF

Welcome

Thank you very much for using the **Online Progress Tracking (OPT) System**.
We greatly appreciate your participation in the project.

You have 1 page of assessment to complete.

When you are ready, please click on the **Start** button to start your assessments.

Start

OPT Login

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Enter the ID and
password as if
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demo client

Please note: you **must** have cookies enabled.

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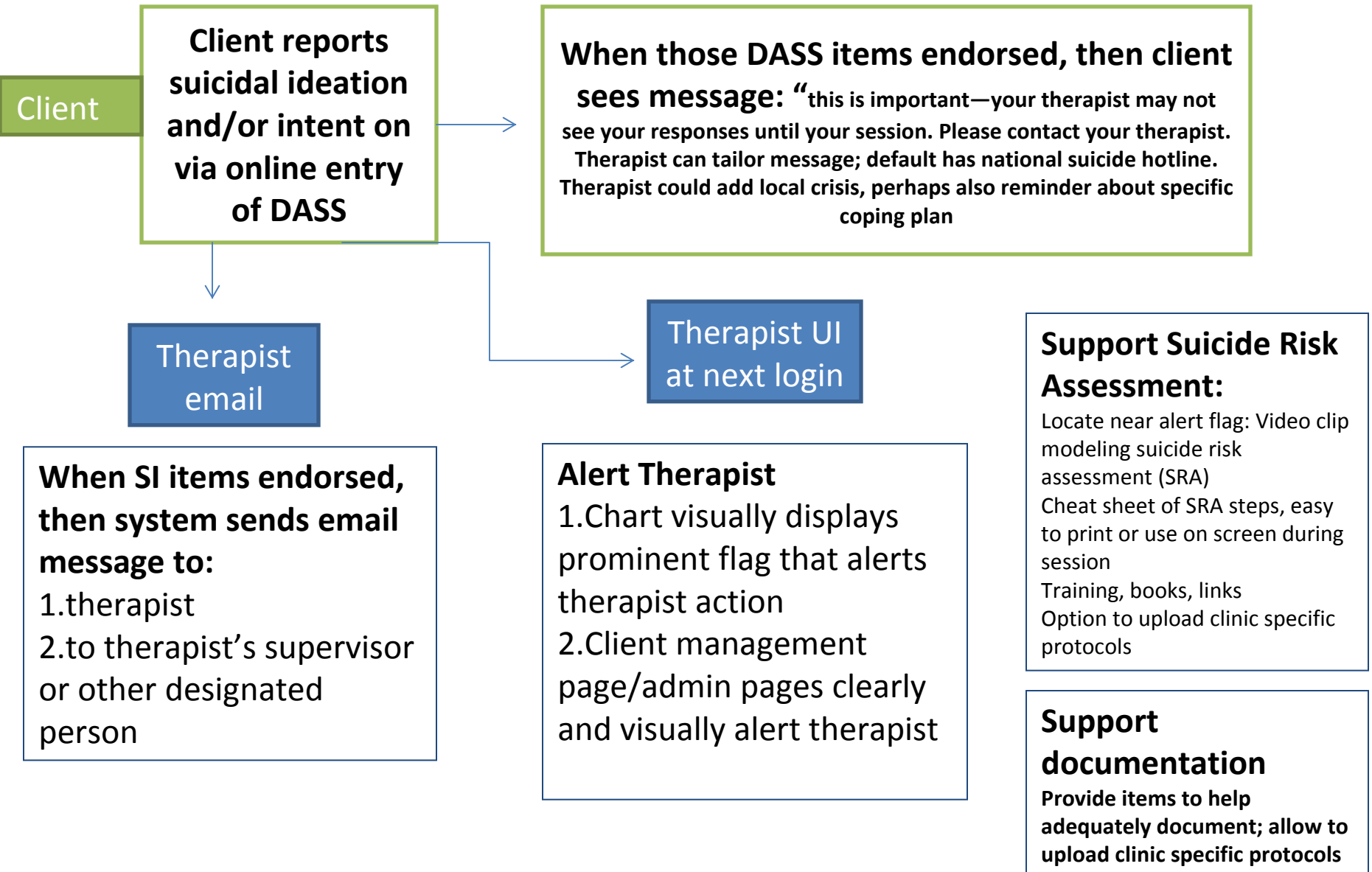
User ID:

Password:

Sign In

SCENARIO TESTING

What supports best outcome when a client reports suicidal ideation or intent?



Can technology serve D&I scientists?



Your work life is easier and has greater impact...

**what would support YOUR
D&I research?**