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Beyond Covid: From Virtual Care to Connected Health



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**Beyond Covid:
From Virtual Care
to Connected Health**

The Promise of Digital Tech for Behavioral Health & Wellness

Craig DeLarge, MBA, MPH*

Tue, March 2 @ 10:30 AM EST



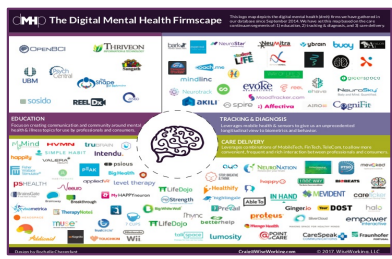
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**Beyond Covid:
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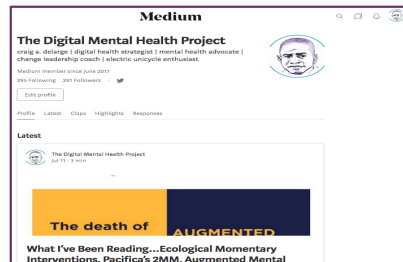


The Digital Mental Health Project produces research & education about the MentalTech space to enable “responsible” MentalTech adoption

Founded 2014 on research sabbatical exploring tech + mental health space.



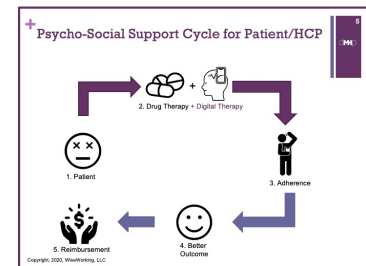
DMH Firmscape



dMHP Blog & Social Media



MentalPharma Analysis



MentalTech for Chronic Care

2014

2015

2016

2017

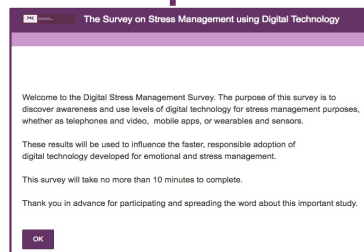
2018

2019

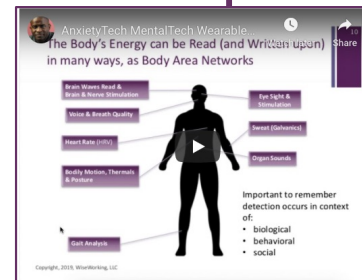
2020



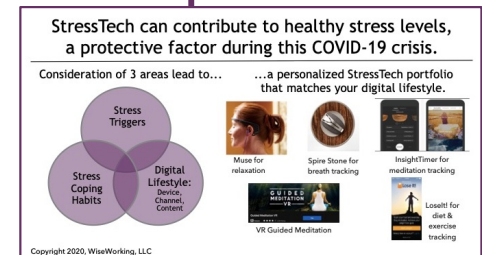
Digital Mental Health Innovation Challenge Event



Digital Stress Mgmt. Survey



Mental Health Wearables Analysis



StressTech Literacy



Applications Across the Care Continuum

Categories/ Care Continuum	Prevention	Diagnosis	Treatment	Recovery
PsychoEducation	x	x	x	x
Care & Wellness Platforms	x	x	x	x
TelePsych		x	x	x
BioSensors	x	x	x	x
Mixed Reality (Virtual, Augm.)	x	x	x	
Data Algorithms	x	x	x	x

Some Caveats:

- Mobile apps, games, neurostimulation not called out as they have significant presence across all categories
- Care & Wellness Platforms subcategories include eMHR, eCBT, tele-psych, meditation apps, etc.,



MentalTech Applications span across the Health & Social Care Continuum

Prevention	Diagnosis	Treatment	Recovery
<ul style="list-style-type: none">• Internet-mediated psycho education• Social communities for education & stigma reduction• Mobile apps & sensors for diet, exercise, sleep & good relationships	<ul style="list-style-type: none">• MRI of the mentally well/ill brain• Predictive data algorithms for onset alerts• TelePsych for remote diagnosis• Sensing Robots	<ul style="list-style-type: none">• Social communities for support & education,• Therapy mobile apps for PE & CBT• Treatment App/sensor/data combinations• TelePsych for remote treatment• Virtual & Augmented Reality	<ul style="list-style-type: none">• Care coordination platforms to optimize interventions• TeleCare for remote interventions• Realtime data algorithms for onset alerts• Compliance app/sensor combinations• Sensing Robots



MentalTech is Addressing most every Care Gap that Exists but not at Scale...Yet!

MH Gaps & Problems	PsychEd	T-Psych	BioSensor	C&W Platf.	A/VR	Data
Geo/Time Access	X	X	X	X	X	X
Financial Access	X	X			X	X
Early Detection	X		X	X	X	X
Addressing Stigma	X	X	X	X		
Education	X			X	X	
Diagnostic Accuracy		X	X	X	X	X
Rx Effective./Efficiency		X	X	X		X
Tx Personalization		X		X		X
Adhere & Follow-up		X	X	X		X
Tx Monitoring		X	X	X		
Suicide	X	X	X	X		

+ Barriers to DMH Adoption

The Shadow Elements of Digital Mental Health

Stigma/Discrimination



Causes too many to forgoe the benefits of digital mental health tools for fear of shame and lost social and economic opportunities. Meanwhile forgone help damages the society and the economy.

Clinical Efficacy



A lack of clinical research or awareness of study findings already produced, results in a resistance to adoption owing to a lack of credibility and a heighthened, real and perceived, risk of harm.

Privacy



Given stigma associated with mental illness, this concern is valid given the relatively low vigilance exercised in this area presently. Continued improvement is needed here..

Digital Divide



Price points which are too high for the masses, value offerings still not compelling enough and the lengthy time it takes health systems to develop "comfortable risk" is barring many from these benefits.

"Rejected" by Luis Prado, US, from TheNounProject.com

"Privacy" by Yair Cohen, IL, from TheNounProject.com

"Aim" by Markus, VN, from TheNounProject.com

"Medical Records" by b farias, CL, from TheNounProject.com

"Money" by Guiherme Furtado, BR from TheNounProject.com

"Institution" by Krish, IN from TheNounProject.com



Some MentalTech Trends & Observations

- Efficacy, Safety, Privacy **Accountability** needs improvement & is basis for competition
- **Teletherapy most mature sector** & leading the way due to distancing & reimbursement
- **“Committed Adoption”** still **slow** for similar reasons as other health categories, human resistance to compliance
- Fragmentation & lack of ability to operate together (**interoperability**) is an ecosystem barrier
- Opportunities for **low-to-medium income population scale** across digital divide and deep into diverse cultures
- Opportunities **beyond medical** to public health, social care, education (for youth), law enforcement & community organizations
- Opportunities to leverage digital psycho-social interventions in **chronic illness & depression/anxiety comorbidity**





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THANK
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