



Gamian-Europe
European Research project

June 2014

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IN THIS ISSUE

“Management of mental health disorders Through advanced technology and services – telehealth for the MIND”

The MasterMind Consortium to avoid dispersing efforts has narrowed the scope of the services to just one, non-organic, mental disorder: depression. This because of its high incidence, social cost and proven clinical effectiveness of ICT in its treatment.

MasterMind intends:

1) to implement at scale (almost 5.000 patient overall) evidence based computerised Cognitive Behavioural Therapy (cCBT) services for depressed adults across 9 EU and Associated Countries, 6 of which participate through Authorised National Representatives, and from this implementation: identify the barriers and success factors to implement cCBT on a large scale in different political, social, economic and technical health care contexts and from the perspective of different stakeholders such as patients, professionals and health insurances; recommend successful strategies for implementing cCBT in these different contexts/settings.

2) Implement video conference enabled blended care for patients with depression treated in General Practice where the patient and GP have an interview with a specialist to support diagnosis, treatment planning, follow-up and education of both the patient and the GP. Using the lessons learnt, the Consortium will develop guidelines for promoting and facilitating the broader implementation across Europe of a safe, effective and efficient service supported by relevant stakeholders. The project will also explore the implementation of language and culture specific cCBT services for foreign citizens living in EU countries and will produce localised version of cCBT (4 in total) for countries non represented in the Consortium to prepare the roll-out of cCBT in other areas of the EU. The outcome of the service will be evaluated using a widespread HTA-based rigorous multi-dimensional evaluation methodology, MAST, already in use in other Pilots A. The Consortium provides a balanced mix between pioneer and early followers and between Northern and Southern, Eastern and Western Europe.

Partners:

Region Syddanmark (RSD),- Denmark
 NHS 24 (Scotland) (NHS24), United Kingdom
 Powys Teaching Local Health Board (PHB), United Kingdom
 The Institute of Rural Health LBG (IRH), United Kingdom
 Stichting VU-VUMC (VUA), Netherlands
 Stichting GGZ InGeest (GGZinGeest), Netherlands
 Servicio Aragoes de la Salud (SALUD), Spain
 Asociacion Centro de Excelencia Internacional en Investigacion Sobre Cronicidad (KRONIKGUNE), Spain
 Servicio Vasco de Salud Osakidetza (OSAKIDETZA), Spain
 Badalona Serveis Assistencials SA (BSA), Spain
 Conselleria de Sanidade de Galicia (SERGAS), Spain
 Azienda Unita Locale Socio Sanitaria N 9 di Treviso (ULSS9), Italy
 Consorzio Per il Sistema Informativo (CSI Piemonte) (CSI Piemonte), Italy
 Azienda Sanitaria Locale TO3 (ASLTO3), Italy
 Middle East Technical University (METU), Turkey
 Friedrich-Alexander-Universitat Erlangen Nurnberg (FAU), Germany
 Schon Holding GMBH & CO KG (SCHOEN), Germany
 Universitetssykehuset Nord-Norge HF (NST), Norway
 Tallinna Tehnikaulikool (TUT), Estonia
Global Alliance of Mental Illness Advocacy Networks Europe AISBL (GAMIAN), Belgium
 European Alliance Against Depression EV (EAAD), Germany
 Health Information Management SA (HIM SA), Belgium
 Ministry of Health and Infrastructure (AHP), Greenland



Work Packages

The objectives of Mastermind are to support the deployment of ICT-supported treatments for depression by:

- Upscaling the ICT-based mental healthcare services in regions / countries where these have been already successfully piloted.
- Triggering the uptake of the services in regions / countries new to ICT-based mental health care services.
- Demonstrating the cost-effectiveness of the services, confirming that the clinical outcome obtained through the services is at least equivalent to that of traditional care and checking their usability.
- Reducing the waiting lists for access to mental healthcare.
- Improving equality of access to mental healthcare between patients living in urban and rural areas and compensate for the phenomenon of medical desertification.
- Demonstrating that the results obtained in the regions and countries participating in MasterMind are representative of the variety of situations encountered in the European Union and in the Associated Countries and are therefore transferable to different healthcare organisations and cultural contexts.
- Demonstrating that the services are safe for patients and do not increase the incidence of adverse events (e.g. suicide).
- Rationalising the organisation of mental health services.

WP1 - Project Management, Financial Co-ordination and Quality Assurance.

WP2 - Dissemination and communication.

WP3 - Pilot Evaluation and Deployment Planning.

WP4 - Advisory Boards Management.

WP5 - Internet based guided cCBT for treatment of depression - 1st wave.

WP6 - Internet based guided cCBT for treatment of depression – 2nd wave.

WP7 - Collaborative care for depression facilitated by videoconference.

WP8 - Localisation of cCBT to new contexts.

☐ WP9 - Liaison with other relevant EU and non-EU initiatives

GAMIAN is an active partner in WP 2 &4

Gamian involvement in WP2 & WP4

WP2 - Dissemination and communication

This WP intends to give high visibility to the activities carried out in the project. Target audiences for this dissemination effort are:

- Health Authorities;
- Health Insurers;
- Healthcare Providers;
- Patients Associations;
- Professionals Associations.

The MasterMind dissemination strategy will clearly identify the key messages of MasterMind that are to be shared throughout the various means and media as well as to all target audience groups. The messages will be finally drawn up in the beginning of the project by the dissemination team, but will overall evolve around the central themes of MasterMind – Accessibility; Equity; Collaboration; Inclusiveness; self-management and “mastering of own mind”. The dissemination effort will be organised along the following communication lines:

- MasterMind website, which will be a living window of the project and will be constantly updated with the latest results achieved throughout the entire lifecycle of the Project;
- MasterMind leaflet which will be produced in two versions to support the presentation of the Project in relevant conferences and fairs; This represents the “classical” but still widespread marketing tool of any project;
- Midterm Workshop and the Final Conference where 50-60 and 80-100 sector players respectively will be invited for a face-to-face presentation of the project results to promote the adoption of the MasterMind business model and service by other European regions.

WP4 - Advisory Boards Management

This WP brings together representatives of different categories of stakeholders having a say for the acceptance and deployment of the services trialled in the context of MasterMind to:

- provide the Project Team with advice on various aspects of a Project from an angle different from that of the stakeholders directly involved in the implementation of it;
- help increasing the general applicability of the solutions selected for the trials;
- support the Project Team in raising awareness on telemedicine evidence issues at European, national and local level;
- facilitate interactions of the Project Team with local stakeholders.



Role of Gamian:

Website (www.gamian.eu)

On the Gamian Website a page is dedicated to each European research project.

<http://gamian.eu/project-category/ongoing-projects/>

Within the page of each project messages will be posted informing on the project as such (with a link to the website of the research project) and giving information on recent activities of the project partners.

This will be interactive. (Gamian members will be invited to react or comment)

They will be contacted (receive a mail) by a Gamian staff member every month to "feed" the content.

Facebook page (<https://www.facebook.com/GAMIAN.Europe>)

The Gamian-Europe Facebook page is an interactive tool to give information on what is going on in patient associations all over Europe.

The messages collected for the website (see above) will be published on this Facebook page and the Gamian-Europe twitter account (@GamianE)

Newsletter

With the quarterly Newsletter a special one page issue on the research activities and results will disseminated to a broad public of patient

associations and other stakeholders active in mental health on European and National level.

Project leaders can use this tool(s) to communicate directly with national patient associations.

Annual Conventions

At the annual convention Gamian-Europe membership will be informed on current activities of each research project. A time slot will be dedicated to this issue.

Patient Advisory board

A patient advisory board will supervise the dissemination activities. It will be composed of representatives of national patient association and will meet twice a year (May and September).

Project leaders will be invited to this meetings to inform the advisory board and to collect their recommendations/comments from patient view.

Gamian-Europe European Research project

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Visit the [MasterMind website](#)



MasterMind