Leading International Collaboration in Mental Health

NASMHPD Annual Meeting
Washington D.C.

Steve Appleton
President & Chief Executive
IIMHL

July 30th 2023
Who we are

Founded in 2003, with initial support from the US, England and New Zealand, IIMHL brings together leaders in 12 investing countries and regions around the world:

- United States of America including US Pacific Island Territories
- Australia
- Canada
- England
- New Zealand
- Northern Ireland
- Republic of Ireland
- Scotland
- Slovakia
- Sweden
- The Netherlands
- Wales

A number of individual organizations have also joined as investing members.

There are over 5,000 individual leaders in the network, all working in a variety of different settings.
Who we are

In addition to the investing countries IIMHL brings together leaders from a number of other countries and regions:

- Barbados
- Belgium
- Catalonia, Spain
- Czech Republic
- Emilia Romagna, Italy
- Equador
- Nigeria

- Pacific Island nations
  - Cook Islands
  - Fiji
  - Samoa
  - Solomon Islands
  - Tonga
  - Tuvalu
  - Vanuatu
- Ukraine
- South Africa
Our purpose

We develop and support leaders through the creation of networks, collaboratives and partnerships

We support and facilitate rapid knowledge exchange about practice, innovations and problem solving in the mental health, substance use and disability sectors.

We engage organizations and countries to achieve high quality supports and services with a focus on people with lived experience of mental health distress and disability.

Through a collective and inclusive approach to leadership development, we work to engage partners in all sectors and across the lifespan, to enact meaningful change that supports people to maintain and achieve positive mental health and well-being and to live in healthy and inclusive environments.
Our structure
We connect leaders around the world to help solve key problems and challenges
Encourage and facilitate Peer support between leaders
Provide a means for fast exchange of knowledge on innovation and good practice

IIMHL hosts and facilitates a range of international collaborative groups including:

- City and urban region mental health
- Rural mental health
- Public mental health
- Children, youth and families
- Women’s leadership
- Indigenous mental health
- Emerging leaders
- Metrics and benchmarking
- Suicide prevention
- Employment

Host our global leadership exchange event every two years – next in the Netherlands in June 2024
We work in partnership with a range of respected organizations around the world including:

- World Health Organization (HQ)
- WHO- Europe
- PAHO
- Global Mental Health Peer Network
- EUCOMS (European Community Mental Health Provider network)
- Mental Health Europe
- City Mental Health Alliance
- Le Va (non-profit Pacific Island mental health agency in New Zealand)
- e-Mental Health International Collaborative
In the United States we are fortunate to work with great partner agencies and individuals

- We proud to be supported by and work closely with SAMHSA.
- SAMHSA’s support means that as US based leaders you can join and participate in IIMHL for free.
- The College for Behavioural Health Leadership serves as our United States Liaison, and is key partner in a range of developing areas of collaboration in the US.
- In the US we have helped to encourage the engagement with and use of developing practice including:
  - Mental Health First Aid
  - Reduction in seclusion and restraint
  - Crisis response
  - Population based mental health improvement
  - Indigenous people’s leadership
Working with NASMHPD

• We are proud to continue to work closely with NASMHPD and have close and long established connections

• Former Executive Director Bob Glover is a Board member and former Chair of IIMHL

• Dr. Hepburn and senior NASMHPD staff are key contributors to our work and our advisory groups

• NASMHPD has been a key partner in our Leadership Exchanges, notably in 2019 and 2022
The benefits of IIMHL to countries and regions

• We provide countries with a low-cost, high value way to exchange knowledge rapidly between sponsoring countries and to decrease the delay between identifying new and effective practices and implementing them on a wider scale.

• It provides an opportunity for leaders in participating countries to learn from each other on many topics and where they live and work in an investing country, there is no individual cost

• Investing countries and members help to shape the focus of IIMHL knowledge exchange to ensure its value and relevance to them.

• We provide countries with the ability to ask questions, gather evidence, research material and good practice examples and rapidly get a response from within the network.
Values in leadership

Good leadership is values based and values led.

Our leadership framework is intended to include the important elements of leadership in delivering meaningful, transformational change in the mental health, substance use and disability fields, in all settings and at all life stages.

It provides a focus on the behaviours that promote genuine inclusivity in organisations. It was developed in co-productive way with our members.

The framework is to be viewed as a work in progress as it will be open to regular review, thus it should be seen as a living document.
Benefits of international collaboration

• Swift exchange of knowledge and learning speeds up improvement
• Learning together helps leaders to develop skills and competencies
• Collaboration shrinks problems
• Diversity of thought and experience
• Supportive and safe environments for leaders
What’s next?

• Accessibility, inclusion and diversity
• Developing our work with emerging as well as established leaders
• More focus on addictions and substance use

• We are changing our name to Global Leadership Exchange
• Development of a three year strategy from 2024
• Ongoing and strengthening partnership with NASMHPD
• Working with SAMHSA leadership

• Listening to what you need, how can we help you?
Building blocks for our future state

Strategic Vision and Mission

Inclusive, diverse and equitable

Being value and outcome focused
Moving towards the Leadership Exchange
June 24-28, 2024

• We are now planning the programme for the Leadership Exchange in 2024

• We would encourage you to participate in the Leadership Exchange in June 2024, hosted in Utrecht, in the Netherlands

• We also encourage you and leaders of all levels in your States to join us and take part in our collaborative groups
Please join us – it's free:  https://www.iimhl.com/iimhl-join

We hope that you will spread the word about IIMHL/GLE and encourage people to be part of our growing global social movement for leadership in mental health, substance use and disability
NASMHPD Annual 2023 Meeting
Sunday, July 30, 2023

CONNECT
COLLABORATE
INSPIRE
MAKE A DIFFERENCE
eMHIC’s Board of Trustees

Anil Thapliyal
Executive Director
eMHIC

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Chief Executive Officer
Mental Health Commission
Canada

Laurianne Reinsborough
Director of Health Promotion
Wellbeing SA
Australia

Charles Curie
Principal and Founder, The Curie Group, LLC.
USA

Gregor Henderson
Strategic Adviser, Consultant,
Coach & Mentor
UK

Fredrik Lindencrona
Lead for Strategic Improvement &
International Coordination. SKR
Sweden

Dr Arran Culver
Acting Deputy Director-General, Mental
Health and Addiction
New Zealand
What is eMental health?

“Mental health services and information delivered or enhanced through the internet and related technologies.”

*Christensen, H. et al (2002). e-Mental Health in Australia. ISCDiscussion Paper No 3, DoHA*
Naming conventions

1. e-Mental health
2. Digital mental health
3. Digital Therapeutics (DTx)
4. e-Therapy
5. Online mental health
6. Blue prescription
7. Internet-based interventions
8. Online self-help / self-management
Changing communication modes

1. Text
2. Email
3. Facebook
4. Camera
5. Read news
6. Shop online
7. Check the weather
8. WhatsApp
9. Banking
10. YouTube
11. Make Phone Calls!

This Caller is on Hold’ survey conducted by Mobiles.co.uk in March 2017 with 2,017 UK respondents (aged 18+) that own and regularly use a smartphone.
Popularity of Digital Mental Health

- Jump in digital health investment around the world in 2021
- 79% of digital health investments around the world fueled by health consumer demand for digital mental health solutions
- 85 countries collaborating
- 57.2b
- Of digital health investments around the world fueled by health consumer demand for digital mental health solutions
- 5 million digital health downloads very single day around the world
- Since 2020
- The Covid-19 pandemic has brought to the fore the utility of e-Mental Health technologies...
- Most 18-44 year olds would choose digital health to support a mental health condition over prescription medication - ORCHA

Dr Daniel Fung, IMH, Singapore
What makes scalable implementation work

Optimal Activation

Policy & Strategy

Evidence based / informed

Workforce

Lived Experience

Industry
<table>
<thead>
<tr>
<th>Country</th>
<th>Year</th>
<th>Output</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia</td>
<td>2012</td>
<td>eMental Health Strategy</td>
</tr>
<tr>
<td>Australia</td>
<td>2019</td>
<td>Digital Mental Health Standards</td>
</tr>
<tr>
<td>Canada</td>
<td>2014</td>
<td>eMental Health Briefing Paper</td>
</tr>
<tr>
<td>Canada</td>
<td>2022</td>
<td>eMental Health Accreditation Framework</td>
</tr>
<tr>
<td>Ireland</td>
<td>2023-24</td>
<td>National Digital Mental Health Plan <em>(currently under development. It will be published at 2024 eMHIC Congress in Ottawa, Canada)</em></td>
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<tr>
<td>New Zealand</td>
<td>2019</td>
<td>eMental Health Framework <em>(also known as Digital Mental Health and Addiction Toolkit or DMHAT)</em></td>
</tr>
<tr>
<td>New Zealand</td>
<td>2023</td>
<td>National Digital Mental Health Roadmap <em>(Commissioned by Health New Zealand in June 2023)</em></td>
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<tr>
<td>Country</td>
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<td>Output</td>
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<tr>
<td>eMHIC</td>
<td>2022</td>
<td>Ethics and Law in Digital Mental Health</td>
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<tr>
<td></td>
<td></td>
<td><em>(With full involvement of UNICEF, USA, Canada, Switzerland, India, Singapore, Australia and New Zealand)</em></td>
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<tr>
<td>England</td>
<td>2019</td>
<td>London Digital Mental Health Strategy</td>
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<tr>
<td>Canada</td>
<td>2011</td>
<td>Development of eMental Health and Addiction Strategy for the Province by the Government of Newfoundland and Labrador</td>
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<td>Denmark</td>
<td>2023</td>
<td>Establishment of a new Commission by the Minister of Health to look at the new mental Health models of care which digital tools are integral part of the mental health care, support and treatment</td>
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<tr>
<td>Singapore</td>
<td></td>
<td>Establishment of a dedicated Digital Mental Health Division under Ministry of Healthcare and Transformation</td>
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<tr>
<td>Scotland</td>
<td></td>
<td>Establishment of the dedicated eMental Health portfolio</td>
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Countries

- USA
- Canada
- Australia
- New Zealand
- Singapore
- Philippines
- Sweden
- England
- Scotland
- Ireland
- Denmark

Peak Bodies

- UNICEF
- APEC Digital Hub for Mental Health
- World Federation of Public Health Associations
In February 2022, eMHIC published the ‘Ethics and Law as Essential to eMental Health’ Position statement.

The document was the inaugural publication of the Ethics and Law Special Interest Group by a global body of subject matter experts from USA, Australia, New Zealand, Canada, Norway, Sweden, Singapore, and UNICEF.
To develop a consensus on a draft set of key design principles for guidance on adolescents and youth digital mental health.

**Theme:** What’s working for adolescents and youth globally

DATE
9 & 10 October 2023

LOCATION
Geneva, Switzerland

PARTICIPATION
In-person
Upcoming Events - International

9th eMental Health International Congress

eMHIC hosts the world’s largest International Congress focussing on the implementation of digital mental health.

2024 CONGRESS THEME
Theme: Digital Building Capacity: 24/7 Mental Health Support for All

DATE
18, 19 & 20 September 2024

LOCATION
Ottawa, Australia

PARTICIPATION
In-person + Virtual