



# The Huron community FHT Myndplan Project

Implementing client centred, empirically-  
based stepped care mental health  
treatment into a real life clinical setting



# Presenter Disclosure

Robert Shepherd, Ph.D., C.Psych.

Robert Shepherd is a practicing clinical psychologist, provides paid psychological consultation services for the Huron community Family Health Team, volunteers his services as Clinical Advisor for Hasu E-Counselling Services and is a Co-Founder of Myndplan Inc., a private, for-profit mental health web services company.



# Mitigating Potential Bias

A large, leafy tree stands on a grassy hill under a cloudy sky. The tree is positioned on the right side of the frame, with its branches spreading out. The grass is green and appears to be blowing in the wind. The sky is overcast with grey clouds.

- Dr. Shepherd will limit discussion of products created by Myndplan to their role in specific clinic activities and research
- No recommendations will be made with respect to specific applications, products, or e-counselling services



# Learning Objectives

- Based on the content covered by this session you will be able to:
- Describe the role of Intake Navigator and its application in a comprehensive stepped care mental health treatment program
- Outline the pros and cons of using web based applications and services in an FHT clinic setting
- Give examples of how community resources and the full complement of health team members can be coordinated to offer clients optimal care from diagnosis to discharge.



# The Myndplan Beta Prototype Project

- Inspired by a Health Technologies Fund call for submissions
- Required a health technology business to collaborate with a health institution
- Goal is to support home and community care through virtual, digital and mobile health care technologies that connect services
- Combined Huron community FHT resources with prototype software developed by Myndplan inc.





*Huron Perth Helpline  
& Crisis Response Team*



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE



Choices For Change

*Clinton*

**Family Health Team**

Box 69, 105 Shipley St.,  
Clinton, ON N0M 1L0

**Tel:** 519-482-3000

**Fax:** 519-482-7648



*Maitland Valley*

Family Health Team



the *clarity* group  
PSYCHOLOGICAL SERVICES

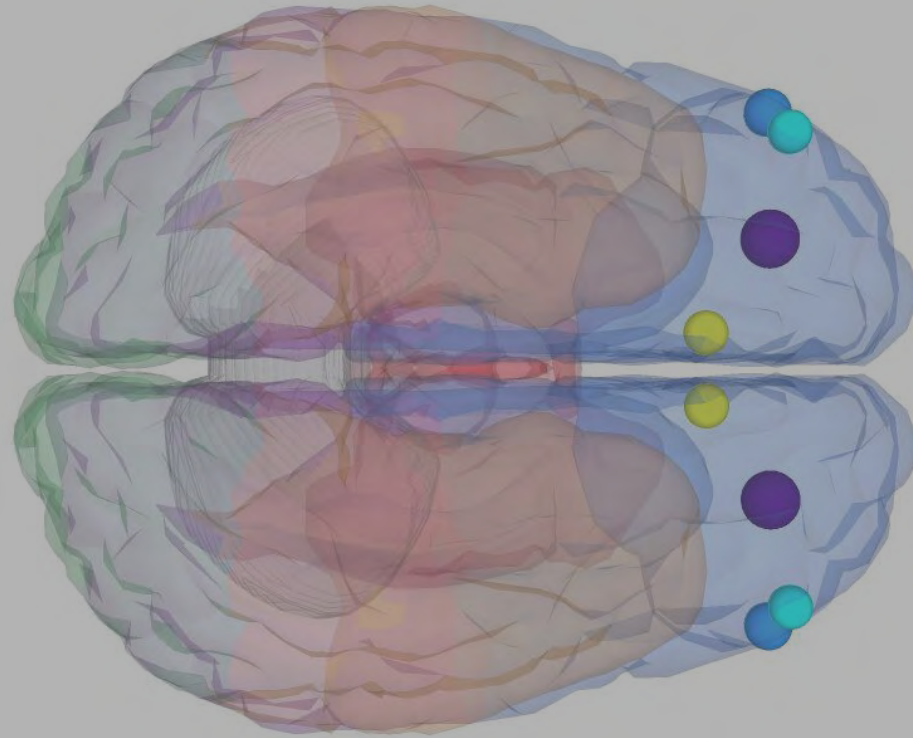
**Alzheimer Society**  
HURON COUNTY



# Beta 1.0 Trial Components

- Paper and pencil + online comprehensive mental health assessment inventory
- Paper and pencil + Ocean tablet delivered Mood Monitors
- Myndplan Workshops (2 x 90 minute educational sessions)
- Small Group Series (each group made up of 6 x 1 hr sessions):
  - Activate: Exercise for people who hate exercise
  - Lift: Helpful tools for improving your mood
  - Relax: Stress management made easy
  - Relief: Practical solutions for chronic pain

Content is  
integrated  
with  
neuroscience  
informed  
cognitive  
behavioral  
education





# Lessons Learned

- Clients like having access to assessment results
- User experience is critical: must be easy to use or will fail
- Messaging and peer support are under-utilized in FHT settings
- Clinicians need symptom monitoring and treatment support
- Clients need help understanding diagnosis and building treatment plan – knowledge translation is the key to real change



# Scan Data

- Transdiagnostic: Most problems fall within 5 main clusters
  - Somatic / Irritable / Anxious / Antisocial / Depressed
- Simple screens can predict treatment response or resistance
  - High Flexibility 10x better outcomes with cbt
  - High Intrusive Thoughts, Irritability 2-3x poorer outcomes with cbt
- Data can distinguish healthy adults typical clients, and addiction clients



# Monitor Data

- Most clients improve predictably on a session by session basis
- Initial monitor scores predict post therapy symptom levels
- Average change from session to session can be quantified and used to estimate progress or worsening of key symptoms
- Variance of change between sessions estimates volatility
- Final monitor scores help predict termination readiness
- Frequent sessions + shorter duration of therapy = better outcomes



# Clinical Insights

- Almost all referrals to primary care mental health professionals and in private practice involve more than one diagnosis
- Many referrals have been on at least one antidepressant medication, often in combination with a benzodiazepine, for years
- Many of the rest are prescribed medication prior to starting counselling
- Very few clients have an appropriate diagnosis
- Providers will continue ineffective treatment indefinitely
- Providers tend to stick to a single treatment modality



# Beta 2.0 Navigator Trial: Client

- Build Myndplan Education and Neuroscience components into App
  - Add clinic/agency portal for client registration
  - Levels of organization mirror Research Domain Criteria (RDoC)
  - Add SAGe Resources for all primary diagnoses (Self Assessment e-Guides)
  - Develop Animated Neural Mapping and instructional video resources



# MYNDPLAN

In office

Email invite

Create an account and start the Myndplan.

First name

Last name

Email

Password

Show

Get started

HcFHT Access portal



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Myndplan

Robert

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https://app.myndplan.com

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Apps For quick access, place your bookmarks here on the bookmarks bar. [Import bookmarks now...](#)

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PATH

SCANS

GUIDES

MONITORS

SETTINGS


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# Your results are ready


Great job completing your scans! Your results are ready, and guides and monitors are also both unlocked.



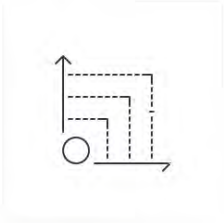
Myndplan



Results



Guides



Monitors

View results

💬



Myndplan

Robert

https://app.myndplan.com/scans

Apps For quick access, place your bookmarks here on the bookmarks bar. [Import bookmarks now...](#)

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PATH

SCANS

GUIDES

MONITORS

SETTINGS

Scans

Myndscan

You have completed all the scans.

View results

Profile

Health

Psychology

Relationship scans

Relationship scans help measure your core personal relationships

View results

Relationship

Work



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SCANS

GUIDES

MONITORS

SETTINGS

Myndplan

https://app.myndplan.com/myndscan/results


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Robert

SummaryDomainsFactorsTrends

Results

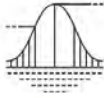
Your results are ready!



Domains

Broad groups of items that explain human functioning and behavior.


View domains



Factors

Unique groups that help identify more general symptoms or personality traits.

View factors



Trends

Larger population trends that might be relevant to your profile

View trends



Robert

Myndplan

https://app.myndplan.com/monitors

Apps For quick access, place your bookmarks here on the bookmarks bar. [Import bookmarks now...](#)

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PATH

SCANS


GUIDES

MONITORS


SETTINGS

Monitors


Monitors help you track your progress over time, and are the best way to show if a treatment is having a positive or negative effect.




Anxiety





Anger



Depression







Cancel

Next



Effect of Pain Neu

Myndplan

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https://app.myndplan.com/guides

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SETTINGS

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Guides

Myndplan Guides walk you through common mental health issues in plain language and help you create a personalized map to rebalance in your life




Alcohol Abuse

45 MINUTES




Anorexia Nervosa

35 MINUTES




Binge Eating


40 MINUTES



Bipolar Disorder



Bulimia



Generalized Anxiety



# Beta 2.0 Navigator Trial: Clinician

- Expand to include Client, Clinician, Intake, Organization levels
- Allow assignment & reassignment of clients to agencies/therapists
- Add clinician level algorithms identifying patient alerts and outcome predictors



# Beta 2.0 Navigator Trial: Clinician

- Add Intake Navigator Role to team
  - First point of contact for mental health services
  - Assigns clients to providers and tracks circle of care
  - Monitor and guide clients through all treatment phases
- Add Pharmacist, CMHA case worker, Addiction Service counsellor, Fitness Coach, Dietician to circle of care
- Add medication-only clients to Navigator tracking
- Implement Online Texting as a treatment option



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CLIENTS

ACTIVITY

RESOURCES

SETTINGS

Clients

Search

Connect to a client Add new client

NAME	STATUS	STATS	PROVIDERS	LAST ACTIVITY
Donald Trump	Active	5 Scans , 0 Monitors	1	undefined NaN, NaN: intake scan

Total clients: 1

Connect to a client Add new client



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CLIENTS

ACTIVITY

RESOURCES

SETTINGS

?

< Clients

Donald Trump

SummaryResultsMonitorsGuides

MULTIAXIAL ASSESSMENT

3/3

Complete

View results

SOCIAL RELATIONSHIP

2/2

Complete

View results

HUMOR STYLES

0/1

Complete

EMAIL

robert+trump@myndplan.com

GENDER

male

AGE

73

DANGER ZONE

Associations Bet

Effect of Pain Neu

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CLIENTS

ACTIVITY

RESOURCES

SETTINGS

< Clients

Donald Trump

SummaryResultsMonitorsGuides


Myndplan results

No warning  
Floor alert


No warning  
Ceiling alert

Non-patient sample  
Grouping


FACTORS



Fatigue  
33rd percentile



Irritability  
99th percentile



Compulsive worry  
71st percentile





CLIENTS



ACTIVITY



RESOURCES



SETTINGS



## DOMAINS

## Emotional

## Domain

## ACUTE THREAT

Phobia 4%

Panic No issues

## POTENTIAL THREAT

General 40%

anxiety

Health 7%

anxiety

## SUSTAINED THREAT

Suspicion 99%



Sexual 35%

functioning

PTSD No issues

## LOSS

Sadness 39%

## Social

## Domain

## AFFILIATION AND ATTACHMENT

Social 97%

support

Self 50%

esteem

## UNDERSTANDING OF OTHERS

Assertion 99%



Relationship 90%



Work 32%

## UNDERSTANDING OF SELF - AGENCY

Intrusive 63%

thoughts

## SELF KNOWLEDGE

Flexibility 11%



CLIENTS



ACTIVITY



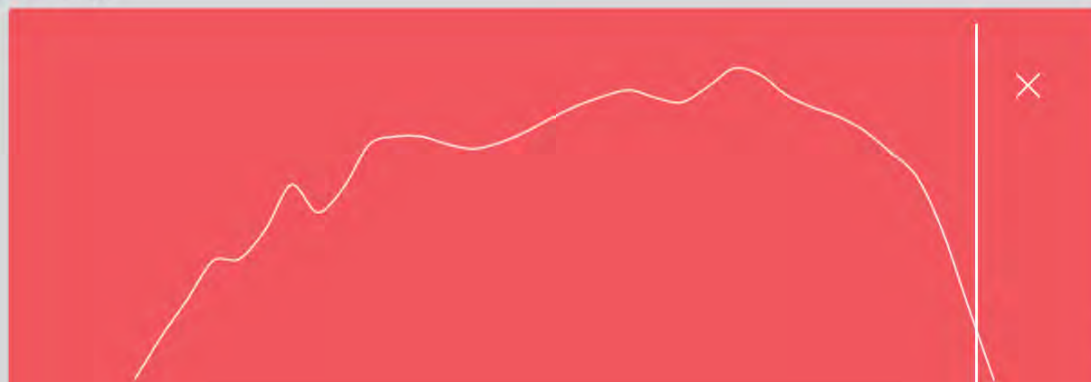
RESOURCES



SETTINGS



## DOMAINS



## Assertion

99th

YOUR PERCENTILE

High

LEVEL

## What this means for your client

Though the client may not realize it, the strong assertive stance that is described can also be characteristic of an aggressive interpersonal style.

While the client may feel a person is merely being assertive and standing up for their rights when expressing a strong opinion or demanding something, others may see it differently. The client can be extremely effective at making their views known, but often will "step on others' toes" when doing this. There is a tendency to overrule others and dominate discussions.

## More about Assertion

Many of the items making up the Assertion scale assess the client's comfort

97%

50%

99%

90%

32%

NCY

63%

Sadness

39%

Flexibility

11%





CLIENTS



ACTIVITY



RESOURCES



SETTINGS



## Chronic illness



- Arthritis
- High Blood Pressure

## Mental health history



The client described the following items:

- A family history mental illness.

## Medication response



Holding a job, earning a higher Income, and having more education can all give a person advantages when they are getting treatment to improve how they feel. The more of these things a person possesses, the better their prospects for getting results. Research results suggest that even having some of these advantages can predict a better response to medication. The client meets at least two of these criteria.

## Stressful life events



The client identifies the following life events have occurred within the past year:

- Change in work hours
- Move
- Job change
- Legal problems

## Somatic symptom indicators



## Sleep Apnea



The combination of RML and activity

iPad7:03 AM99%

Associations BetEffect of Pain NeuMyndplanMyndplanhttps://clinician.m

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CLIENTS

ACTIVITY

RESOURCES

SETTINGS

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< Clients

Test

Sur

Assign providers

Lucinda Morrison

Status: *Not connected*

+

Renelle Bourdage

Status: *Not connected*

+

Josee McMahon

Status: *Not connected*

+

Jodi Houston

+

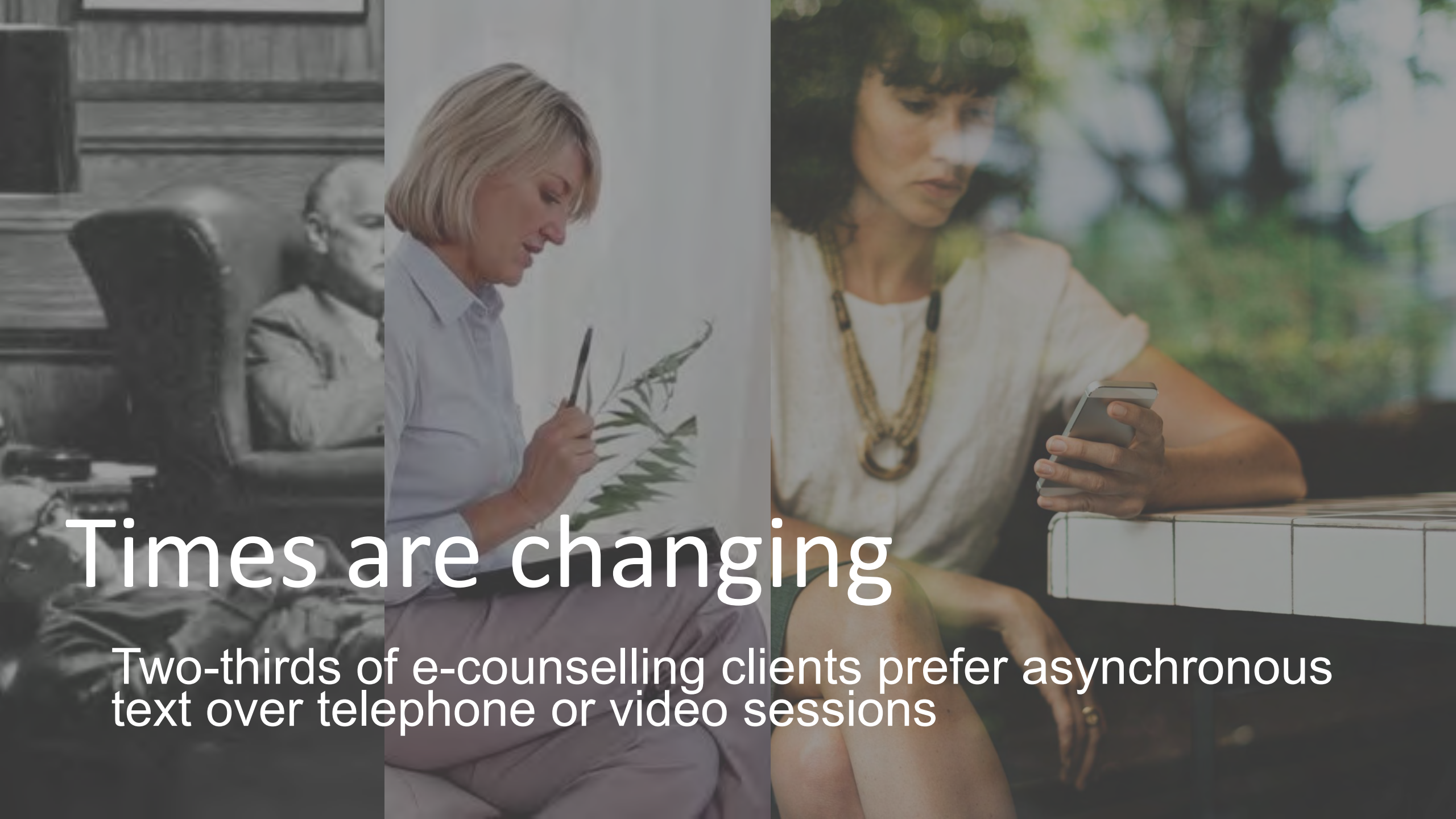
Cancel

Save

No providers assigned

providers





# Times are changing

Two-thirds of e-counseling clients prefer asynchronous text over telephone or video sessions



# Keep in Touch

[Robert@myndplan.com](mailto:Robert@myndplan.com)