ENTER MENTAL HEALTH WEBINAR (ZOOM)

NURSING AND NEW TECH

October 8, Thursday
3 pm - 5 pm CET

REGISTER : CLICK HERE

WEBSITE : CLICK HERE

PROGRAM

2nd ENTER MENTAL HEALTH WEBINAR

NURSING AND NEW TECH

The European Network for Training Evaluation and Research in Mental Health (ENTER) welcomes you to join the second webinar of the Nursing in Mental Health series.
Join this discussion as speakers representing various Mental Health perspectives reflect and share their ideas for the future nursing alongside health professionals and users:

Nursing in Mental Health: Nursing during the pandemic
October, 8 Thursday – 3 pm. Till 5 pm. CET (Zoom Webinar)

Information and communication technologies are developing massively in health and care systems, and mental health is also affected. How do they impact nursing practices? What are the benefits? What are the benefits for mental health users? And are there negative effects already identified? During the webinar, the speakers will address contemporary issues and useful recommendations for the next generations of health professionals.

Register here: here a link to register

MODERATORS
- **Professor Marja Kaunonen**, Professor in Nursing Science and Head of Health Sciences, Tampere University, Tampere, Finland

- **Panagiotis Chondros**, Director, EPAPSY, Athens, Greece

Tags: Enter Mental Health, new tech, nursing, GHU Paris, EPAPSY

Webinar Format
This webinar will include short presentations by the speakers (max 20min), followed by an interactive discussion and an open question and answer session led by the moderator. All participants must register for the webinar in order to receive the zoom link.

Technical and organisational supporters:
- *Emmanuelle Jouet, Education & Mental Health researcher, GHU Paris, France, Vice President for Training in Enter Mental Health Network*
- *Panagiotis Chondros, President, EPAPSY, Athens, Greece*

PRESENTATION 1 :
DIGITAL THERAPEUTICS: DEVELOPING DIGITAL INTERVENTIONS TO ENHANCE RECOVERY, PROMOTE PRECISION TREATMENTS AND SUPPORT WELLBEING
by Professor Rhonda Wilson

COVID19 has required health care practitioners to pivot delivery of health care services towards safe routes of administration that are capable of minimising the need for close person to person proximity, and, can be delivered in lock-down or isolation, in order to minimise the risks of viral transmission generally. Globally, researchers have accelerated their work to develop and test suitable digital therapeutics in response to the rapidly changing conditions and settings for health care delivery. In mental health in particular, we have a global wealth of experience in digital/ e health/ telehealth service delivery development, and with considerable expertise and research to draw upon. These experiences have assisted us to rapidly consider new health problems arising as a result of the present pandemic, and to propose and develop solutions swiftly.

This presentation will introduce and outline a number of digital health research programs in progress and demonstrate innovative ways of integrating disaster health, infection prevention and control, digital health and mental health knowledges to respond to the novel and rapidly developing pandemic health problems of today.

Professor Rhonda Wilson
University of Newcastle, Australia

Prof Rhonda Wilson RN CMHN PhD is Professor in Nursing at the University of Newcastle, Australia. She returned to Australia in 2019 (working as Associate Professor of Nursing at University of Canberra) after living and working in Denmark (University of Southern Denmark) where she was Associate Professor of E Mental Health and Head of Research for the Telepsychiatric Centre in a regional psychiatric hospital service area. Rhonda has published extensively in international journals, book chapters and conference papers. She is a Registered Nurse in Australia, and a Credentialled Mental Health Nurse, currently serving on the Australian Nurses and Midwives Registered Nurse Course Accreditation Committee and the Accreditation and Education Committee for the Australian College of Mental Health Nurses.

There is ongoing discourse of involving and engaging service users as equal partners in to the mental healthcare processes and decision-making (Lamph et al., 2018). One solution for this is co-production. It highlights the knowledge of service-users and challenges traditional ways to work. Although co-production is already used in mental healthcare (Lwembe et al. 2016), actual cases how to apply the approach in to practice are still needed.

An example of putting co-production in action is STRENCO; an Erasmus+ funded project focuses on cooperation, innovation and the exchange of good practices in mental health. One of the project's aims is to co-produce open access eLearning material for mental health professionals and for the wider community. This presentation will describe the process of co-production, introduce the material and discuss its accessibilities.

Katja Raitio
Lehtori / Senior Lecturer, Jyväskylän ammattikorkeakoulu Hyvinvointiyksikkö - JAMK University of Applied Sciences, School of Health and Social Studies - Jyväskylä, Finland

Senior Lecturer (M.Sc) Katja Raitio has clinical and pedagogical experience in mental health nursing. She is Registered Psychiatric Nurse, Psychotherapist (Family Therapy) and has ongoing doctoral studies related to coparenting and game-based learning. Ms. Katja Raitio has worked in multiple research – and developmental projects in different roles. At the moment she coordinates Erasmus+ project STRENCO´s output related to developing eLearning material about co-production in mental health field.

The new technological era underpinned by artificial intelligence (AI) is changing how we live, work, learn, and communicate. It is reshaping government, education, healthcare, and commerce. In the future, it can also change the things we value and the way we value them. It can change our relationships, our opportunities, and our identities as it changes the physical and virtual worlds we inhabit and even, in some cases, our bodies. In this presentation I will explore the impact that this revolution is already having on our physical and mental health and social care and the urgent need for preparing the workforce to engage and work with socially assistive devices and more specifically socially assistive humanoid robots. I will introduce you to the research I have been conducting for the CARESSES project which has recently developed the first culturally competent robot. My specific example will be the effects of loneliness on our mental health and general well being, and how AI technologies and autonomous humanoid robots may be one solution to help alleviate the loneliness epidemic.
http://caressesrobot.org/en/

Professor Rena Papadopoulos
Research Centre for Transcultural Studies in Health, Middlesex University, England.

Irena Papadopoulos is the Professor of Transcultural Health and Nursing, and the Founder and Head of the Research Centre for Transcultural Studies in Health at Middlesex University, London.

She has been researching issues related to transcultural health and cultural competence for over 25 years. She is the originator of the work that led to the development of the Papadopoulos, Tilki and Taylor (1998) model of transcultural nursing and cultural competence.

Since 2017 -2020 she worked on the project CARESSES (funded by HORIZON2020 and the Japanese Ministry of Internal Affairs and Communication) and developed the first ever guidelines for the production of the first culturally competent AI socially assistive robot for health and social care. She has coined the terms Transcultural Nursing Robotics and Transcultural Health and Social Care Robotics, which she hopes that they will, in the future, develop into unique disciplines.

Self-harm is increasingly prevalent at mental health services. This challenging behaviour creates conflicts and the use of restrictive practices, such as mechanical restraints. There is a need to implement training tool in order for staff members to help people who self-harm.
Aim*: To co-create customized interventions that replaced the self-harming behaviour with less damaging behaviour.* ***Method****: A Co-operative Inquiry (Co-I) work group from Region Zealand Psychiatry, Denmark included: service users (3); interdisciplinary staff members from both in- and outpatient settings (6); an engineer (1); and researchers (3). The Co-I was carried out in four stages: 1) generating ideas and deciding research focus through a future workshop, 2) preparing interventions in repeated workshops, 3) testing the interventions in real life, and 4) evaluating the interventions through a questionnaire and focus groups. Reflexive processes helped the inquiry group to modify the interventions.*
Results*: The Co-I produced a mobile application: SAFE including 32 calming down interventions. The target group was people who self-harm and their formal and informal carers (friends, family, health-care professionals and others). The app taught nurses how to help replacing the self-harming behaviour with less damaging methods. Users experienced the interventions as helpful on the primary level, however it was difficult to use in escalated situations.*
The app taught nurses how to help replacing the self-harming behaviour with less damaging methods. Users experienced the interventions as helpful on the primary level, however it was difficult to use in escalated situations. The Safe-app can provide learning for friends, family, health-care professionals and others. Personalized interventions targeting people who self-harm requires changes to traditional practices.

Dr Lene Lauge Berring
Head of The Centre for Relationships and De-escalation in the Mental Health Services Region Zealand in Denmark

Dr Lene Lauge Berring is head of The Centre for Relationships and De-escalation in the Mental Health Services in Region Zealand in Denmark. Dr Berring's research is focused on prevention of violence and reduction of coercive measures. This includes de-escalation practices, practical training programs, and organizational change toward proactive and positive prevention based on a public health perspective and trauma-informed health care delivery models. Dr Berring is a specialist in utilizing participatory research methods that involve people with lived experiences as partners.

Patients with mental health issues can face difficulty due to the time between sessions, issues in daily life, struggle accessing care or certain types of therapy, isolation… Owlie is a French mental health support chatbot available 24 hours a day created by three mental health professionals: a mental health peer-worker(Lee ANTOINE), a psychologist (Clara FALALA-SECHET) and a psychiatrist (Igor THIRIEZ). It was created as an alternative, a complementary tool in relation to relatives or caregivers in moments of emotional distress, making it possible to support people towards autonomy and agency. New technologies as a vehicle for information, support and awareness of better mental health. This chatbot, its English-speaking counterparts and other smartphone apps can therefore provide support for patients, to relieve family and friends, and to act as "colleagues" to professionals caregivers in (whom can use it as coping support too) such as nurses who face human limits to help users of mental health services.

Lee ANTOINE
Mental health peer-worker

Lee ANTOINE is 30 years old and lives in France. He has been working since 2017 as a mental health peer-worker, more specifically in research, training and support in mental health recovery, recovery plans and advance directives. He is volunteering in the field of digital peer support as co-creator of Owlie (a psychological supportive chatbot on messenger), also the creator and coordinator of entantquetelle.com (a blog on the topic mental health peer support), he also tests smartphone applications and runs facebook groups. In this context, he participated in the book «Pair-aidance en santé mentale, une entraide professionnalisée».

NURSING IN MENTAL HEALTH: NEW ROLES IN NURSING

The European Network for Training Evaluation and Research in Mental Health (ENTER) welcomes you to join the third webinar of the Nursing in Mental Health series.

Join this discussion as speakers representing various Mental Health perspectives reflect and share their ideas for the future nursing alongside health professionals and users:

New Roles In Nursing
November, 5 Thursday – 3 pm. Till 5 pm. CET (Zoom Webinar)

New roles are developing internationally for the mental health nurses. Task-delegation, mobile outreach teams, partnership with other professionals or users and their families… What are the new roles exactly and what are their challenges for nurses will be the main theme discussed during this webinar.

Register here: here a link to register

Technical and organisational supporters:
- **Emmanuelle Jouet,** Education & Mental Health researcher, GHU Paris, France, Vice President for Training in Enter Mental Health Network
- **Panagiotis Chondros**, President, EPAPSY, Athens, Greece

Tags: Enter Mental Health, new tech, nursing, GHU Paris, EPAPSY

Webinar Format
This webinar will include short presentations by the speakers (max 20min), followed by an interactive discussion and an open question and answer session led by the moderator. All participants must register for the webinar in order to receive the zoom link.