

Remote Care Conference

A New Era in Mental
Healthcare
Delivery



St Patrick's
Mental Health Services



Programme

Moderated by Jan Ní Fhlanagáin

9.00am - 9.15am

Introduction and opening remarks

Paul Gilligan

CEO, St Patrick's Mental Health Services

9.15am - 9.30am

The role of enabling technology in mental health service delivery

Orla Gogarty

*Director of Digital Health and Transformation,
St Patrick's Mental Health Services*

9.30am - 10.00am

St Patrick's Mental Health Services' Homecare Service

Professor Paul Fearon

*Medical Director,
St Patrick's Mental Health Services*

10.00am - 10.30am

Your Portal, the role of the Remote Care User Advisory Forum and the Service Users IT Support Service (SUITS)

Frankie Prendergast

*Digital Health Applications Programme Manager,
St Patrick's Mental Health Services*

10.30am - 10.45am

MyMind

Krystian Fikert

CEO and Founder, MyMind

10.45am - 11.00am

Helplink

Lochlann Scott

CEO, Helplink

11.00am - 11.15am

Comfort break

11.15am - 11.45am

Your Portal: Building Strength and Resilience Clinical Programme - effective remote care delivery

Niamh Murphy

*Clinical Nurse Manager II, Dean Clinic,
St Patrick's Mental Health Services*

Frankie Prendergast

*Digital Health Applications Manager,
St Patrick's Mental Health Services*

11.45am - 12.15pm

Cybersecurity and data protection considerations in the context of remote care

Ronan Devins

*Chief Information Security Officer,
St Patrick's Mental Health Services*

John Woods

*Data Protection Officer,
St Patrick's Mental Health Services*

12.15pm - 1.15pm

Panel discussion: Future trends in mental health and remote care

Jan Ní Fhlanagáin

Chair

Professor Paul Fearon

Medical Director,

St Patrick's Mental Health Services

Orla Gogarty

Director of Digital Health and Transformation,

St Patrick's Mental Health Services

Krystian Fikert

CEO and Founder, MyMind

Lochlann Scott

CEO, Helplink

Adrian Yeates

Remote Care User

Advisory Forum



Speakers

Introduction and opening remarks

Paul Gilligan

CEO, St Patrick's Mental Health Services



Paul Gilligan, BA, MA, DipClin Psych, RegPsychol, FPsSI, is a Clinical Psychologist and Chief Executive of St Patrick's Mental Health Services (SPMHS). He

is an Adjunct Assistant Professor in Trinity College Dublin.

Paul is a former Vice-Chairman of the National Children's Advisory Council, a former President of the Psychological Society of Ireland and a former Chairman of the Children's Rights Alliance. He was a member of the government-established Vision for Change Independent Monitoring Group and Garda Vetting Implementation Group. Before taking up his current post with SPMHS, he was Chief Executive of the Irish Society for the Prevention of Cruelty to Children.

Paul is author of two parenting books, *Keeping Your Child Safe* (2008) and *Raising Emotionally Healthy Children* (2015). He is an internationally recognised children's rights advocate and a Fellow of the Psychological Society of Ireland.

The role of enabling technology in mental health service delivery

Orla Gogarty

Director of Digital Health and Transformation, St Patrick's Mental Health Services



Orla Gogarty, MScOT, MBA, PGDip Leadership, is Director of Digital Health, Transformation and Partnership at St Patricks' Mental Health Services.

Drawing on over 40 years of clinical management and academic experience in the UK, Canada and Ireland, across the public and private sectors, Orla has a proven track record in delivering strategic technology and transformation projects, including Ireland's first integrated electronic mental health record and Service User Portal. Orla also supported St Patrick's Mental Health Services to introduce remote services and remote working at scale during the pandemic. A positive and collaborative leader, Orla enjoys building and working with cross-functional teams in healthcare to deliver enabling technologies to clinicians and service users that support intervention and safe treatment and empower recovery.

St Patrick's Mental Health Services' Homecare Service

Professor Paul Fearon

Medical Director, St Patrick's Mental Health Services



Professor Paul Fearon is Medical Director at SPMHS and Clinical Professor of Psychiatry at Trinity College Dublin (TCD). He is the current chair of the Academic

Faculty of the College of Psychiatrists of Ireland. Professor Fearon worked as a consultant general adult psychiatrist in the Maudsley Hospital, London for seven years.

As a senior lecturer at the Institute of Psychiatry in London, he headed the Section of Social Psychiatry and Epidemiology. He returned to Dublin to take up his post as Clinical Professor in Psychiatry and General Adult Consultant Psychiatrist in St Patrick's University Hospital and TCD in 2008.

Professor Fearon has published over 100 peer-reviewed papers, largely in the areas of the epidemiology and the role of socioenvironmental factors in schizophrenia and bipolar disorder, and in quality of care in mental health services.

Your Portal, the role of the Remote Care User Advisory Forum and the Service Users IT Support Service (SUITS)

Frankie Prendergast

Digital Health Applications Manager, St Patrick's Mental Health Services



Frankie Prendergast is Digital Health Applications Programme Manager at St Patrick's Mental Health Services (SPMHS). She has over 35 years of clinical,

healthcare technology and business change management experience in the UK and Ireland, across the private and public sectors. She takes ideas from inception through to delivery and has demonstrable success in delivering digital health solutions that enable service users' rights to contribute and inform their recovery and wellbeing, as well as experience in helping clinical services adapt to new models of care and become more sustainable. During her time at SPMHS, she has led the solutions delivery to support the enablement of remote care and Homecare delivery models and the implementation and ongoing development of 'Your Portal'. Other contributions include the establishment of the Service User IT Support (SUITS) service and the Service User Remote Care Advisory Forum.

MyMind

Krystian Fikert

CEO and Founder, MyMind



Krystian Fikert is a multi award-winning social entrepreneur and founder and CEO of MyMind, a Social Entrepreneur in Residence for INSEAD

and a Board Member and Advisor to the Charities Institute Ireland and the Department of Health in Ireland.

Krystian first founded MyMind in 2006, providing counselling and psychotherapy services voluntarily on his own to the immigrant community who had no access to the public health service at the time. Since then, Krystian has built MyMind into a leading national and international provider of mental health and counselling services, now with five locations, 150 clinicians and online services, and has delivered over 210,000 appointments to 70,000 clients in 15 languages across the globe.

MyMind is the first and largest blended model of mental healthcare in Ireland and has created a unique movement for community-based mental health services that work towards giving people equal access to mental health support early, affordably, directly, and without stigma or delay.

Helplink

Lochlann Scott

CEO, Helplink



Lochlann Scott is Helplink's CEO, he holds a degree and two postgraduate diplomas in Psychology and Health Psychology. Before founding Helplink

in 2012, he worked in social care and social work departments for many years in the HSE West, in residential and long-term family support. Previous to his time with the HSE, he held multiple management roles in the retail and hospitality sectors.

Lochlann also co-founded the Health 2.0 Galway Chapter, and was a voluntary Board Director/Trustee with Mental Health Reform (Ireland).

Furthermore, Lochlann is a multi-award winner and has been shortlisted in the areas of social entrepreneurship and radio show production/presenting.

Cybersecurity and privacy considerations in the context of remote care

Ronan Devins

*Chief Information Security Officer,
St Patrick's Mental Health Services*



Ronan Devins holds a degree in Computer Engineering from University of Limerick, and has almost 30 years industry experience, working for Irish startups

and large multinationals in Ireland, Europe and the US.

He has experience in software development and project management in a range of fields (embedded software, web applications, consumer electronics and healthcare), and in recent years has focused on IT operations, security and compliance.

His current role is Chief Information Security Officer at St Patrick's Mental Health Services, with responsibility for cybersecurity covering 800 staff across multiple sites, as well as on-premise applications and cloud providers.

John Woods

*Data Protection Officer,
St Patrick's Mental Health Services*



John Woods is the Data Protection Officer at St Patrick's Mental Health Services. John has had an extensive career in information systems and data

protection. John has a degree in Business with Information Systems Management from the Institute of Public Administration and a Master of Science in Information Technology Management from the Institute of Technology, Tallaght. John also holds CIPP/E and CIPM certifications.

John's areas of interest include data protection, privacy by design and information governance. John sits on SPMHS' Health Research Ethics Committee and is a member of the he organisation's Information Governance Committee.

John served on the first National Research Ethics Committee that was established by the Minister of Health to deliver an expedited process for review of COVID-19-related health research. John is a member of the Health Research Consent Declaration Committee.

Panel discussion: Future trends in mental health and remote care

Jan Ní Fhlanagáin

Chair



A broadcaster at RTÉ Radio 1, Jan Ní Fhlanagáin presented and produced the mental health podcast series *You OK?*, which ran throughout the

first 18 months of the Coronavirus pandemic. Jan has a keen interest in the role of media in reducing stigma around mental health difficulties, as well as its duty to report sensitively and responsibly on mental health-related stories. These are values which consistently inform her work.

Jan has worked with St Patrick's Mental Health Services for a number of years on a range of projects including pop-up radio station Walk in My Shoes FM, podcasts for WIMS Live, as well as moderating panel events both in person and online.

Panel discussion: Future trends in mental health and remote care

Adrian Yeates

Remote Care User Advisory Forum



Adrian works as a National Trainer at Mental Health First Aid Ireland. Mental Health First Aid courses are a suite of internationally acclaimed and

evidence-based training programmes that empower and equip individuals with the knowledge, skills and confidence needed to support a friend, family member or co-worker experiencing a mental health difficulty or experiencing a mental health crisis.

Notwithstanding a long history of depression and anxiety, he has worked successfully in several industries, both at home and abroad, and at all management levels, including CEO.

An excellent communicator with strong interpersonal skills, Adrian speaks with authenticity, credibility and relatability. He genuinely cares about people development, possesses high EQ (emotional intelligence) and has a deep understanding of mental health in the workplace.

Adrian is a Board Director of the mental health charity, Aware, and an Ambassador with See Change Ireland.

St Patrick's Mental Health Services

St Patrick's Mental Health Services is Ireland's largest independent, not-for-profit mental health service. Our vision is for a society where all citizens are empowered and given the opportunity to live mentally healthy lives.

We provide community and outpatient care through our Dean Clinics and day patient services, inpatient care and Homecare through our three approved centres; St Patrick's University Hospital, St Patrick's, Lucan (St Edmundsbury) and Willow Grove Adolescent Unit. We provide a range of mental health services that cater for addictions and dual diagnosis, anxiety disorders, bipolar disorder, depression, eating disorders, psychosis, and mental health difficulties in older adults as well as young adults.

Health professionals can contact us with any queries regarding referrals to our services by contacting our Referral and Assessment Service on 01 249 3635. We also provide a one-to-one mental health advice service through our Support and Information Line, that can be contacted at 01 239 3333 or by emailing info@stpatmail.com.

St Patrick's
Mental Health Services



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