



*Effective iCBT Made Easy*

# Mental health needs in times of disaster: How online CBT can help

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Anxiety and Depression and THIS WAY UP online mental health tools



UNSW



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# About CRUfAD

## (Clinical Research Unit for Anxiety and Depression)



**Anxiety Disorders Clinic**  
(Face to Face Treatment)

<https://crufad.org/anxiety-disorder-clinic/>



**Virtual Clinic**  
(Randomised Controlled Trials)

<https://virtualclinic.org.au/>

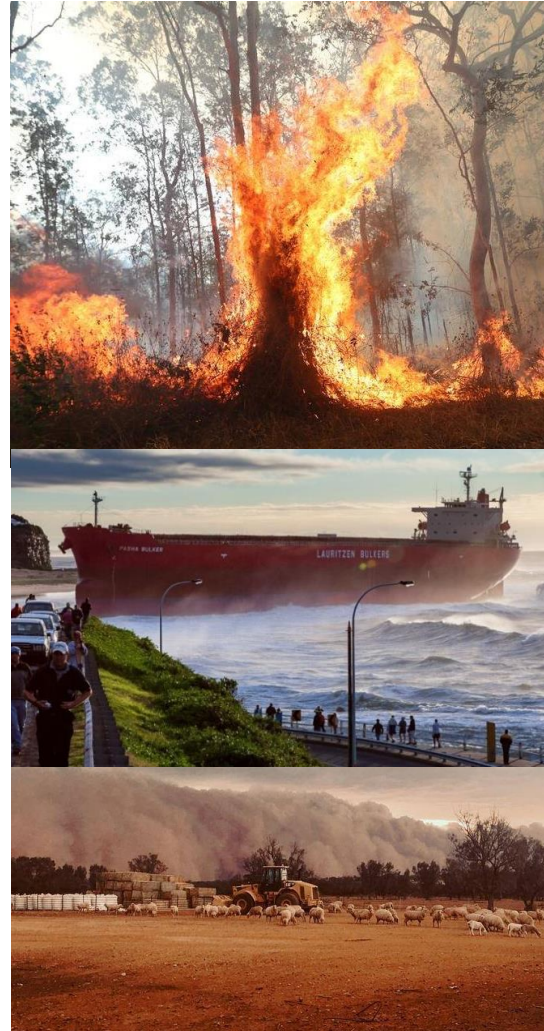


**THIS WAY UP**  
(Online Service Provider)

<https://thiswayup.org.au/>

# Mental health impacts from disasters

- **The impact of disasters upon mental health**
  - Heightened community anxiety/distress
  - Financial impact, particularly in rural/remote areas (e.g., farm work, damage to land) leading to poor mental health
  - Impact of exposure to traumatic circumstances



- **The impact of disasters upon the mental health system**
  - Increased need and demand for mental health support
  - Priority shift – emergency /recovery responses
  - Health workers also exposed to traumatic circumstances
  - Pressure to meet needs with extensive wait times

# Learn practical tools to take care of your mental health

Check out our range of self-paced online courses that teach clinically-proven strategies to help you improve the way you feel.

[Explore Online Courses](#)



- Times of disaster place additional burden patients, practitioners, and limit the resources available to individuals in need of mental health support
- These burden create further challenges to otherwise existing barriers to mental health care, including:

- Time
- Cost
- Geography
- Stigma



You can tough it out and ignore it.

Others need the help more than me

It's your fault.

# How iCBT can increase support for more people and reduce the burden upon

## Face-to-Face CBT

- Delivered in-person, relies on attendance
- 5-20 sessions on average
- Structured around the expectations and desires of the client (low fidelity)
- Varied, ongoing out of pocket cost
- Ongoing clinical commitment
- Limited geographical availability
- May require a referral
- Potential for long waiting times

## THIS WAY UP iCBT

- Delivered online, anytime
- 4-10 lessons on average
- Clinically proven structure to optimise treatment gains (high fidelity)
- Fixed, one-off cost
- Available with or without clinical input
- Available in all internet connected areas
- Does not require a referral
- Immediate access

*RCT's have shown they are equally effective* <https://crufad.org/our-research/>

➤ **Practical**

Teach core psychological skills

➤ **Convenient**

Offer flexible, self-paced online access

➤ **Comprehensive**

Contain a full dose of evidence-based CBT treatment

➤ **Accessible**

Do not require a referral, available as self-help

➤ **Low Cost**

Compared with accessing an equivalent dose of 'free' F2F treatment



**Total of 18  
Courses**

**Free - \$59**

**Independent  
or Supervised  
Completion**



# Evidence Base for This Way Up Courses

- This Way Up courses have been evaluated in over 30 Randomised Controlled Trials
- Strong evidence-base that supports efficacy so you can feel confident in recommending this treatment option (you can check out the evidence-based here: <https://crufad.org/our-research/>)

51,000

Course Registrations to Date

14,760

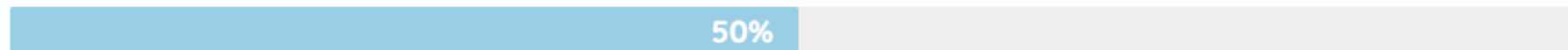
Clinicians Using THIS WAY UP

We ensure that our courses help individuals achieve real positive results by conducting clinical research and adhering to the best practice guidelines in treatment of mental health conditions. Overall across our research studies, out of those who complete our courses:

Percentage of people diagnosed with anxiety and/or depression who report a significant improvement in how they feel



Percentage of people diagnosed with anxiety and/or depression who report that they are no longer troubled by their symptoms



*20% don't benefit and there could be a range of reasons why*

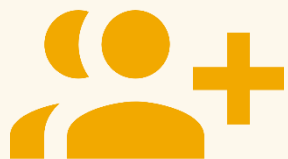


# A Wide Range of Evidence-Based Courses

## Well-Being Courses

- Coping with Stress
- Managing Insomnia
- Intro to Mindfulness
- Student Well-Being

### Course Registrations



**51,000 +**

## Transdiagnostic Courses

- Mixed Depression & Anxiety\*
- Mindfulness-Based CBT
- MUMentum Pregnancy
- MUMentum Postpartum
- TeenSTRONG

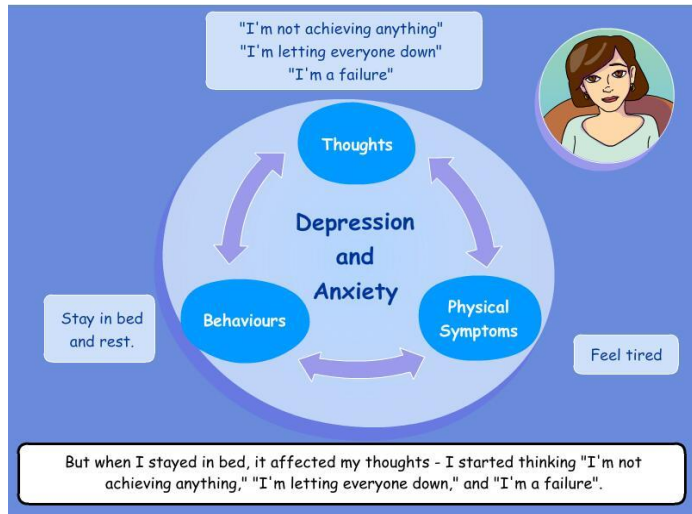
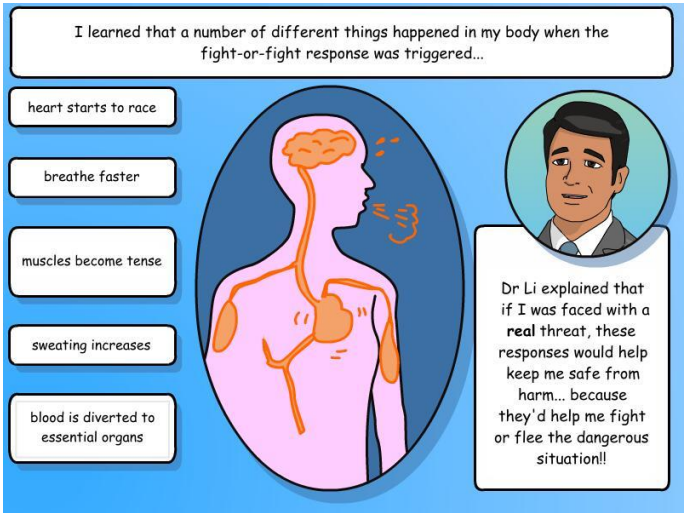
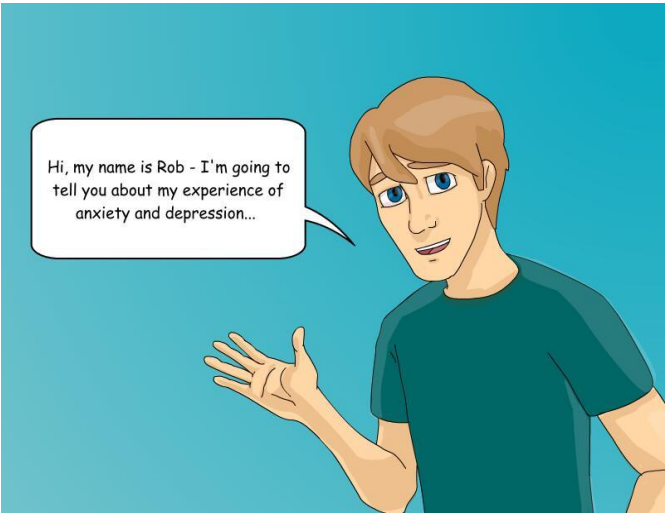
### Clinician Registrations



**14,760 +**

## Disorder-Specific Courses

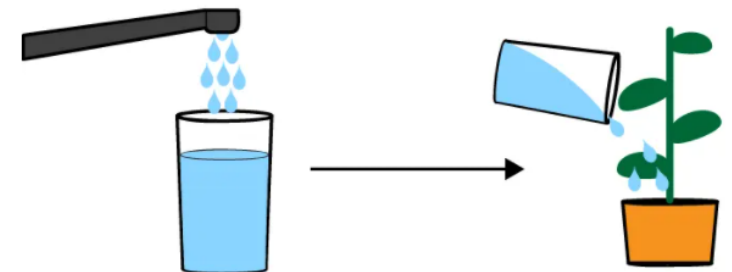
- Depression
- Depression (Chinese)
- Generalised Anxiety
- Social Anxiety
- Health Anxiety
- Panic
- Obsessive Compulsive Disorder
- Post-Traumatic Stress
- Chronic Pain



# The benefits of iCBT for the health practitioner

- Health practitioners are also at increased risk of emotional distress during times of disaster
- Preventing burnout or poor mental health is key
- iCBT supports us as clinicians by reducing barriers and stigma such as:
  - Time
  - Privacy
  - Ongoing learning and development

THE SURPRISING VALUE OF SELF-CARE





## Cost – Affordable support during times of disaster

FREE when clinician-supervised (you can provide these free of charge to your patients)

Free for Wellbeing courses: Intro to Mindfulness, Coping with Stress, Managing Insomnia, Student Wellbeing

\$59 for disorder specific courses

\$39 for MUMentum Pregnancy and Postnatal Courses

12 months free access after course completion included!

# Who is suitable for a This Way Up course?

Our research suggests patients are suitable for a THIS WAY UP course if they:

- Have a **mild, moderate or severe** anxiety or depressive disorder.
- Are looking for **convenient and accessible treatment**.
- Are **self-motivated** to learn skills and strategies to help manage their concerns.
- Are **able to undertake an online course** in conjunction with prescribed medication.

THIS WAY UP courses are not suitable for clients who: are suicidal; have chaotic life circumstances; cannot read; have psychosis, bipolar disorder, or substance dependence (because they have not been clinically evaluated in these populations).



# Different ways of using a course



## As a means of continuing patient care

- Patients can continue their mental health care where face-to-face sessions aren't practical
- iCBT is a helpful way to carry on practising skills learnt in previous treatment sessions and to learn new skills



## Combined with telehealth sessions

- Patients can complete iCBT lessons, before, immediately after, or in between telehealth sessions to optimise session time
- Telehealth sessions could focus on tailoring and applying learned CBT skills to the patient's unique symptoms and circumstances



## Within a preventive approach

- iCBT can be prescribed to patients who have completed face-to-face or telehealth treatment to ensure they continue to revise/practise CBT skills
- A useful way of reducing the risk of relapse and monitoring patients for a possible relapse



## As a stand-alone intervention

- iCBT has been proven effective as a stand-alone intervention for anxiety and depressive disorders, especially for patients with mild-to-moderate symptoms. This will require minimal clinical input from you



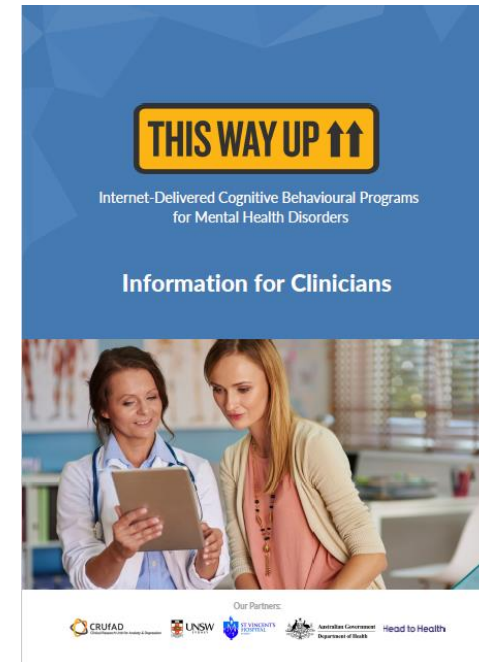
# Benefits of clinician supervision

- People are more likely to complete a course
- Can track their progress + questionnaires each lesson
- Clinicians have access to all the course materials
- Minimal clinical input is required (phone calls, emails)
- Provide structure to your treatment sessions
- Free to register, prescribe and monitor courses



# Where to learn more

- Browse through our courses
- Register for a clinician account – FREE
- Subscribe to our newsletter
- Consider completing our ACCRM accredited ‘iCBT Foundations for Clinicians’ course (6 hours PDP/CPD)
- Think about which clients you could start recommending this to
- Give it a try!
- Contact us if we can support you in any way 😊
- Clinician to clinician support is available



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