

Inside Mental Health

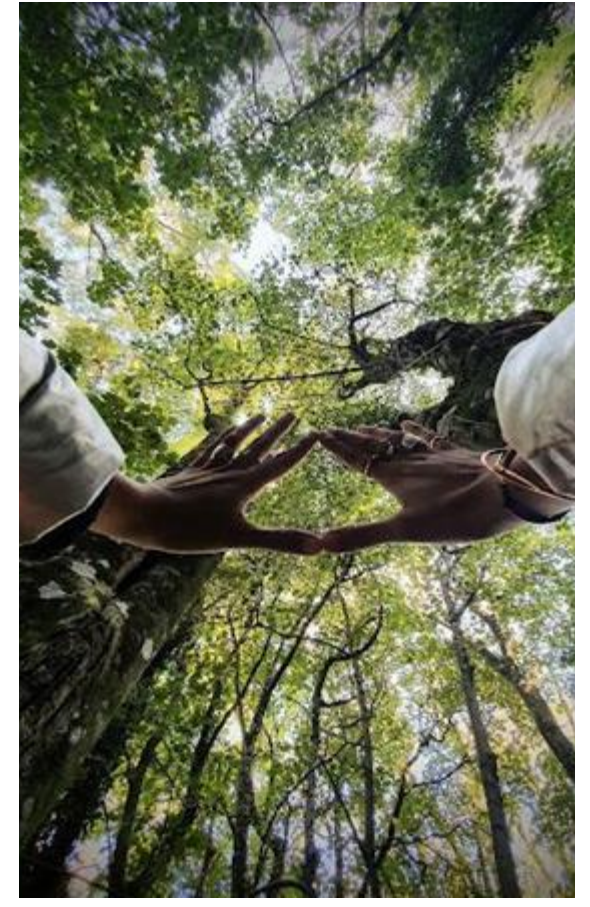
Health Innovation Network

Mindset XR Roadshow

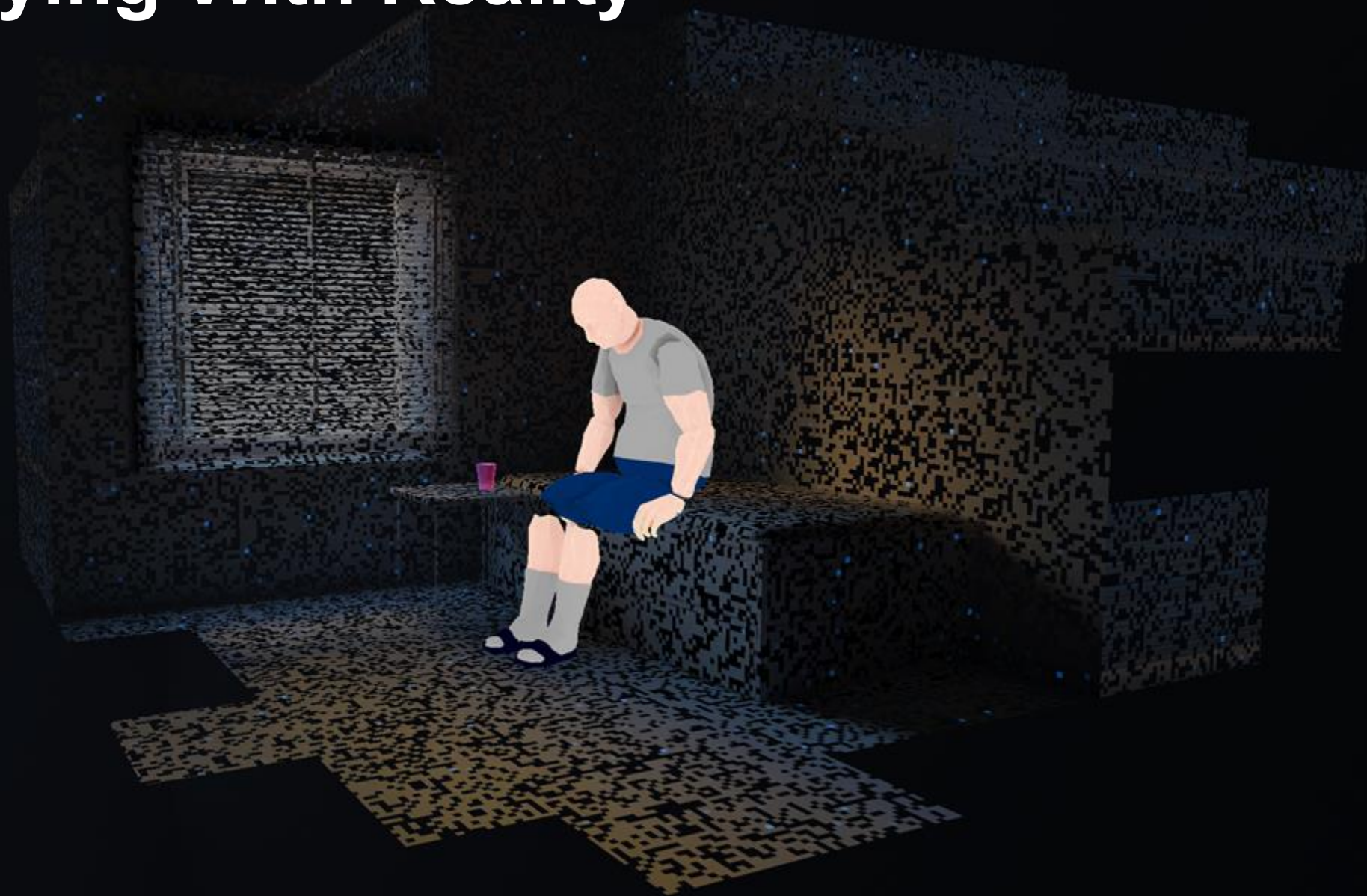


Anagram

A multi-award winning creative production company



Goliath: Playing With Reality



“This shows me as a person,
not as a diagnosis”

LIVED EXPERIENCE COMMUNITY FEEDBACK

Goliath: Playing With Reality

“I think about the experience a lot. The VR was very moving and has made me commit to thinking of patients as people with lives like my own who are struggling in a way I can relate to.”

STUDENT FEEDBACK

University Of The West Of England



Inside Mental Health Session

ONBOARDING

Introduction

- Inside Mental Health
- Goliath
- Interactions
- Using the headset
- Breathing exercise

VR EXPERIENCE

VR

- Monitoring progress
- Offering support

GROUP REFLECTION

Facilitated session

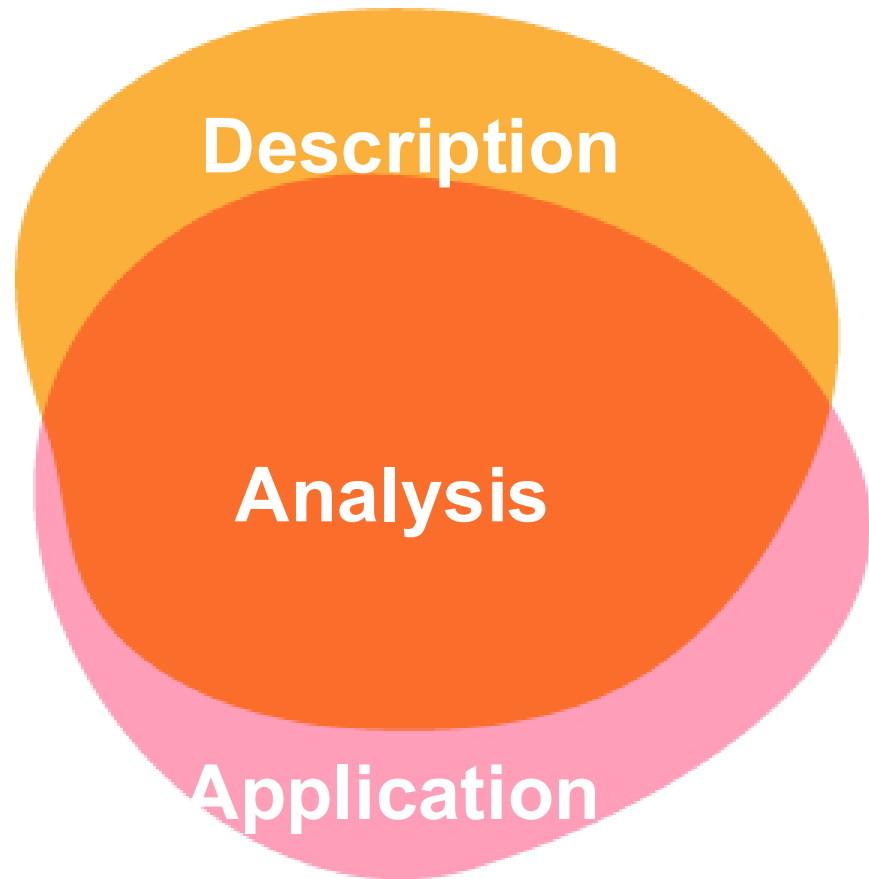
- Diamond debrief model
- Group support
- Learning outcomes

SOLO REFLECTION

Mobile Form

- Reflection on experience
- Synthesising learnings

Diamond Debrief Model



What do you remember from the beginning of the experience?

What moment affected you the most? How did you feel?

How will this affect your clinical practice?

“Perceived empathy reduces anxiety, creates trust and makes patients more likely to seek medical intervention”

NICE

National Institute for Health and
Clinical Excellence

Key Learnings: Implementation and Adoption



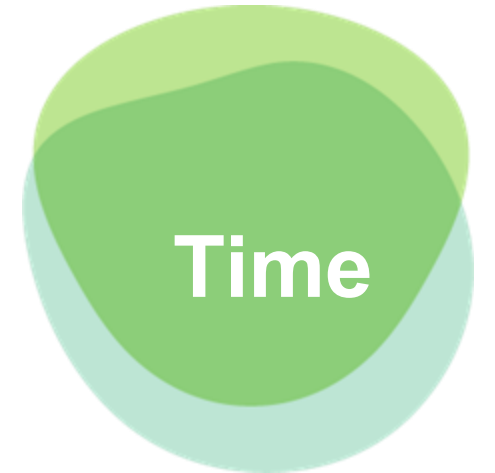
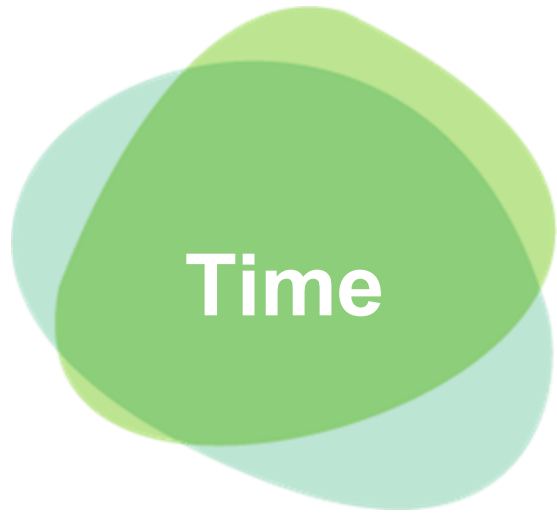
Buy-In

Benefits

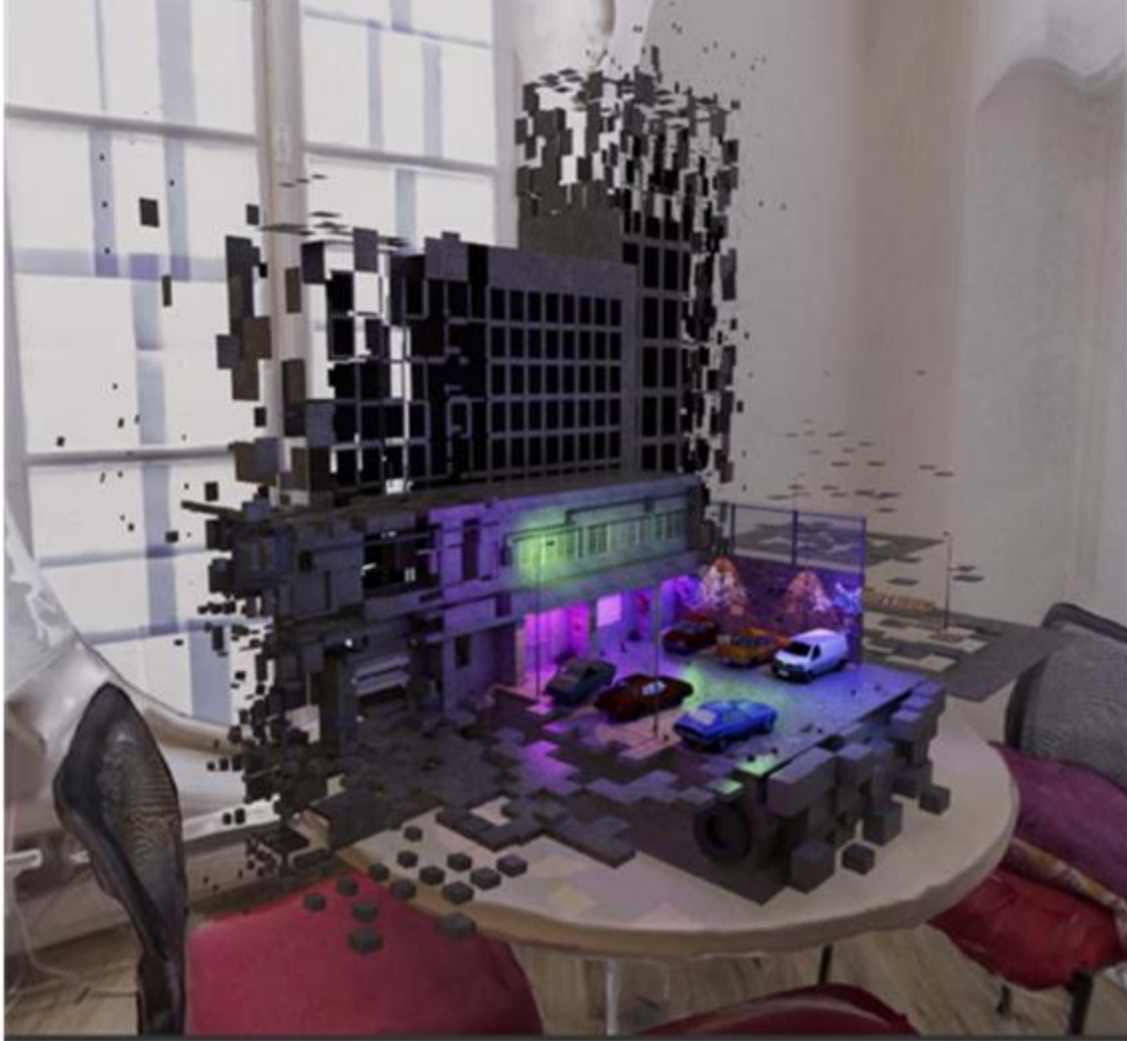
Collaboration

Patience

Key Learnings: Technology and Process



Inside Mental Health: Impulse





Next Steps

Pilots

Additional pilots identified across the NHS, higher education and industry to identify clinical areas and suitable curriculums.

Research

Pilots supported by research into a wide range of areas looking at empathy, learning outcomes and behaviour change

Implementation

Inside Mental Health rolled out across a series of NHS Trusts and a range of clinical areas, and embedded in education and training.

“Anagram really understands how to use VR meaningfully in learning. Working with them brought value, significance and impact to our teaching”

LUCY WATKINS

Associate Director for Mental Health Nursing,
University of West England

