

#266771 - Roundtable- E5.5

eHealth and Forensic Mental Health - What are the benefits, barriers and possibilities?

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Abstract:

In the Netherlands, a lot of attention is being paid to innovation in forensic mental healthcare. A promising way to innovate is by using e-health technology during the assessment, treatment and rehabilitation process of offenders. In this Round Table session, three concrete examples of eHealth technologies that are suitable for forensic settings are presented. The first is a web-based toolbox with online tools and psychological interventions; the second is a personalized mobile app that supports patients during their leave; and the third a Virtual Reality application. Their benefits, limitations and potential for forensic practice will be discussed.

Summary:

The Round Table will be lead by four experts: a researcher in forensic psychiatry (dr. Yvonne Bouman), a staff member who focuses on e-health and who is a therapist in forensic mental healthcare as well (Dirk Dijkslag), an e-health professor (prof. dr. Lisette van Gemert-Pijnen) and a researcher who focuses on the development of e-health in forensic mental healthcare (Hanneke Kip, MSc). The goal is to critically evaluate three examples in order to activate an interactive discussion with the experts on the use of e-health in forensic psychiatry. First, a general introduction of e-health will be provided to make sure that every participant gets acquainted with its definition, goals and possibilities. In this session, e-health is defined as the use of information and communication technology to improve health, wellbeing and healthcare within a forensic setting. Some of its potential benefits are a focus on self-management of patients, improved effectiveness of treatment, and decreasing costs. After the introduction, three concrete examples will be shown to elicit a discussion about the added value and limitations of each technology. The first example is MindDistrict (www.minddistrict.com), which provides modules specifically aimed at forensic psychiatric patients. The second example is the 'Verlofhulp app', a Dutch mobile application that is personalized to fit the specific user and supports patients during their leave. The third example consists of several Virtual Reality applications that are suitable for forensic practice, e.g. virtual environments that aim to improve self regulation and relaxation techniques (example: <http://clevr.net/en/products>).