


Volume 14, 01 November 2014

Publisher: Igitur publishing

URL: <http://www.ijic.org>

Cite this as: Int J Integr Care 2014; Inter Digital Health Suppl; [URN:NBN:NL:UI:10-1-116575](https://nbn-resolving.org/urn:nbn:nl:ui:10-1-116575)

Copyright: 

Conference Abstract

"I'm not alone !"

Simon Patrick Thomson, Berkshire Healthcare NHS Foundation Trust, United Kingdom

Jon Burton, Berkshire Healthcare NHS Foundation Trust, United Kingdom

Correspondence to: **Simon Patrick Thomson**, Berkshire Healthcare NHS Foundation Trust, United Kingdom, E-mail: simon.thomson@berkshire.nhs.uk

Abstract

"I'm Not Alone" is a glimpse into the future of Mental Health treatment and support in the rapidly developing and expanding area of clinical technology within contemporary mental health services'.

Social Networking now has millions upon millions of users worldwide and is one of the most popular advancements in human communication for decades. However, there are negative perceptions of social networking sites that are linked to issues around privacy and cyber bullying. If only there was a way of providing a safe experience of social networking with intelligent and dedicated moderating that would enable the huge potential of social networking to be fulfilled. It could then be providing positive peer to peer interaction that could provide a comforting online environment for those in need of support. On the 1st June 2010 the Support Hope and Recovery Online Network (SHaRON) went live and immediately offered service users of the Berkshire Eating Disorders Service, 24/7 clinical and emotional support to help them in their battles with an eating disorder. Parents and carers were offered similar but separate support through SHaRON. Almost four years later, and with well over 300 members, SHaRON continues to provide a level of service delivery that is so very much appreciated by people struggling with an eating disorder in Berkshire. Moderation of the network is provided by service users and their families/carers who have recovered from their eating disorder and now play a major role in providing support, help and advice to others who are still working towards recovery from this incredibly dangerous disorder. They are joined on the SHaRON Moderating Team by multi-disciplinary clinicians, from the Berkshire Adult Eating Disorders Service, who were able to overcome their own technophobia, to provide a level of service delivery that is still unique and very powerful. To date, there has been a significant reduction in the numbers of discharged patients being referred back to the service following relapse. Installation of a Support Hope and Recovery Online Network in Berkshire I.A.P.T. Services is showing signs of delivering similar results in terms of relapse prevention and re-referral and there is now a Support Hope and Recovery Online Network being launched for Carers of people being admitted to Mental Health Units in Berkshire, using the same model of delivery.

This presentation would like to invite participants to be curious and consider how and why it works and how to further maximise its' full potential.

Keywords

support; hope and recovery; online network

PowerPoint presentation:

https://www.conftool.pro/digital-health-care-2014/index.php?page=adminPapersDetails&path=adminPapers&form_id=157
