

## Team

### MENTAL HEALTH & SUBSTANCE USE TEAM

Clinical approach and solution efficacy

### DIG STRATEGY TEAM

Solution research, vendor evaluation process management, and pilot design and management

### POPULATION HEALTH CLINICAL ANALYTICS TEAM

Pilot analysis

### PRIMARY CARE CLINICS

22 sites took part in Phase 1 of the pilot

## Technology

### SILVERCLOUD

Computerized Cognitive Behavioral Therapy Tool

### XEALTH

Platform for physicians to prescribe CCBT

## OVERVIEW

Primary care providers deliver over half of mental health treatment in the US; however, less than 10% of patients with depression receive appropriate evidence-based care due to a lack of provider education and limited access to behavioral health resources.

Computerized Cognitive Behavioral Therapy (CCBT) takes a common in-person therapy methodology online, providing a proven and effective digital tool in reducing depression. Several systematic reviews with meta-analyses of 14+ randomized control trials have consistently found that CCBT is just as effective or more effective than face-to-face therapy. CCBT can be a cost-effective solution to support mental health treatment at scale.

The Providence Digital Innovation Group partnered with the Providence Mental Health and Substance Use clinical team to research over 40 CCBT solutions, complete 9 vendor evaluations, pilot two solutions and select a CCBT tool of choice for the system based upon effectiveness, patient engagement, physician experience, cost and scalability.

## RESULTS

### Effectiveness:

Demonstrated statistically significant reductions in depression symptoms over time ( $p < 0.0001$ ).

### Clinician buy-in:

91% of providers were confident recommending the tool; 95% wished to continue use; 86% considered it easy to fit within their workflow.

### Patient engagement:

Patients averaged over 2 hours total time spent on the platform.

