



# MODERATED ONLINE SOCIAL THERAPY

Moderated Online Social Therapy (MOST) is an online mental health support platform for young people aged 15–25 (inclusive). It helps them work towards their mental health goals, seek support, and connect with others in a safe, supported, online community. On referral, it is free and available at any time from any internet-enabled device.

## MOST AT A GLANCE

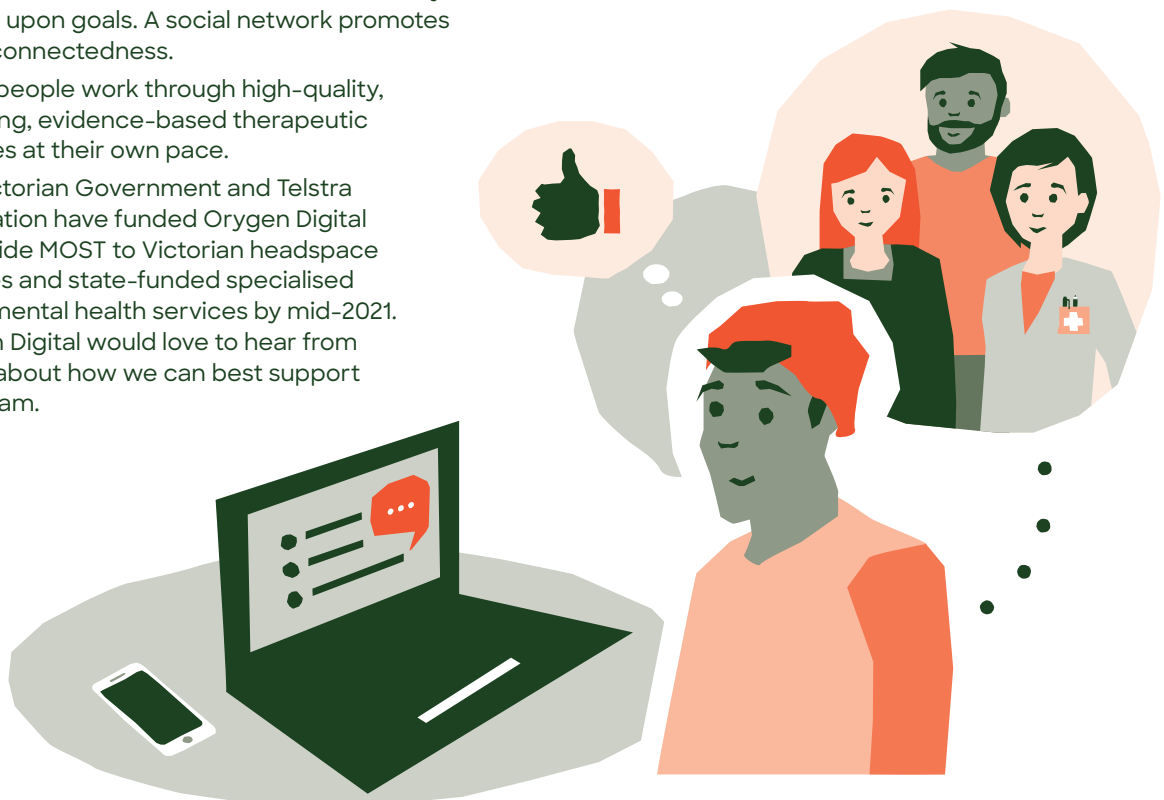
- MOST is a moderated online community of young people, the first digital solution to offer continuous integrated face-to-face and digital care to young people across the diagnostic and severity spectrum.
- It is designed by Australian clinicians and interdisciplinary researchers from the behavioural sciences, clinical psychology, information technology and the creative arts, in collaboration with young people and their families.
- MOST clinicians, vocational support workers, and peer workers support young people and their clinicians to work towards collaboratively agreed upon goals. A social network promotes social connectedness.
- Young people work through high-quality, engaging, evidence-based therapeutic modules at their own pace.
- The Victorian Government and Telstra Foundation have funded Orygen Digital to provide MOST to Victorian headspace services and state-funded specialised youth mental health services by mid-2021. Orygen Digital would love to hear from clinics about how we can best support your team.

## MOST IS DESIGNED TO ENGAGE AND INSPIRE YOUNG PEOPLE

Young people have been at the centre of MOST’s design and development from the start.

We’ve used a decade of young people’s stories, expertise, feedback and usage data to ensure every component of MOST captures young people’s imaginations and feels relevant to their daily lives.

MOST is a highly engaging digital platform designed to help young people work through their mental health challenges without judgement, and on their own terms.



## MOST HAS A STRONG EVIDENCE-BASE

In research trials, MOST has already been used by 1700 young people and their families, across the diagnostic spectrum and at all stages of treatment.

- 98% reported a positive experience, and 98% felt more socially connected.
- 95% would recommend it others, 86-93% found it helpful and more than two-thirds had ongoing engagement.
- All young people (100%) felt safe.
- In two randomised controlled trials we've established that MOST reduces hospital admissions and visits to emergency services, and improves negative symptoms and vocational outcomes.
- In eight pilot studies MOST has been shown to be highly promising in reducing loneliness, depression, anxiety, social anxiety, psychological distress and suicidal ideation, while improving social connectedness, social functioning, wellbeing and self-competence.

**"I think it is truly life changing. Having so many options to get help all in the one place is amazing."**

**MOST USER**

## MOST IN ACTION FOR YOUNG PEOPLE

### 1. PERSONALISED THERAPY JOURNEYS

Young people logging into MOST for the first time answer a survey about their personal interests, recent thoughts and experiences. Using this data, MOST identifies the young person's top five personal character strengths and presents a suggested guided therapy 'journey'.

MOST uses the latest evidence-based research in all therapy, drawing on CBT, MBCT, ACT, rumination-focussed therapy, meta-cognitive therapy, mindfulness, self-compassion and social cognitive interventions. The therapy is written and designed by psychologists working collaboratively with creative writers and a local comic artist.

Journeys are mapped against an evidence-based clinical treatment model. These personalised therapy journeys empower young people to learn more about managing their own mental health and working towards goals. There are currently therapy journeys targeting depression, anxiety, social anxiety and improvements in social functioning, and further tracks in development targeting self-harm, sleep, body issues and mental health in the context of COVID-19. Journeys are broken into 'tracks' or modules, and each track consists of a number of manageable activities. So while the content is comprehensive and thorough, the pace of the journey is set by the young person.

Activities are conceptualised as 'daily doses': small but meaningful pieces of content. Journeys combine MOST therapy comics, behavioural experiments (actions), reflective tasks, audio tracks, social tools, and strength-based activities.

### THOUGHTS ON TRIAL

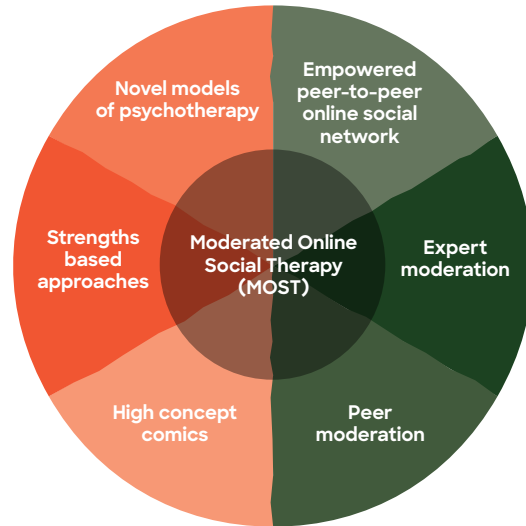


HOW MOST WORKS



**POWERED BY EVIDENCE-BASED PSYCHOLOGICAL MODELS**

- CBT
- Meta-cognitive therapy
- Mindfulness
- Self-compassion
- ACT
- Rumination-focused therapy
- Social cognitive interventions



**2. TOOLKIT: TARGETED COPING STRATEGIES**

As young people work through their journey they collect and store activities that they've found particularly helpful in their online 'toolkit', creating their own personal therapy library. The toolkit provides support to carry them through difficult moments while building their skill and confidence for future resilience. Young people can also search for content on specific issues for immediate access to activities or coping strategies required in the moment.

**"...instead of walking away and potentially forgetting half of that information, you can follow-up and refresh..."**

**MOST USER**



**3. MODERATED SOCIAL NETWORK**

MOST is a safe, private, therapeutic space, where users can be themselves, learning and sharing coping strategies with their peers. Young people can connect to a virtual support network of other young people going through similar issues. This network is peer-moderated to foster meaningful social connection and combat isolation and self-stigma.

Online chats and activity logs are monitored by MOST clinicians and moderators to identify and follow up on any indicators of deteriorating wellbeing or inappropriate use. This is aided by the MOST system, which filters through all posts to identify offensive, risky or concerning words.

**"On traditional social media you don't just go up to random people and say 'hey I've got this thing, do you want to talk about it?' On MOST it was a lot easier to approach people and form bonds..."**

**MOST USER**



## MOST IN ACTION FOR CLINICIANS

Just as MOST is quite flexible for young people, the use of MOST will vary from clinician to clinician. Curious clinicians who want to find new ways of leveraging technology in their practice may take a hands-on approach in their use of MOST, working through MOST therapy side-by-side during sessions, scheduling time during face-to-face therapy to troubleshoot barriers and talk about things a young person found helpful when using MOST, or factoring

MOST therapy into a young person's discharge plan. Clinicians who like the idea of young people having access to additional online resources but aren't interested in changing their own practice will still experience benefits such as a handover report from the MOST clinician summarising the young person's engagement with the platform while waiting for individual therapy, or a notification if MOST detects that their client's mental health is deteriorating.

**"I think it's fantastic, the content that is on there, because it's very succinct. It fits in so well with our model of care... Having something you can access that uses the same language that young people use, that is very brief but that is very informative, is fantastic."**

CLINICIAN FOCUS GROUP, AUGUST 2020

## ABOUT ORYGEN DIGITAL

Orygen Digital is a world leading centre developing, evaluating and disseminating digital interventions to enhance youth mental health services. It is the digital division of leading youth mental health organisation, Orygen. MOST has been developed by a team of clinical psychologists, designers, novelists, comic artists and software engineers, working in partnership with young people and families. It is backed by 10 years of research and \$20 million in research and development investment. Orygen Digital will continue to prove and improve the impact of MOST in partnership with clinical services and young people.

This information is provided for information purposes only. Any treatment decisions in respect of an individual patient should be made based on your own professional investigations and opinions in the context of the clinical circumstances of the patient.

Orygen acknowledges the traditional custodians of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to their ancestral lands, which continue to be important to First Nations people living today.



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