

StepUp! is a new digital service co-produced by ADI (UK) Ltd with young people and clinicians. It allows young people, supported by professionals and parents to assess their needs, set goals, develop plans and strategies to self-help and measure how their mental health is changing. The service is designed to integrate with **CAMHS pathways** and enables improvements identified in local transformation plans to be achieved. Sharing of personal data is controlled and consented by the young person and/or family under the supervision of healthcare professionals. **StepUp!** uses tested and approved digital services to offer support for key challenges facing young people, including eating disorders, and provides toolkits for parents, carers and teachers.



Key Features for the User

Questionnaires: complete evidence-based surveys easily and simply with on-line data analysis

Shared agreement: captures what the user and services agree they will do, and how each will behave toward each other

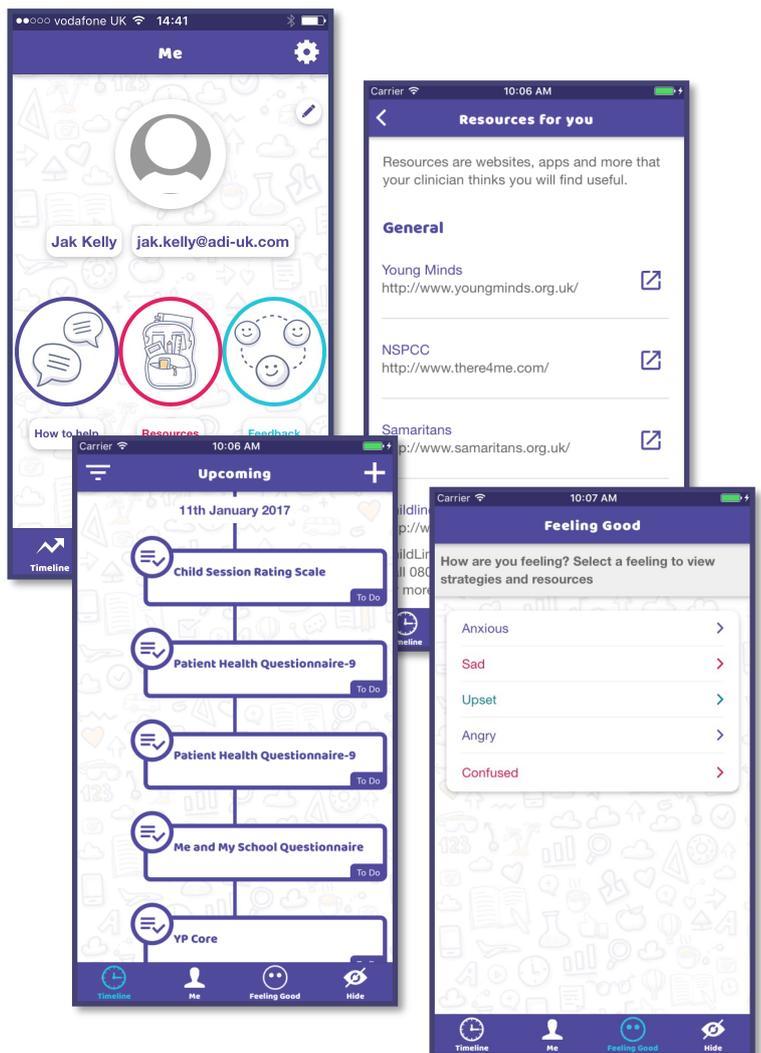
Getting to know you: capture details of what the user is feeling, how they want to be treated and things they do and don't like

Resources and strategies to support self-management: a set of trusted and evidence-based digital tools targeted to help users self-care

Goals: make and store plans for what the user needs help with, and record progress

Notes: record things that the user wants to remember about the issues they need help with and appointments they have

Data analytics: provide users and providers with data that helps improve the effectiveness and efficiency of appointments



Key Features for the Clinician

StepUp! provides clinicians with data from and relating to the user they are about to see— **improves the quality of appointments and gives the interaction a new focus**; the needs of the user, the resources and tools that have helped and challenges the user is facing.

StepUp! 'PHR' model can enable **shared decision making** based on information built up by the family over a period of time.

StepUp! enables **personalised care plans** to be constructed using evidence-based resources and approaches for a young person and their family.

StepUp! can reach out digitally, following up after an intervention, making outcome monitoring more simple, more systematic and less costly for the service.

StepUp! Pilot

Step Up! was supported through the NHS England Small Business Research Initiative. ADI co-produced the digital system with the Liverpool and Leeds health, education and social care services. The content and look of the service has been designed by service users through a range of workshops.

Step Up! was designed with the intention of meeting the transformation goals contained within local transformation plans to reduce waiting, improve the quality of services, enabling one plan for the child/young person designed with the child/young person.

Testing is showing the potential to deliver significant improvement in the effectiveness and efficiency of service delivery.

Designed with the Support of....



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