

Rewired Health_

AS SUICIDE RATES CONTINUE TO RISE, IS SMART DATA THE KEY TO RECOGNISING BEHAVIOURAL PATTERNS?

Rewired Health are working towards achieving suicide prevention using smart data and pattern recognition programmes available through data access and make this available for our proposed 'hackathons' (techniques traditionally used in the solving of complex technological puzzles).

With a background in technology and IT, **Rewired Health** are equipped with methods, experience and resources to harvest and interrogate data; enabling abilities to identify trends and anomalies in human behavior. The aim is to use this data, and the interpretations gleaned from it to, improve the care of those suffering from various mental illnesses.

Consecutive governments have addressed mental health budgets both within the NHS, support groups and charities with little or no success. As a result there are organisations that are data rich, but have not the capacity to (Interpret) 'translate' the data into meaningful solutions or language. Moreover, there are other organisations that neither have the time, nor the expertise to make sense of it.

The Mental Health Taskforce report published by government in February 2016 and sets out 12 measurable outcomes to remove inequalities in the treatment of mental health illnesses relative to physical health, improve mental health care provision and promote holistic well-being.

Included in these 12 outcomes is a commitment that the number of people who take their own lives will consistently reduce and at least 10% fewer people will take their lives by 2020.

There are several areas that need a fast intervention however, two key areas that require urgent attention are (please see editors notes):

- **Complex PTSD**
- **Male Suicide**

Who are Rewired Health and how will they achieve their aims?

Rewired Health are a subsidiary of Rewired State, who over the past 7 years have been at the forefront of producing hack weekends, teaching coding and service development. Led by Emma Mulqueeny OBE, who has been championing the use of data in health care for the past decade.

Rewired State developers, medical students, psychiatric experts and journalists will record the outcomes and write up reports. We also have research, editorial and marketing support from societies, and institutions that would help us with our goal – saving lives. We will also invite various medical and clinical guests to drop in.

Programme:

Series of four hackathons weekend over the course of 2017. First hackathon will be held in January 2017. We will test the prototypes developed so far and use the workshops as proof of concept (PoC). This will be the 'Acid Test' and be where the refinements and further concepts will be created. All knowledge acquired from the events will be used to assist in the prevention of suicide.

Date & Location:

The first hackathon weekend will be held over the 14-15 January 2017 London

For further information on the vision and work of Rewired Health please direct all enquiries to

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EDITORS NOTES

Complex PTSD

Post-traumatic stress disorder (PTSD) is described by Wikipedia as: "A mental illness that can develop after a person is exposed to one or more traumatic events, such as sexual assault, warfare, traffic collisions, terrorism or other threats on a person's life." There is a PTSD Symptom Scale, which can be calculated through self-assessment, with a score of 13 or above meaning that the person is suffering with some form of PTSD. The scale has a total of 51 points.

While there are many Counseling services, there seems to be little in the way of predictive data. Rewired Health will make a difference by building a solution that identifies trends and patterns of behavior, which may point to darker thoughts entering a troubled mind and so, produce a supervised intervention - possibly saving a life.

Recent US statistics show: According to a study published in the American Journal of Public Health, an estimated 5,000 veterans die by suicide each year. The VA's Suicide Data Report, 2012 found a higher figure, 22 suicides per Day, or 8,000 per year. The VA study also recorded 11,000 non-fatal suicide attempts a year. ("Estimating the risk of suicide amongst US veterans." "Kapalan et al, 2014")

Male Suicide

Male suicide has seen a worrying increase in recent years and could hit epidemic proportions if not addressed. Suicide in young men under the age of 35 is now the biggest killer in the UK with most young men feeling alone and unable to communicate their situations.

<http://www.mentalhealth.org.uk/help-information/mental-health-statistics/suicide/>

Part of the Rewired Health remit is to link all services with ease of access to create an area of sanctuary. This will be an environment for all sufferers to go to reduce pressure, have open conversations and speak to each other or a counselor – helping to 'spread the load'.