



Innovative products and services for mental healthcare



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Innohealth

Innohealth wants to help improve the quality and efficiency of mental healthcare by developing and delivering innovative products and services.

Our vision is that innovative and scalable care products and services will improve the quality, efficiency and accessibility of mental healthcare. We are a company based in the Netherlands with international reach which localises, develops and markets such products and makes them available to the mental healthcare sector at attractive prices.



Solutions for mental healthcare

In international terms, developments in, and in particular the costs of healthcare systems are very much in the spotlight.

Political decisions and social developments are producing major challenges for the mental healthcare sector. Innohealth is taking on these challenges with innovative products and services. We deliver solutions which help the care provider to work more effectively and transparently and to improve its services, so that clients get faster and better help.

At the same time, thanks to its products and services, Innohealth is helping to work out the rules between care providers and health insurers in practice – for example, by offering feedback systems, E-health solutions and remote healthcare. Products such as **Beating the Blues**, **FearFighter** and **Reflectum** are proven to improve effectiveness and reduce waiting lists and the cost of treatments, while also delivering higher turnover and profitability for the care provider.

Beating the Blues E-health - Mild to moderate depression treatment

Beating the Blues is a new product on the Dutch mental healthcare market. It is an evidence-based interactive web-based programme for the (self-)treatment of clients with **mild to moderate depression complaints** based on cognitive behavioural therapy (CBT). Beating the Blues is innovative and has a place within every forward-looking mental healthcare institution and practice. It offers a low-threshold E-health solution for every mental health professional who wants to deliver care and quality for his clients. You can find information about NICE approval, the guidelines for the Dutch mental health services issued by the Healthcare Insurance Board (CvZ) and more detailed information at www.beatingtheblues.nl and www.beatingtheblues.co.uk



FearFighter E-health - Panic and Phobia treatment

FearFighter is a new method for delivering CBT (Cognitive Behavioural Therapy) via a computer. Research has shown that FearFighter improves **anxious** or **phobic** clients about as much as face to face therapy. This online therapy is also more readily available and more cost- and time- efficient. FearFighter provides clinically proven improvements for sufferers with close to zero computer skills. FearFighter is approved by The National Institute of Clinical Excellence (NICE) and included by the NHS in the guidance for the treatment of Anxiety and Phobia. For more information www.fearfighter.com



Reflectum - Feedback in Healthcare Client Directed Outcome Informed work

Within mental healthcare, there is a lot of interest in Routine Outcome Measurement (ROM) – measuring the severity of complaints suffered by clients at the beginning and end of a treatment cycle. However, a number of important conditions for achieving successful treatments remain outside the scope of ROM; the subjective assessment by the client of his treatment (client – therapist relationship) and the course of his/her recovery. Alongside various ROM functionalities, Reflectum offers a range of fully automated tools to apply Scott Miller's so-called CDOI methodology. Applying the CDOI methodology significantly increases the effectiveness of the treatment. You can find more information at www.reflectum.com and www.scottdmiller.com

