

RAPID CO-DESIGN DIGITAL HEALTH TRANSFORMATION – METHODOLOGY & COMMUNITY RESPONSE



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Introduction

Over 17 years a PhD project has progressed to empower children's social-emotional resilience across multiple countries and despite being designed for autism, Secret Agent Society has now gathered over 18 publications (4 RCTs) demonstrating its effectiveness and application to various settings and families.

At the pandemic onset, a rapid co-design process commenced to innovate the program into a digital health solution without compromising the existing evidence-base or community utilization and reach. Through careful planning and testing, the program content, process and physical resources became one integrated software package. The software supports group management, interactive clinician-led session activities, automated assessment, and connected adult support networks to facilitate information sharing, skill generalisation, and reward systems. The digital edition launched to the global community January 2021.

The Transformation Imperatives:

- Meet the short-to-medium term needs of community services facing crisis
- Meet the long-term vision for program innovation
- Maintain consistency with published content and processes

Research Snapshot

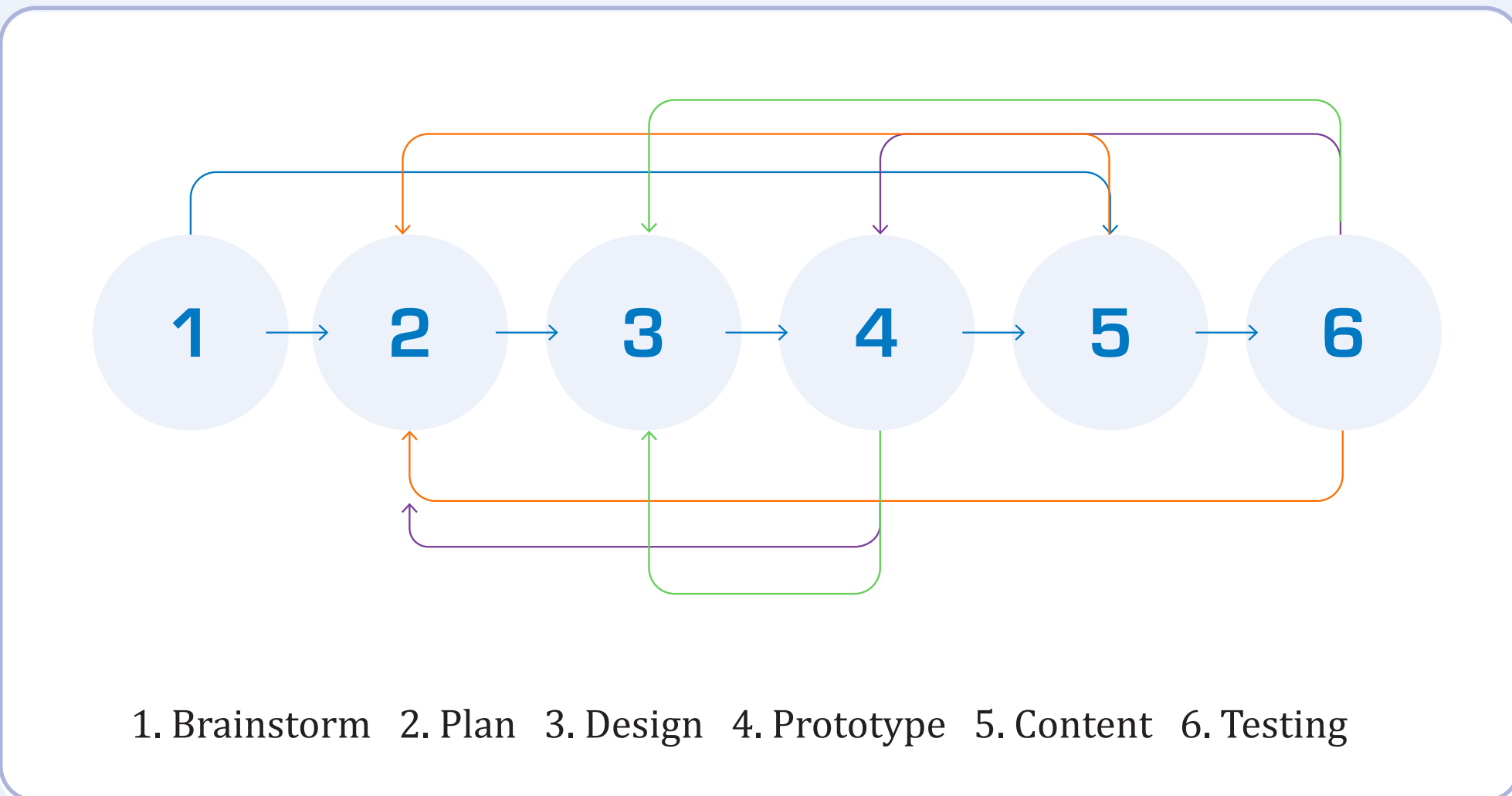
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2. Beaumont, R., et al. (2021). Randomized controlled trial of a video gaming-based social skills program for children on the autism spectrum. *Journal of Autism and Developmental Disorders*, 51, 3637-3650.
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The Objectives:

- Assist implementation of program fidelity measures
- Ensure utilization across sectors
- Be practical for service providers and families.
- Gain automation efficiencies
- Reduce practical weaknesses
- Increase access by enabling face-to-face, telehealth, and hybrid delivery
- Increase access by integrating self-paced online professional training

Methodology

The six step co-design process involved fast-paced cyclic feedback with an advisory group of 23 clinicians and educators from across sectors around the globe, Dr Renae Beaumont the SAS program author, software developers, children, and a commitment to the long-standing evidence behind the program.



Results / Community response

The post-launch evaluation included program uptake data through demographics of both existing and new service providers, quantitative and qualitative feedback from professionals completing training, user data analysis, and qualitative service and family feedback.



After 12 months...

Groups:

"I found it really easy and useful to check the cadet and parent progress."



2610 Children



551 Groups commenced (270 completed)



4249 Cadet Club Meetings



2062 Parent Group Meetings



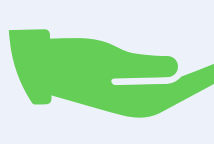
4 Global regions (USA, CAN, UK, AUS)

Favourite SAS skills:

Emotion Recognition | **Emotion Regulation** |
Social Skills | **Social Problem Solving**

Provider Services:

"I'm surprised how much I prefer the digital format to the previous format. I did not think that I would like it as much."



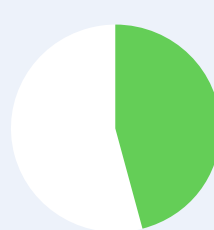
177 SAS Providers (both **in-person** and **telehealth** service delivery)



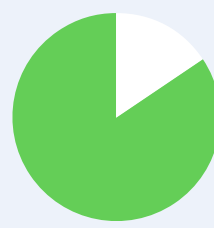
62% greater reach of services due to new flexibility



90% commenced second year once reaching 12 month milestone.



66.1% previously used physical program resources
33.9% new to digital



84.8% private or non-government
15.8% government organisations

Training/Facilitators:

"I can flick to the bits I need help with without going back over everything."



752 professionals
(564 SAS Facilitators, 188 SAS Assistants)



Psychologists, Behaviour Analysts, Educators,
Occupational Therapists, Speech Pathologists, and
Social Workers



Very appropriate to their work 6.68/7



88% rated generally to **very satisfied** with the training.
After the first 4 months (mean satisfaction **5.89/7**),
theme analyses revealed three areas for improvement
which increased satisfaction (mean **6.15/7**)

Practical Improvements:

- "Kids love seeing their 'tokens' drop in! The Emojis!"
- "Parents being able to see their child's progress and access all the resources on the go digitally."
- "The cadets loved the challenger board game! The Helpful Thought Zapper was a big hit as well."
- "Being able to access meetings from home as well as face to face."
- "The ability to facilitate SAS to multiple families in different settings."
- "My access to the cadets pages – very handy."
- "The turn taking and being able to 'freeze' other peoples screens while a cadet is working independently or as a group was very helpful in ensuring all cadets were on track and following along."

Requests:

- More tips on individualising and time efficiency for group meetings
- How to troubleshoot tech issues
- Greater options to practice prior to live club meetings
- More 'preview' of what parents see when first invited to setup

Conclusions

The initial evaluation indicated likely achievement of the project objectives for both program delivery and professional training. The outcomes to-date provide preliminary support both the co-design methodology and resultant suitability of the software-based social-emotional skills program to empower children's resilience into the future. Results include a swift uptake and feedback that aligned with project aims as well as providing valuable points for future improvements. Internal evaluation methods continue with examination of data mapped to built-in fidelity measures. Outcomes from independent community implementation research using both the physical and digital versions are forthcoming.

Options for Learning More

1. Visit Melissa Legree at exhibitor booth
2. Follow the QR code to hear from the collaborators & see the transformation
3. Ask for a free game demonstration or training course coupon



"I think you have done an excellent job getting it all to work so well online - I'm in Melbourne so it has been so helpful this year to have the online program as we have one family needing to isolate just about every week. Makes things so much easier."

Conflict of Interest Disclosure

1. Melissa Legree has a consulting fee relationship with Social Science Translated and is attending the conference via research nomination for honourarium with Kids Brain Health Network.
2. Kathleen Davey is the CEO of Social Science Translated.