Please fill out an evaluation form at the end of the conference – forms are available and can be submitted to the registration desk upon completion.

Your feedback (always anonymous) is greatly appreciated and helps us plan future events more effectively.

Visit our event page for speaker bios, abstracts and more:
http://www.cheos.ubc.ca/events/e-mental-health-conference-2016/

For more information on the ACDResearch Group's work visit:
http://www.cheos.ubc.ca/our-research/addictions-concurrent-disorders/

Video footage of the presentations can be found on our YouTube channel:

5th Annual
e-Mental Health Conference:

YOUTH E-MENTAL HEALTH

NEW WAYS OF CARING

February 9-10, 2016

Child & Family Research Institute
Chan Auditorium/Chieng Atrium
950 West 28th Avenue, Vancouver, BC Canada

Join the conversation on twitter: #EMH2016 @ACDResearch @CHEOSNews @WalkAlong

Tuesday, February 9	Wednesday, February 10

Tuesday, February 9

8:30 - 9:00	Registration

I. Strategies & Solutions to improve youth mental health
Chairs: Kendall Ho & Sally Merry

9:00 - 9:15	**Opening & First Nations Welcome** Michael Krausz (Vancouver, Canada)
9:15 - 9:45	**The McGill Platform** Nancy Low (Montreal, Canada)
9:45 - 10:30	**WalkAlong UBC: an integrated system for student mental health** Michael Krausz (Vancouver, Canada)

10:30 – 10:50 Break & Discussion (20 min)

10:50 - 11:35	**Raising e-Health literacy in middle school: the "Learning 4 Life" project** Kendall Ho (Vancouver, Canada)
11:35 - 12:05	**Cognitive Bias Modification in pathological gambling using an Approach-Avoidance Task: A pilot study** Charlotte Wittekind (Hamburg, Germany) via Skype
12:05 - 12:35	**Decisions and Decision Makers - the intersection of politics and healthcare innovation in BC** Matthew Chow (Vancouver, Canada)

12:35 – 13:35 Lunch (1 hour)

II. e-Interventions for youth mental health
Chairs: John Cunningham & Steve Mathias

13:35 - 14:20	**Internet interventions for hazardous drinking college students** John Cunningham (Canberra, Australia)
14:20 - 14:50	**Internet & smartphone interventions for youth with Internet and Gaming addiction** Melvyn Zhang Weibin (Singapore)

14:50 – 15:10 Break & Discussion (20 min)

15:10 - 15:40	**Breathr: A Mindfulness App for Youth** Kimberley Korf-Uzan & Michelle Cianfrone (Vancouver, Canada)
15:40 - 16:15	**First day thoughts** Michael Krausz (Vancouver, Canada)

Wednesday, February 10

III. A range of tools for a range of needs – new technologies to support EMH
Chairs: Damon Ramsey & Patricia Mirwaldt

9:00 - 9:45	**SPARX - Games and Virtual Reality in the treatment of depression** Sally Merry (Auckland, New Zealand)
9:45 - 10:30	**From EMR to collaborative records - owning your own health** Damon Ramsey (Vancouver, Canada)

10:30 – 10:50 Break & Discussion (20 min)

10:50 - 11:20	**MindHealthBC: Leveraging technology to improve access to services for anxiety and depression** Lakshmi Yatham (Vancouver, Canada)
11:20 - 11:50	**Mobile Apps in Youth Mental Health** Rachel Kenny (Dublin, Ireland) via Skype
11:50 - 12:20	**Internet-based interventions for social anxiety disorder** Thomas Berger (Bern, Switzerland) via Skype

12:20 – 13:20 Lunch (1 hour)

IV. e-Mental Health Services for youth, opportunities & challenges
Chair: Michael Krausz

13:20 - 13:50	**The 'B' in Blog stands for Beauty: Narratives of Mental Health** Natasha Kolida (Vancouver, Canada)
13:50 - 14:20	**thinkFull - an iPhone app for youth to manage stress & enrich life** Raegan Paul & Debbie Balfour (Vancouver, Canada)
14:20 - 14:50	**MIND Speaks Up - An Online Video Platform for Mental Health** Meghan Smith (Vancouver, Canada)

14:50 – 15:10 Break & Discussion (20 min)

15:10 - 15:40	**Youthspace.ca Chat: emotional support and suicide intervention online** Liz Radermacher (Victoria, Canada)
15:40 - 16:10	**Northern Connections: 5 years of providing mental health services to children & adolescents in Northern Manitoba via Telehealth** Mark Koltek (Manitoba, Canada)
16:10 - 16:30	**Conclusions, take-home messages and next steps** Michael Krausz (Vancouver, Canada)

End of the Conference – Thank you for participating!