

#EMH2019

Thank you for attending the 8th annual e-Mental Health conference.

Your feedback is greatly appreciated and helps us plan future events. Please fill out an evaluation form at the end of the conference – forms are included in your folder and available online: tinyurl.com/emh2019eval

Visit our page for speaker bios, abstracts and more: acdresearch.med.ubc.ca/events/e-mental-health-conference-2019/

Accreditation statement

The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and has been approved by UBC CPD for up to 13.75 MOC Section 1 Group Learning credits. Each physician should claim only those credits he/she actually spent in the activity.

Co-Development Statement

This program was co-developed with UBC Department of Psychiatry and the Mental Health Commission of Canada and was planned to achieve scientific integrity, objectivity and balance.

Financial contribution from:
Avec le financement de



Health Canada Santé Canada



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CONTINUING PROFESSIONAL DEVELOPMENT
FACULTY OF MEDICINE

8th Annual

E-Mental Health Conference

New generations, new services

Keynote Speakers

Maree Teesson & Tom Insel

**February 1-2 2019
Vancouver, Canada**



THE UNIVERSITY OF BRITISH COLUMBIA



Psychiatry
UNIVERSITY OF TORONTO



Mental Health Commission of Canada
Commission de la santé mentale du Canada

FRIDAY, FEBRUARY 1ST

SATURDAY, FEBRUARY 2ND

9:00AM-3:45PM: WORKSHOPS

3:40PM-5:00PM: LOOKING FORWARD

8:00-9:00: REGISTRATION

9:00-12:00: CONCURRENT WORKSHOP SESSIONS*

SESSION 1: IMPLEMENTATION STRATEGIES

Alexia Jaouich, Centre for Addiction and Mental Health

Peter Cornish, Memorial University of Newfoundland

SESSION 2: SUBSTANCE USE AMONG YOUTH

Maree Teesson, University of Sydney

Mohammadali Nikoo, University of British Columbia

*Each workshop will have a coffee break from 10:30-10:40

12:00-12:45: LUNCH

12:45-3:45: CONCURRENT WORKSHOP SESSIONS*

SESSION 1: TECHNOLOGY ASSISTED TOOLS FOR GERIATRIC HEALTH PROMOTION, DEMENTIA PREVENTION AND DEMENTIA CARE

Paul Blackburn, University of British Columbia

Lillian Hung, University of British Columbia

SESSION 2: CURRENT SOLUTIONS FOR ONLINE TRAUMA SUPPORT

Fiona Choi, University of British Columbia

Laura Ospina-Pinillos, University of Sydney

*Each workshop will have a coffee break from 2:30-2:40

3:30-3:40: COFFEE BREAK

3:30-4:30: VIEWING FROM MULTIPLE PERSPECTIVES: THE NEXT 10 YEARS OF EMH

Funmilade Adeniyi-Taiwo, Stella's Place

Myriam Lecousy, Bell Let's Talk

Alicia Raymundo, Foundry

Moderator: **Gillian Strudwick**,
Centre for Addiction and Mental Health

4:40-5:00: THE LAST WORD

David Wiljer, University of Toronto

END

SATURDAY, FEBRUARY 2ND

FRIDAY, FEBRUARY 1ST

2:00PM-3:30PM: RESPONDING TO CRISIS THROUGH EMH

12:30-2:00: LUNCH

AND

1:00-2:00: POSTER AND EXHIBITOR SESSIONS

2:00-2:30: THE WEB AND THE OVERDOSE CRISIS

Mohammadali Nikoo, University of British Columbia

2:30-3:00: ONLINE PEER COUNSELLING FOR REFUGEES IN AFGHANISTAN

Michael Krausz, University of British Columbia

3:00-3:30: ADDRESSING COMMON MENTAL AND SUBSTANCE USE PROBLEMS THROUGH ONLINE TREATMENT AND PREVENTION

Daniel Vigo, Simon Fraser University

3:00PM-4:00PM: KEYNOTE TALKS

3:00-4:00: REGISTRATION

4:00-4:30: CONFERENCE WELCOME

Elder Woody Morrison, First Nations Elder

Louise Bradley, President and CEO
Mental Health Commission of Canada

4:30-6:30: KEYNOTE TALKS

E-MENTAL HEALTH APPROACHES TO PREVENTION AND EARLY INTERVENTION

Maree Teesson, University of Sydney

Maree Teesson is Professor and Director of The Matilda Centre for Research in Mental Health and Substance Use, Director of the NHMRC Centre of Research Excellence in Prevention and Early Intervention in Mental Illness and Substance Use (PREMISE) and NHMRC Principal Research Fellow at The University of Sydney.



WILL DIGITAL TECHNOLOGY TRANSFORM BEHAVIORAL HEALTHCARE?

Tom Insel, Mindstrong Health

Thomas R. Insel, MD, a psychiatrist and neuroscientist, is a co-founder and President of Mindstrong Health. From 2002-2015, Dr. Insel served as Director of the National Institute of Mental Health (NIMH), the component of the National Institutes of Health (NIH) committed to research on mental disorders.



6:30-7:30: RECEPTION, POSTER AND EXHIBITOR SESSION

SATURDAY, FEBRUARY 2ND

SATURDAY, FEBRUARY 2ND

**8:30AM-10:45AM: BUILDING CAPACITY
FOR BETTER MENTAL HEALTH CARE**

**11:00AM – 12:30PM:
IMPROVING ACCESS THROUGH EMH**

7:30-8:30: REGISTRATION

10:45-11:00: COFFEE BREAK

8:30-8:40: WELCOME FROM CONFERENCE HOSTS

**11:00-11:30: STUDENTS IN NEED – INNOVATING
STUDENT MENTAL HEALTH**

**8:40-9:10: BIG MENTAL HEALTH DATA FROM
ELECTRONIC HEALTH RECORDS:
PRACTICAL CONSIDERATIONS**

Andrea Levinson, University of Toronto

Gillian Strudwick, Centre for Addiction and Mental Health

**9:10-9:40: PROJECT SYNERGY – A
CONNECTING PLATFORM FOR DIFFERENT
SOLUTIONS THROUGH EMH**

**11:30-12:00: ENGAGING THE NEXT GENERATION TO
CO-CREATE MENTAL HEALTH SERVICES**

Joanna Henderson, University of Toronto
Centre for Addiction and Mental Health

Laura Ospina-Pinillos, University of Sydney

Jacquelin Relihan, Centre for Addiction and Mental Health

Karleigh Darnay, Centre for Addiction and Mental Health

**9:40-10:45: ELECTRONIC MEDICAL RECORD
SYSTEMS, CHANGING CURRENT WAYS OF CARE
AND CONNECTING DATA**

12:00-12:30: ACCESS TO STEPPED CARE AND EMH

Damon Ramsey, University of British Columbia

Damian Jankowicz, Centre for Addiction and Mental Health

Peter Cornish, Memorial University of Newfoundland