

FCSSBC October 17, 2018

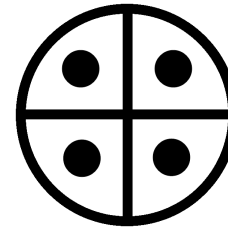
Technology and Mental Wellness

A Tech Talk (in three acts)

By Merlyn Horton

Acknowledgement

I would like to begin by acknowledging that the land on which we gather is the unceded territory of the Coast Salish Peoples.



Technology and Mental Wellness

A Tech Talk (in three acts)

- **Introduction**
- **Act 1 - The Pros 11:00am - 11:20am**
- **Act 2 - The Cons 2:00pm - 2:30pm**
- **Act 3 - The Future 4:00pm - 4:30pm**



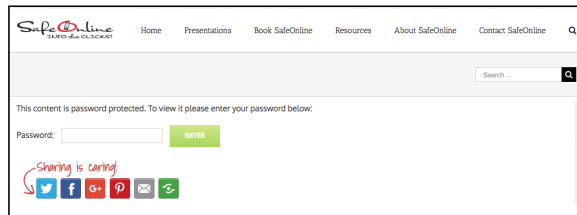
MERLYN HORTON
SafeOnline Education Associates

Expert online safety presentations, workshops, consultation and policy development for:

- students
- parents
- educators
- school administration
- social service professionals

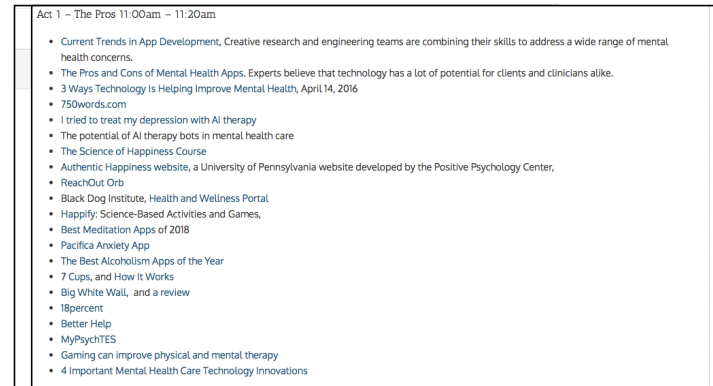
CONTACT:
merlyn@safeonline.ca
604.615.7899

Webpage



- <https://www.safeonline.ca/presentation-handouts/fcssbc-2018/>
- Password: fcscbc2018

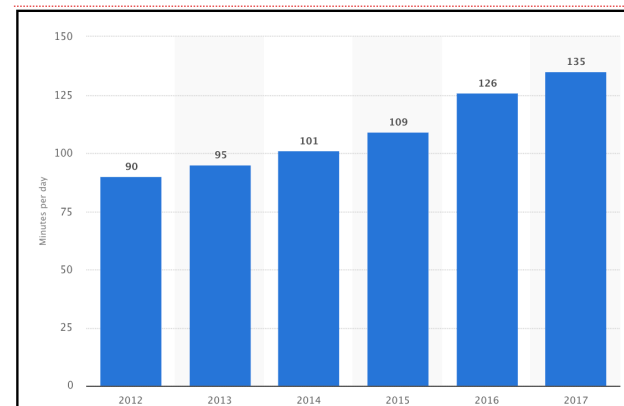
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Technology and Wellness

- “Merlyn Horton will explore the complicated and changing relationship between technology and mental wellness.”
- Technology = the most recent wave of device-based channels of communication and information acquisition
- Wellness = mental wellness - for individuals, families, disenfranchised, marginalized, professionals - all of us!

Daily time spent on social media - worldwide - 2012-2017



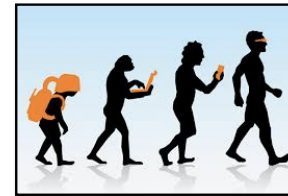
Internet > Social Media & User-Generated Content > Media usage in an online minute 2018

Media usage in an internet minute as of June 2018

Search: Records: 13

	Amount per minute
Forecast requests received by The Weather Channel	18,055,555
Text messages sent	12,986,111
Videos watched by YouTube users	4,333,560
Google searches conducted	3,788,140
GB of internet traffic generated by Americans	3,138,420
Snapshots shared by Snapchat users	2,083,333
GIFs served by GIPHY	1,388,889
Songs streamed on Spotify	750,000
Tweets sent by Twitter users	473,400
Calls made by Skype users	176,220
Hours of video streamed on Netflix	97,222
Posts published by Tumblr users	79,740
Dollars processed via Venmo P2P transactions	68,493

Impacts our...



- Daily life
- Identity development
- Social connectedness
- Sexual health and development

Act 1 - The Pros

- Current Trends in App Development
- Pros of Mental Health Apps



The Pros of Mental Health Apps

- Convenience -Treatment can take place anytime and anywhere and may be ideal for those who have trouble with in-person appointments.

Current Trends in App Development

- Self-Management Apps - user puts information into the app so that the app can provide feedback

750 Words

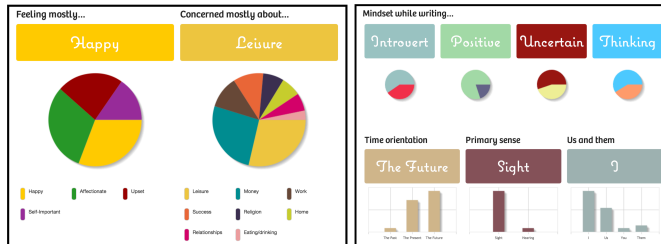
Log in

Hello, welcome to a little thing called 750 Words

Join 417,783 other writers by [signing up now →](#)

★ What is this site about?

It's about learning a new habit: Writing. Every. Day.

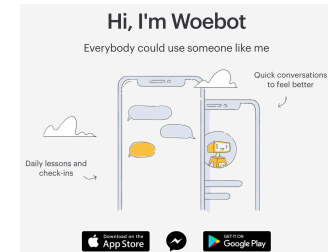


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Woebot

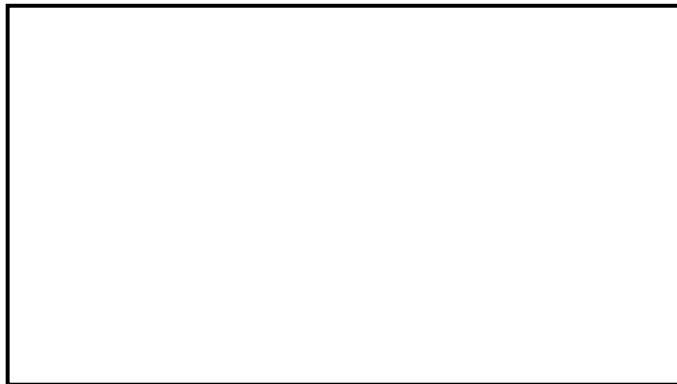


- Woebot, an AI chatbot that operates entirely within Facebook Messenger and uses standard cognitive behavioral therapy (CBT) techniques to provide users with no-frills sessions through their phone or computer.
- Free service

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Meet Woebot



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1:03 mins

15

Woebot

- Woebot is hoping to assist **underserved segments of the mentally unwell population without the income or insurance** to utilize traditional practices.
- Over the course of a **five-to-ten minute CBT session**, prompted by the a push-notification from the bot, the user simply types out or taps auto-populating responses to Woebot's inquiries.



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The potential of AI therapy bots in mental health care

By Nikki Gilliland | June 5th 2018

- Woebot is one of the most popular therapy bots, mainly due to its scientific background.
- Created by scientists at Stanford University, it is based on cognitive behavioural therapy techniques, using a combination of **natural language processing (NLP)** and psychological expertise.
- Through this, it is able to recognize negative thought patterns and triggers, and encourage users to change them.
- Woebot states that it does not aim to take the place of a therapist. Rather, it is designed to be an 'additional resource' or a way of seeking help when there is no other available alternative.

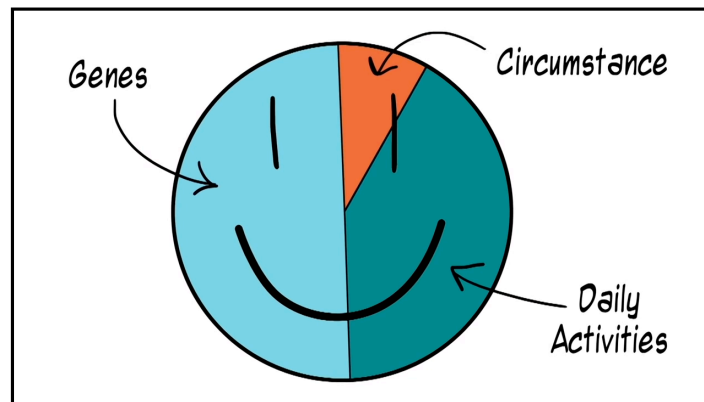
The Pros of Mental Health Apps

- An introduction to care - Technology may be a good first step for those who have avoided mental health care in the past.

Current Trends in App Development

- Apps for Improving Thinking Skills -Apps that help the user with cognitive remediation (improved thinking skills) are promising.

The Science of Happiness



Authentic Happiness

Home Initiatives Learn More Questionnaires About Us Login

Questionnaire Center
Brief Strengths Test
Compassionate Love Scale
Grit Survey
PANAS Questionnaire
The Workplace PERMA™ Profiler
Transpersonal Motivations Questionnaire
Work-Life Questionnaire

Approaches to Happiness
CES-D Questionnaire
Forney's Emotions Questionnaire
Meaning in Life Questionnaire
PERMA™
Satisfaction with Life Scale
VIA Survey of Character Strengths

Authentic Happiness Inventory
Close Relationships Questionnaire
Gratitude Survey
Optimism Test
PERMA™ Meter
Subjective Happiness Scale
VIA Strength Survey for Children

Theory of Well-Being
Introducing a New
Theory of Well-Being
PERMA

Study Opportunity
Are you a bartender or server? Help us learn about well-being and burnout by participating in a study.

New!
FOUNDATIONS OF POSITIVE PSYCHOLOGY COURSERA CERTIFICATE
Enrollment is now open for the online specialization certificate taught by Dr. Martin E.P. Seligman and his colleagues at the University of Pennsylvania.

Videos
All Videos

Questionnaires
Develop insights into yourself through these questionnaires. They are free, but you need to register. Log in, pick one and get started.

Positive Psychology Books
Check out the huge variety of books on positive psychology.

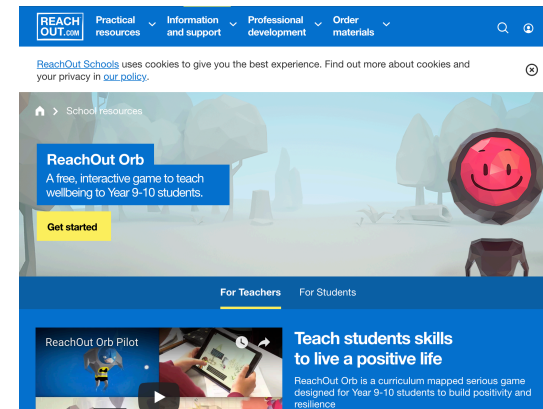
The Pros of Mental Health Apps

- Lower cost - Some apps are free or cost less than traditional care.

Current Trends in App Development

- Skill-Training Apps - feel more like games than other mental health apps as they help users learn new coping or thinking skills

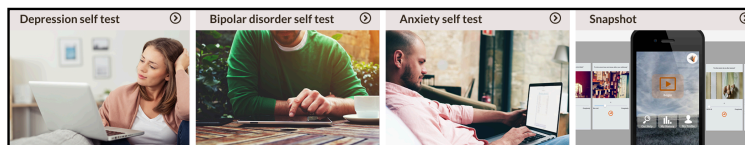
Reachout Orb - Ages 9-10, Curriculum -AU



Black Dog
Institute

Health and Wellness Portal

Self-help tools and apps



Overview

The Black Dog Institute is dedicated to understanding, preventing and treating mental illness. We are about creating a world where mental illness is treated with the same level of concern, immediacy and seriousness as physical illness; where scientists work to discover the causes of illness and new treatments, and where discoveries are immediately put into practice through health services, technology and community education.



Black Dog
Institute

Health and Wellness Portal

Who we are

research Clinical resources Getting help Education & training Get involved

The
f
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activ
ment



Clinical resources

Information & facts about mental illnesses, online self-testing, current treatments and wellbeing

Health professional resources

Psychological toolkit
Temperament and personality questionnaire
Fact sheets
MAP
e-Mental Health in Practice
Podcasts for health professionals

Clinical services

Depression and Bipolar Clinic
Psychology Clinic
Child and Adolescent Clinic
Rural and Regional Telepsychiatry Clinic
Neurostimulation Clinic

Depression

What is depression?
Depression self test
Seeking help
Treatment
Causes
Types of depression

Bipolar disorder

What is bipolar disorder?
Bipolar disorder self test
Seeking help
Treatment
Causes

Anxiety

What is anxiety?
Anxiety self test
Seeking help
Treatment
Causes

Suicide & self-harm

Get support now
Seeking help
Warning signs
How you can help
Facts about suicide in Australia

Post-traumatic stress disorder

What is post-traumatic stress disorder?
Seeking help
Treatment
Causes

Wellness

General wellbeing
Workplace wellbeing

Fact sheets

The Pros of Mental Health Apps

- Interest - Some technologies might be more appealing than traditional treatment methods, which may encourage clients to continue therapy.

Technology and the Future of
Mental Health Treatment



Transforming the understanding
and treatment of mental illnesses.

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#1 App for Stress, Anxiety, & Depression

Over 1.9 million people use Pacifica to manage their daily mental health with tools like mood and health tracking, mindfulness meditation, and cognitive behavioral therapy.

What is Pacifica?

Pacifica is an app for stress, anxiety, and depression based on Cognitive Behavioral Therapy, mindfulness, and wellness. Comprised of quick activities alongside a supportive community, Pacifica is designed as a daily tool to help people address stress, anxiety, and depression at a gradual pace.

THE SCIENCE BEHIND PACIFICA



Pacifica integrates several widely-used and empirically-supported treatments for anxiety, depression, and stress more broadly. Its tools incorporate principles and practices from Cognitive-Behavioral Therapy (CBT) and Mindfulness.

CBT is a broadly-used therapeutic approach that has been shown to be effective for a variety of psychological disorders including anxiety and depression.^{1, 2}

The Pacifica mobile application is currently \$8.99 USD/month or \$53.99 USD/year or \$199.99 lifetime (one-time payment).

Pacifica for Clinicians is \$49.99 USD/month for a monthly subscription, and \$300 USD/year (\$41.67 per month) for an annual subscription.

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The Best Alcoholism Apps of the Year

Stop Drinking with Andrew Johnson



iPhone rating: ★★★★★

Android rating: ★★★★★

Price: \$2.99

Andrew Johnson's app is designed for heavy drinkers who are trying to either cut back or stop drinking altogether. It uses hypnotherapy, positive suggestions, and visualization to help you achieve your goal. You can set reminders throughout the day for times when you may need some

help relaxing and refocusing.

AlcoDroid Alcohol Tracker



Android rating: ★★★★★

Price: Free

AlcoDroid tracks your alcohol consumption, making it a good possible starting point if you suspect you misuse alcohol. Use it to log your drinks and see how often you're drinking. The app will also give an estimated blood alcohol content based on your log. It can be set to track how much you spend on drinks as well.

12 Steps AA Companion



iPhone rating: ★★★★★

Android rating: ★★★★★

Price: iPhone, \$2.99 and Android, \$1.99

This app is based on the 12 step program from Alcoholics Anonymous (AA). Each step represents part of the healing and recovery process. You get the Big Book of AA at your fingertips, with prayers, promises, and the ability to highlight and share text. A sobriety calculator keeps track of how many years, months, days, and hours you've been sober.

recoveryBox



iPhone rating: ★★★★★

Price: \$1.99

There isn't just one approach to recovery. It often requires several tools to keep you on course. This app is designed to keep you accountable for your own behavior by logging your "lights" — red for "acting out," yellow for "warning," and green for "way to go." The idea behind this is that you can't change your behavior until you recognize it. This app aims to help you do both.

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Happify



iPhone rating: ★★★★★

Price: Free

Anxiety and depression are often closely linked to alcoholism. Happify is designed to help you learn positive ways to cope with these moods instead of engaging in unhealthy behaviors. The app includes over 30 audio recordings. They'll guide you toward positive thoughts. The recordings use evidence-based techniques shown to work in positive psychology, mindfulness, and cognitive

behavioral therapy.

- Science-Based Activities and Games
- Build skills for lasting happiness: Happify turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.

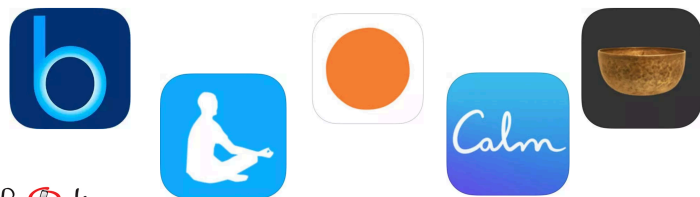
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Best Meditation Apps of 2018

The Mindfulness App | Headspace | Calm | MINDBODY | Buddhify |
 Insight Timer | Smiling Mind | Meditation Timer Pro | Sattva |
 Stop, Breathe & Think | 10% Happier | Breethe | Simply Being | Omvana

- Research suggests that meditation can improve the symptoms of anxiety, depression, and insomnia, as well as reduce blood pressure. But for some of us, it can feel hard to find the time or energy to take a class. These apps make it easy and possible to do it anywhere.



The Pros of Mental Health Apps

- 24-hour service - Technology can provide round-the-clock monitoring or intervention support.

Current Trends in App Development

- Illness Management, Supported Care - help the user connect with peer support or may send information to a trained health care provider who can offer guidance and therapy options

Technology and the Future of
Mental Health Treatment



Transforming the understanding
and treatment of mental illnesses.

Peer Support Online

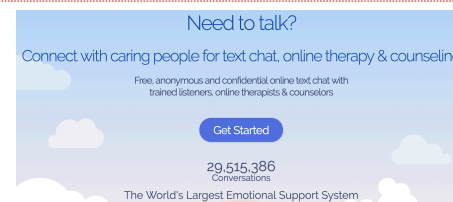


Big White Wall®

- 7 Cups
- Big White Wall
- 18percent

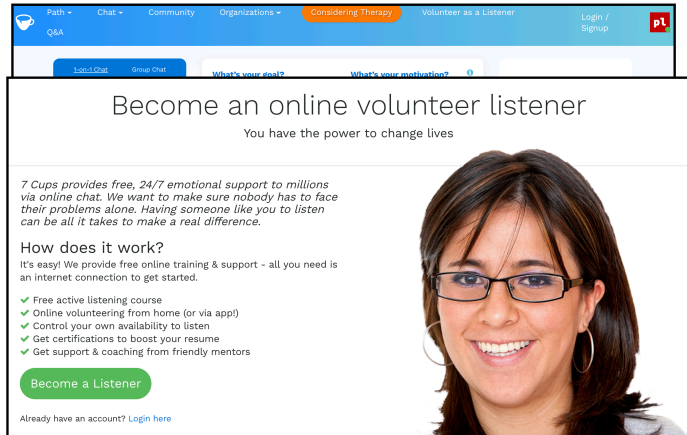
18percent

7 Cups



- 7 Cups helps you connect with kind, caring people who will listen to you and comfort you, without any judgement or stigma.
- The daily exercises are simple therapeutic steps to keep you calm and relaxed.
- 7 Cups is completely online and anonymous so you can share what's on your mind and work on your emotional wellness.
- Join us - www.7cups.com

My Path and Becoming a Listener, on 7 Cups



Become an online volunteer listener

You have the power to change lives

7 Cups provides free, 24/7 emotional support to millions via online chat. We want to make sure nobody has to face their problems alone. Having someone like you to listen can be all it takes to make a real difference.

How does it work?

It's easy! We provide free online training & support - all you need is an internet connection to get started.

- ✓ Free active listening course
- ✓ Online volunteering from home (or via app!)
- ✓ Control your own availability to listen
- ✓ Get certifications to boost your resume
- ✓ Get support & coaching from friendly mentors

[Become a Listener](#)

Already have an account? [Login here](#)

7 Cups - How It Works



7 Cups Therapy

It's professional.

7 Cups therapists are licensed, supportive professionals. 7 Cups allows you to connect with them in a safe, confidential online space.

It's affordable.

Start free so you can feel confident this is right for you. Then pay a low flat fee for unlimited messaging with your therapist. Save money over traditional therapy!

It's convenient.

Do it at your own time and at your own pace. Communicate with your therapist whenever and wherever you want. Support is available at your fingertips.



Get Matched

We'll match you to a therapist who fits your personal preferences and desired areas of expertise.



Sign Up

Free to start, then a low flat monthly fee for unlimited confidential messaging with a licensed professional therapist.



Start Chatting

Start messaging with your therapist right away. You can send unlimited messages to your personal therapist. They will reply once per day, Monday through Friday.



Feel Better

With your private room available anytime, 24/7 you can reach out when and where you need it most. Convenient. Accessible. Private. Affordable.

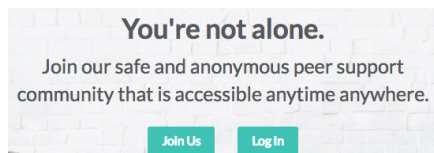
[Get Started Free](#)

The Pros of Mental Health Apps

- Anonymity -Clients can seek treatment options without involving other people.

Big White Wall

Big White Wall®



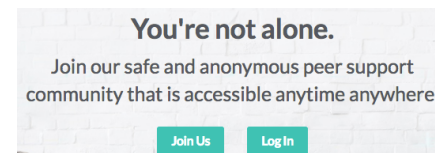
- The most active users are on Big White Wall from **midnight to 4 a.m.** – when troubles or aloneness often weigh more heavily.
- All interactions are anonymous.

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Big White Wall

Big White Wall®



- Tools such as educational resources, online conversations and virtual classes on issues of mental health.
- A 2009 study that found that a vast majority of the service's users –some 95 percent –noted an improvement in their symptoms.

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The Pros of Mental Health Apps

- Support - Technology can complement traditional therapy by extending an in-person session, reinforcing new skills, and providing support and monitoring.

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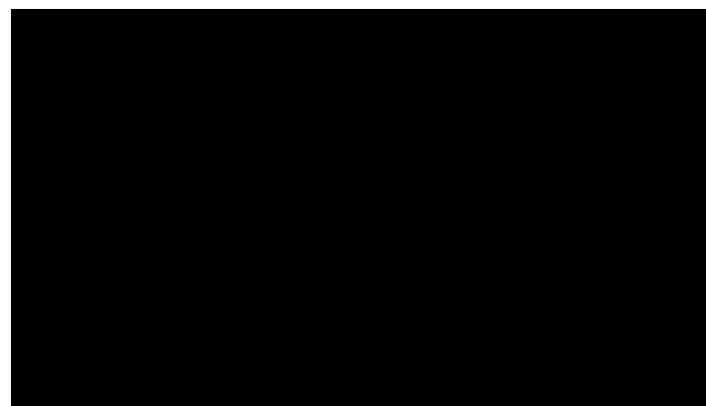


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and treatment of mental illnesses.

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MyPsychTES



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• 1:07 mins

40

The Pros of Mental Health Apps

- Service to more people - Service to more people: Technology can help mental health providers offer treatment to people in remote areas or to many people in times of sudden need (for example, following a natural disaster or terror attack).
- Consistency - Technology can offer the same treatment program to all users.

Technology and the Future of
Mental Health Treatment



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Technology and Mental Wellness

- I'll be back for Act 2
 - The Cons
 - 2:00pm - 2:30pm

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