



9th Annual E-Mental Health Conference
Caring in a Digital World

Toronto, ON | March 5-6, 2020

9e conférence annuelle sur la cybersanté mentale
Les soins à l'ère numérique

Toronto, ON | 5-6 mars, 2020



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Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

9th Annual E-Mental Health Conference

Caring in a Digital World:

Introducing Disruptive Change to Mental Health Care

Keynote Speakers

John Torous and Ian Hickie

Master of Ceremony

Gillian Strudwick

March 5-6, 2020

Beanfield Centre, Toronto, Canada

Ministry of Health

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Minister of Mental Health and
Addictions

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March 5, 2020

Mental Health Commission of Canada
9th Annual E-Mental Health Conference:
Caring in a Digital World: Introducing Disruptive Change to Mental Health Care

Dear friends,

I would like to extend my best wishes to everyone attending the Mental Health Commission of Canada's 9th Annual E-Mental Health Conference – Caring in a Digital World: Introducing Disruptive Change to Mental Health Care.

Every year, more than one million Ontarians experience a mental health or addiction challenge. This can have a serious impact on their quality of life, including their ability to go to school, make a living, or raise a family. For too long, Ontario's mental health and addictions system has been challenged by increased wait times for services, barriers to access, and a lack of standardized data.

I am pleased to say that the Government of Ontario is hard at work to develop and implement a comprehensive and connected mental health and addictions system that works for all Ontarians across all stages of life.

I would like to thank all of you for taking part in this conference to network and share new practices and innovative ideas around mental health and addictions care, and to support systems for people experiencing these challenges. The work you do is vital to helping people get the right care for their needs, when and where they need it.

I wish you all an informative conference.

Sincerely,

A handwritten signature in black ink, appearing to read 'Michael Tibollo', written in a cursive style.

Michael Tibollo
Associate Minister of Mental Health and Addictions

THURSDAY, MARCH 5

9-3:45 WORKSHOPS

8-9 — REGISTRATION AND BREAKFAST — [ROOM 206BCD](#)

9-12 — CONCURRENT WORKSHOPS

10:30-10:45 — HEALTH BREAK

[WORKSHOP 1: Engaging Youth as Active Agents of Change for Mental Health Care - Room 205A](#)

Ian Hickie, Brain and Mind Centre, University of Sydney

Joanna Henderson, Centre for Addiction and Mental Health McCain Centre for Child, Youth and Family Mental Health

Eugenia Canas, The Centre for Research on Health Equity and Social Inclusion

Alec Cook, MINDS of London-Middlesex and Western University

[WORKSHOP 2: Building Capacity for E-Mental Health: An Introductory Implementation Workshop - Room 204C](#)

Nicholas Watters, Mental Health Commission of Canada

Danielle Impey, Mental Health Commission of Canada

12-12:45 — LUNCH AND NETWORKING - [ROOM 206BCD](#)

12:45-3:45 — CONCURRENT WORKSHOPS

2:15-2:30 — HEALTH BREAK

[WORKSHOP 3: If You Build It, Will They Change? Implementing Mobile Apps to Achieve Clinical Results – Room 204C](#)

Sean Kidd, Centre for Addiction and Mental Health

John Torous, Beth Israel Deaconess Medical Center, Harvard University

[WORKSHOP 4: Will My E-Mental Health Interventions Be Effective? A Practical Guide to Evaluation, Rapid Assessment and Awesome Analytics – Room 205A](#)

Quynh Pham, University Health Network

Brian Lo, Centre for Addiction and Mental Health

Nelson Shen, Centre for Addiction and Mental Health

David Wiljer, University Health Network

THURSDAY, MARCH 5

4 - 6 WELCOME AND OPENING KEYNOTE

ROOM 206BCD

3-4 — REGISTRATION

4-5 — WELCOME

4:00 **Gillian Strudwick**, Independent Scientist, Centre for Addiction and Mental Health

4:02 **Elder Diane Longboat**

4:10 **Louise Bradley**, President and CEO, Mental Health Commission of Canada

4:20 **The Honourable Michael A. Tibollo**, Associate Minister of Mental Health and Addictions

4:30 Fireside Chat with **The Honourable Michael A. Tibollo**, Associate Minister of Mental Health and Addictions and **Louise Bradley**, President and CEO, Mental Health Commission of Canada

4:40 **Susan Abbey**, Psychiatrist-in-Chief, University Health Network

4:50 **Damian Jankowicz**, Vice President, Information Management, Chief Information Officer and Chief Privacy Officer, Centre for Addiction and Mental Health

5-6 — OPENING KEYNOTE

The Future of Virtual Mental Health: The North American Experience

John Torous, Beth Israel Deaconess Medical Center, Harvard University

Discussant: **David Gratzer**, Centre for Addiction and Mental Health

FRIDAY, MARCH 6
8:30 - 4 PLENARY SESSIONS
ROOM 206BCD

7:30-8:30 — REGISTRATION AND BREAKFAST

8:35-8:40 — WELCOME DAY 2

8:40-9:10 — SESSION 1: Is Change Coming? *Rapid fire presentations*

Moderator: **Nicholas Watters**, Mental Health Commission of Canada

1. **Andy Greenshaw**, University of Alberta
2. **Sean Kidd**, Centre for Addiction and Mental Health
3. **Alisa Simon**, Kids Help Phone

9:10-10:10 — SESSION 2: Evolving Learning and Practice for E-Mental Health

Moderator: **Shaleen Jones**, Eating Disorders Nova Scotia

1. **Sanjeev Sockalingam**, Centre for Addiction and Mental Health
2. **Eva Serhal**, Centre for Addiction and Mental Health
3. **Lori Wozney**, Nova Scotia Health Authority

10:10-10:30 — HEALTH BREAK AND POSTER SESSION

10:30-11:30 — SESSION 3: Changing the System One Disruptive Technology at a Time

Moderator: **Ed Mantler**, Mental Health Commission of Canada

1. **Catherine Zahn**, Centre for Addiction and Mental Health
2. **Justin Scaini**, Capitalize for Kids
3. **Shaleen Jones**, Eating Disorders Nova Scotia

11:30-12:30 — LUNCH AND NETWORKING (POSTER SESSION)

12:30-1:30 — SESSION 4: Addressing the Need for Disruptive Change

Moderator: **Lori Wozney**, Nova Scotia Health Authority

1. **Allison Crawford**, University of Toronto and Centre for Addiction and Mental Health
2. **John Dick**, Ontario Shores Centre for Mental Health Sciences
3. **Mohammad Nikoo**, University of British Columbia

1:30-2:30 — Who is Going to Change the World? *A Panel of Emerging Researchers*

Moderator: **David Wiljer**, University Health Network

1. **Alexander Daros**, Centre for Addiction and Mental Health
2. **Emma Morton**, University of British Columbia
3. **Nelson Shen**, Centre for Addiction and Mental Health
4. **Ellen Stephenson**, IWK Health Centre

2:30-2:50 — HEALTH BREAK AND POSTER SESSION

2:50-3:50 — CLOSING KEYNOTE

The Future of Virtual Mental Health Care: The Australian Experience

Ian Hickie, Brain and Mind Centre, University of Sydney

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

3:50-4 — CLOSING REMARKS

Gillian Strudwick, Centre for Addiction and Mental Health

David Wiljer, University Health Network

We would like to acknowledge the exhibitors for the 9th annual conference:

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Connecting Mental Health Problems to Solutions





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Advancements
Mental Health

Tranquility

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Thank you for your participation in the 9th 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 available at registration and online.

Visit our page for speaker bios, abstracts and more: <https://www.eventbrite.ca/e/9th-annual-e-mental-health-conference-tickets-70820980459>

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 13.5 MOC Section 1 Group Learning credits. Each physician should claim only those credits accrued through participation in the activity.

Co-Development Statement

Co-development of the CPD activity is to be recognized by the following statement on all program materials:

This program was co-developed with UBC Department of Psychiatry, University Health Network (UHN), Centre for Addiction and Mental Health (CAMH), and Mental Health Commission of Canada (MHCC) and was planned to achieve scientific integrity, objectivity and balance.

*Financial contribution from:
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