

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 Youth 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!

The Addictions and Concurrent Disorders Group of
the Centre for Health Evaluation and Outcome Sciences presents:

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

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:

<https://www.youtube.com/user/mkrauszCHEOS>

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