Bridging the Research-to-Practice Chasm in Digital Mental Health

The Banbury Center, Cold Spring Harbor Laboratory, New York, USA
October 6-8, 2019

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Organizers:
Patricia Areán, University of Washington;
David Mohr, Northwestern University

Digital mental health (DMH) interventions using web and mobile technologies have consistently demonstrated effectiveness in more than 100 randomized controlled trials conducted over two decades. This Banbury meeting will establish an interdisciplinary workgroup that will define the path toward successful, sustainable DMH implementation. Participants will: 1. Outline the grand challenges facing digital mental health implementation; 2. Identify short- (1-3 years) and mid-range (3-5 years) goals that can move us towards sustainable implementation; 3. Identify immediate tasks (6-12 months) that participants agree to that will move the field of digital mental health forward.

SUNDAY, OCTOBER 6

Afternoon  Participant arrivals

  6:00 pm  Reception, dinner

MONDAY, OCTOBER 7

  7:15 am  Breakfast at Robertson House

  8:30 am  Welcoming and Introductory Remarks
  Rebecca Leshan, The Banbury Center, Cold Spring Harbor Laboratory
  Patricia Areán, University of Washington
  David Mohr, Northwestern University
8:50 am  SESSION 1: Perspectives I – Healthcare Systems  
Henry Harbin, consultant, Baltimore, USA  
Andrew Bertagnolli, Optum Behavioral Health, San Francisco, USA  
Trina Histon, Kaiser Permanente, Oakland, USA  
Mark Cunningham-Hill, Northeast Business Group on Health, New York, USA  
Francisca Azocar, Optum, San Francisco, USA

10:50 am  SESSION 2: Perspectives II – Public Health  
Nickolai Titov, Mindspot Clinic, Macquarie University, Sydney, Australia  
Stephen Schueller, University of California, Irvine, USA  
Theresa Nguyen, Mental Health America, Alexandria, USA

12:00 pm  Luncheon

1:30 pm  SESSION 3: Perspectives III – Company Perspectives  
Neil Leibowitz, Talkspace, New York, USA  
Derek Richards, SilverCloud Health, Dublin, Ireland  
Charlie Hartwell, Bridge Builders Collaborative, St. Paul, USA

2:40 pm  SESSION 4: Perspectives IV – Users  
Mary Czerwinska, Microsoft Research, Redmond, USA  
Patricia Areán, University of Washington, Seattle, USA  
David Mohr, Northwestern University, Chicago, USA  
Tanzeem Choudhury, Cornell University & HealthRhythms, Ithaca, USA

4:10 pm  SESSION 5: Harnessing Technological Affordances  
Munmun De Choudhury, Georgia Institute of Technology, Atlanta, USA  
John Torous, Harvard Medical School, Boston, USA  
Camille Nebeker, University of California, San Diego, USA  
Paul Chrisp, National Institute for Health and Care Excellence, Manchester, UK

6:00 pm  Reception, dinner

TUESDAY, OCTOBER 8

7:15 am  Breakfast

8:30 am  SESSION 6: Synthesis, Planning, and Next Steps (and working lunch)  
Patricia Areán, University of Washington  
David Mohr, Northwestern University

2:00 pm  Participant departures  
— END OF PROGRAM —
MEETING PARTICIPANTS

Patricia Areán, University of Washington
Francisca Azocar, Optum
Andrew Bertagnolli, Optum Behavioral Health
Tanzee Choudhury, Cornell University / HealthRhythms
Paul Chrisp, National Institute for Health and Care Excellence
Mark Cunningham-Hill, Northeast Business Group on Health
Mary Czerwinski, Microsoft Research
Munmun De Choudhury, Georgia Institute of Technology
Henry Harbin, consultant
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