



MEETING AGENDA

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

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

This meeting was funded by the
Cold Spring Harbor Laboratory Corporate Sponsor Program and Microsoft

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 Czerwinski, 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

Tanzeem 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

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Henry Harbin, consultant

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