Psychology Grand Rounds
Department of Psychiatry, Psychology Division

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"Mental Health Technology: Industry Overview & Updates from WCM"

Monika Dargis, PhD
Assistant Professor of Psychology in Clinical Psychiatry
Weill Cornell Medicine

Thursday, November 17th, 2022
12:00pm-1:00pm

*1 CE credit available to full time and voluntary faculty psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture.

SPEAKER:
Dr. Dargis has affiliations with Mental Fuel Inc.

Monika Dargis, Ph..D is a New York State licensed psychologist and an Assistant Professor of Psychology in Psychiatry at Weill Cornell Medicine. She earned her doctoral degree from the University of Wisconsin- Madison, completed pre-doctoral internship training with the Veterans Affairs Palo Alto Health Care System, and completed postdoctoral training with New York Presbyterian-Weill Cornell. She specializes in the treatment of trauma-related disorders (e.g., PTSD), and has a strong interest in increasing access to evidence-based mental health care. To this end, her research career has focused on better understanding experiences of trauma among underserved populations and implementing evidence-based treatments in non-traditional settings (e.g.,correctional facilities). She currently works across several clinic trials aimed at increasing access to care through novel treatment approaches (e.g., technology enabled treatment) as well as testing innovative treatment approaches for hard-to-treat symptoms.

Abstract: This presentation will provide an overview of the mental health technology industry. I will include a summary of different mental health start ups and models of care, how these organizations fit into academic medicine and traditional care delivery. The talk will also review digital mental health tools including innovations and updates from WCM initiatives.

Learning Objectives:
1. Summarize the mental health technology industry, including how it can interface with academic medicine.
2. Understand and differentiate digital from technology assisted mental health strategies.
3. Describe WCM-specific digital innovations.

References:
1. Wu, A., Scult, M. A., Barnes, E. D., Betancourt, J. A., Falk, A., & Gunning, F. M. (2021). Smartphone apps for depression and anxiety: a systematic review and meta-analysis of techniques to increase engagement. NPJ digital medicine, 4(1), 1-9.
2. Figueroa, C. A., & Aguilera, A. (2020). The need for a mental health technology revolution in the COVID-19 pandemic. Frontiers in Psychiatry, 11, 523.
3. Connolly, S. L., Kuhn, E., Possemato, K., & Torous, J. (2021). Digital clinics and mobile technology implementation for mental health care. Current Psychiatry Reports, 23(7), 1-7.
4. Shah, R. N., & Berry, O. O. (2021). The rise of venture capital investing in mental health. JAMA psychiatry, 78(4), 351-352.
5. Day, S., Shah, V., Kaganoff, S., Powelson, S., & Mathews, S. C. (2022). Assessing the clinical robustness of digital health Startups: cross-sectional observational analysis. Journal of medical Internet research, 24(6), e37677.