The Role of Technology in Mental Health and Wellness

(...and what in the world is a Hackathon, anyway?!)

Feb 7-8 2018/Vancouver, BC
BC FNHA Mental Wellness Summit
Mental Health Commission of Canada

Overview
Mental Health Commission of Canada

Who are we?
A Path of Reconciliation

MHCC’s Journey of Learning, Listening and Growth

- Board Representation
- Reconciliation workshops
- Cultural exchanges
- Working with NAOs
A Path of Reconciliation

MHCC’s Journey of Learning, Listening and Growth
E-Mental Health

Overview
What is e-Mental health?

“...mental health services and information delivered or enhanced through the Internet and related technologies.”

Why e-Mental health?

• Access to mental health services continues to be a significant barrier to people getting the help they need.

• E-Therapies can be as effective as face-to-face therapies, including the delivery of cognitive behavioural therapy for mild to moderate anxiety and depression.
Hackathon
Breaking Down the Barriers to Innovation in Healthcare
“What I have seen here in less than 48 hours is more innovation than I have seen in 30 years of healthcare innovation in Canada.”

Paul Gallant
Certified Health Executive
WHAT IS HACKING HEALTH?
Transform healthcare by pairing healthcare professionals with technological innovators to build realistic, human-centric solutions to front-line healthcare problems.
BY THE NUMBERS

COUNTRIES

56

CITY CHAPTERS

140

LEADERS

600+

VOLUNTEERS

1243 PROJECTS
OUR EVENTS AND ACTIVITIES

CONNECT

CONNECT

CAFÉS

CONSULTS

CREATE

CLINICS

BUILD

ACCELERATOR

FUND

HACKATHONS
WE CATALYSE COLLABORATIONS

CLINICIANS
Transform everyday healthcare challenges into real solutions.

PATIENTS
Connect to create holistic solutions with patients, not only for patients.

DEVELOPERS
Work collaboratively to break down barriers to innovation in healthcare.

DESIGNERS
Create powerful patient and provider experiences through simplifying complex issues.

ENTREPRENEURS
Connect, validate and grow startups.
Participatory design (also known as co-operative design or co-design) is an approach to design attempting to actively involve all stakeholders in the design process to help ensure the result meets their needs.

In healthcare, this principle is demonstrated in the push for patient-centered design. The need patient engagement – asking patients what they want instead of assuming - is further supported by movements such as Patients Included.
Informal meetups to discuss and debate digital health. Held monthly in different hospitals and tech-centers, this is where people and ideas mingle.
Expert-led workshops on a variety of topics related to healthcare innovation, creativity and technology to drive the act of developing solutions.
WEEKEND HACKATHONS

Over 48 hours, designers, developers, project managers and patients collaborate with doctors, nurses, hospital administrators to rapidly develop digital & mobile health solutions as well as and some viable businesses.
TYPES OF PROJECTS

- MEDICAL
- ADMINISTRATIVE
- CONSUMER HEALTH
MAJOR EVENT EXAMPLE

WORLD'S LARGEST HEALTH HACKATHON
#HHMTL2014

HACKING HEALTH
MAJOR EVENT EXAMPLE

WORLD'S LARGEST HEALTH HACKATHON

TWO LOCATIONS

CHU STE-JUSTINE

HEC MONTREAL

48 HOURS

500 REGISTRANTS

112 TECH DEVELOPERS

100 HEALTHCARE PROFESSIONALS

54 DESIGNERS

47 BUSINESS PEOPLE

+50 VOLUNTEERS

43 MENTORS AND JUDGES

29 PARTNERS

17 SPONSORS

44 PITCHES ON FRIDAY NIGHT

34 TEAMS PRESENT THEIR WORK ON SUNDAY
HACKING HEALTH HACKATHON: TYPICAL PROGRAM

FRIDAY
PM
Pitch clinics
Evening
High Energy
Cocktail
Reception
Project Pitches
Team formation

SATURDAY
ALL DAY
Fuel! (Breakfast)
Team building
Challenge
HACK
Fuel! (Lunch)
HACK

SUNDAY
AM
Fuel! (Breakfast)
Prepare and submit Demo
Fuel! (Lunch)
PM
Demo and presentation
Winners announced
Nokiwiin Tribal Council
Breakout Session

40 minutes
Intro to design thinking

A Virtual Crash Course in Design Thinking
Intro to design thinking
It all starts with...

EMPATHY
STEP 1: PARTNER DIALOGUE

6 minutes (2 sessions x 3 min each)
Think about...

The last time you accessed (or tried to access) a health service for yourself or someone you care about

Questions for your partner...

• How was that experience for you?
• Was it a positive experience? Why or why not?
• Were there opportunities for improvement?
• Did you get what you wanted to get out of it?
STEP 2: DIG DEEPER

4 minutes (2 sessions x 2 min each)
Focus in...

• Was there one part of your partners story that really stood out to you?
• Was there one component that – if improved – could make their experience easier/better/faster?
  • Dig deeper!
Now lets...

DEFINE
STEP 3: CAPTURE FINDINGS

2 minutes
Where possible, use ACTION words!
STEP 4: WRITE A PROBLEM STATEMENT

3 minutes
Example #1:
“Cameron needs a way to connect with a mental health professional in his community BECAUSE/BUT/AND there are not enough counsellors to access timely support.”

Example #2:
“Melissa needs a way to find more information about alcohol dependence BECAUSE/BUT/AND she is worried about her sisters drinking habits and wants to know how to talk to a professional about it”
Now, time to...

IDEATE
STEP 5: CAPTURE WAYS TO MEET YOUR PARTNER’S NEEDS

5 minutes
Write, draw, map it out...think outside the box!
STEP 6: SHARE YOUR SOLUTIONS & CAPTURE FEEDBACK

6 minutes (2 sessions x 3 min each)
What worked?

What could be improved?

Questions?

Ideas
Share back...

Let’s share our solutions with one another!
What comes next?

Continue to iterate your ideas
Commit to share what you heard
Practice what you learned
Miigwetch! Thank you!