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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

ORDER OF EXCELLENCE
CANADA AWARDS FOR EXCELLENCE / PRIX CANADA POUR L'EXCELLENCE 2017
MENTAL HEALTH AT WORK® RECIPIENT

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Overview

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Who are we?

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A Path of Reconciliation

MHCC's Journey of Learning, Listening and Growth

- Board Representation
- Reconciliation workshops
- Cultural exchanges
- Working with NAOs

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A Path of Reconciliation

MHCC's Journey of Learning, Listening and Growth

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E-Mental Health

Overview

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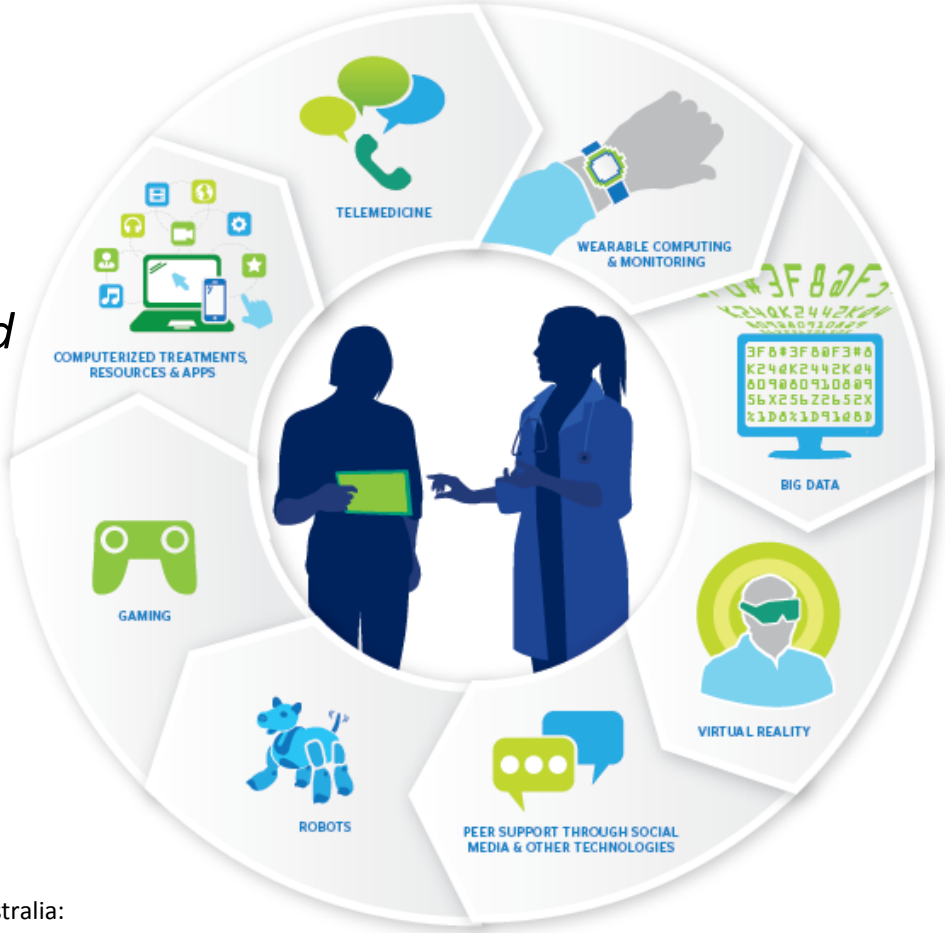
What is e-Mental health?

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



Christensen H, Griffiths KM, Evans K. (2002). e-Mental Health in Australia: Implications of the Internet and Related Technologies for Policy. ISC Discussion Paper No 3.

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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

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Hackathon

Placeholder

HACKING HEALTH

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

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WHAT IS HACKING HEALTH?

OUR MISSION

Transform healthcare by pairing healthcare professionals with technological innovators to build realistic, human-centric solutions to front-line healthcare problems .

BY THE NUMBERS

15
COUNTRIES

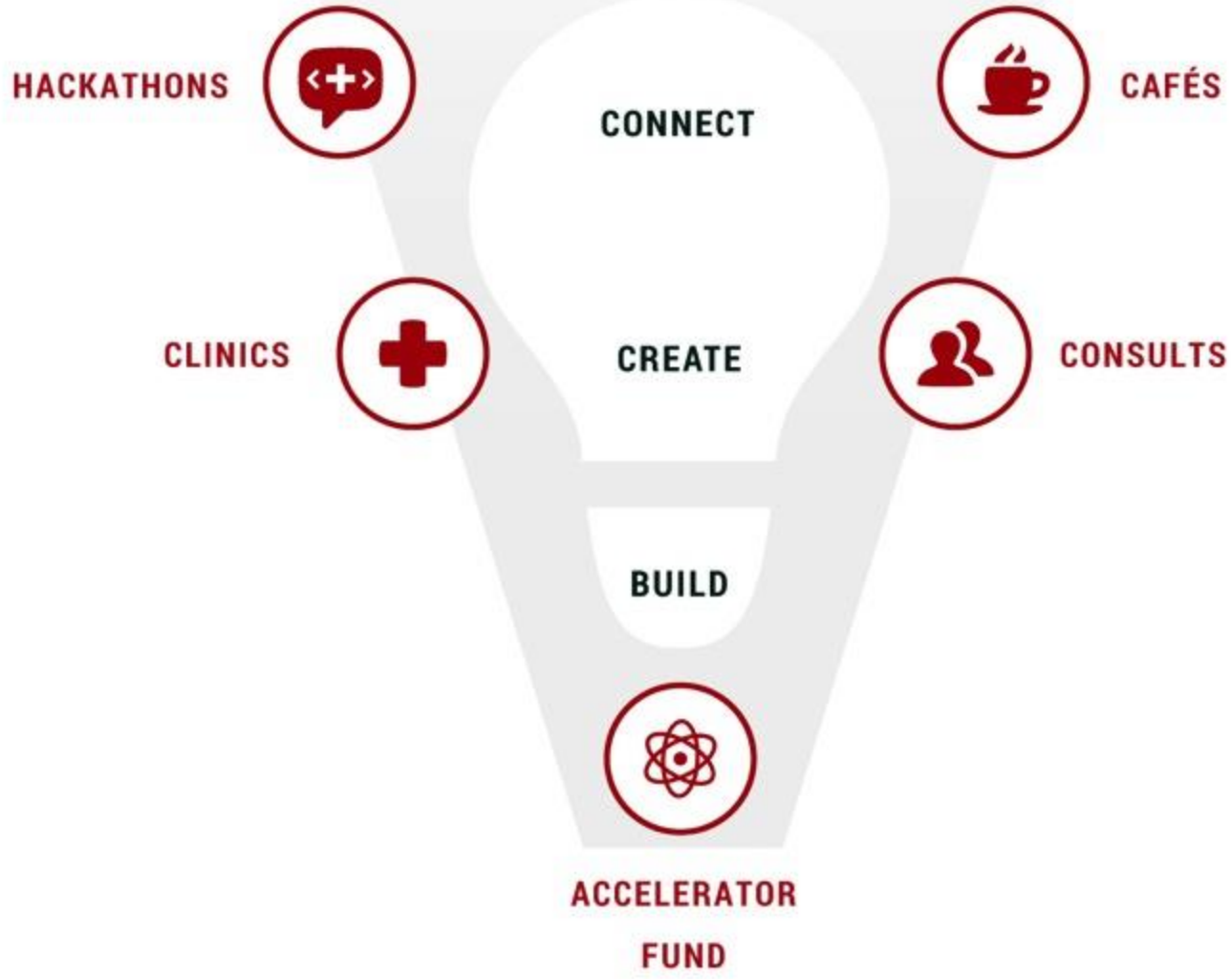
56
CITY CHAPTERS

140
LEADERS

600+
VOLUNTEERS

1243 PROJECTS

OUR EVENTS AND ACTIVITIES



WE CATALYSE COLLABORATIONS

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CLINICIANS

Transform everyday healthcare challenges into real solutions.

PATIENTS

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

DESIGNERS

Create powerful patient and provider experiences through simplifying complex issues.

DEVELOPERS

Work collaboratively to break down barriers to innovation in healthcare.

ENTREPRENEURS

Connect, validate and grow startups.

ENGAGING PATIENTS AND END USERS

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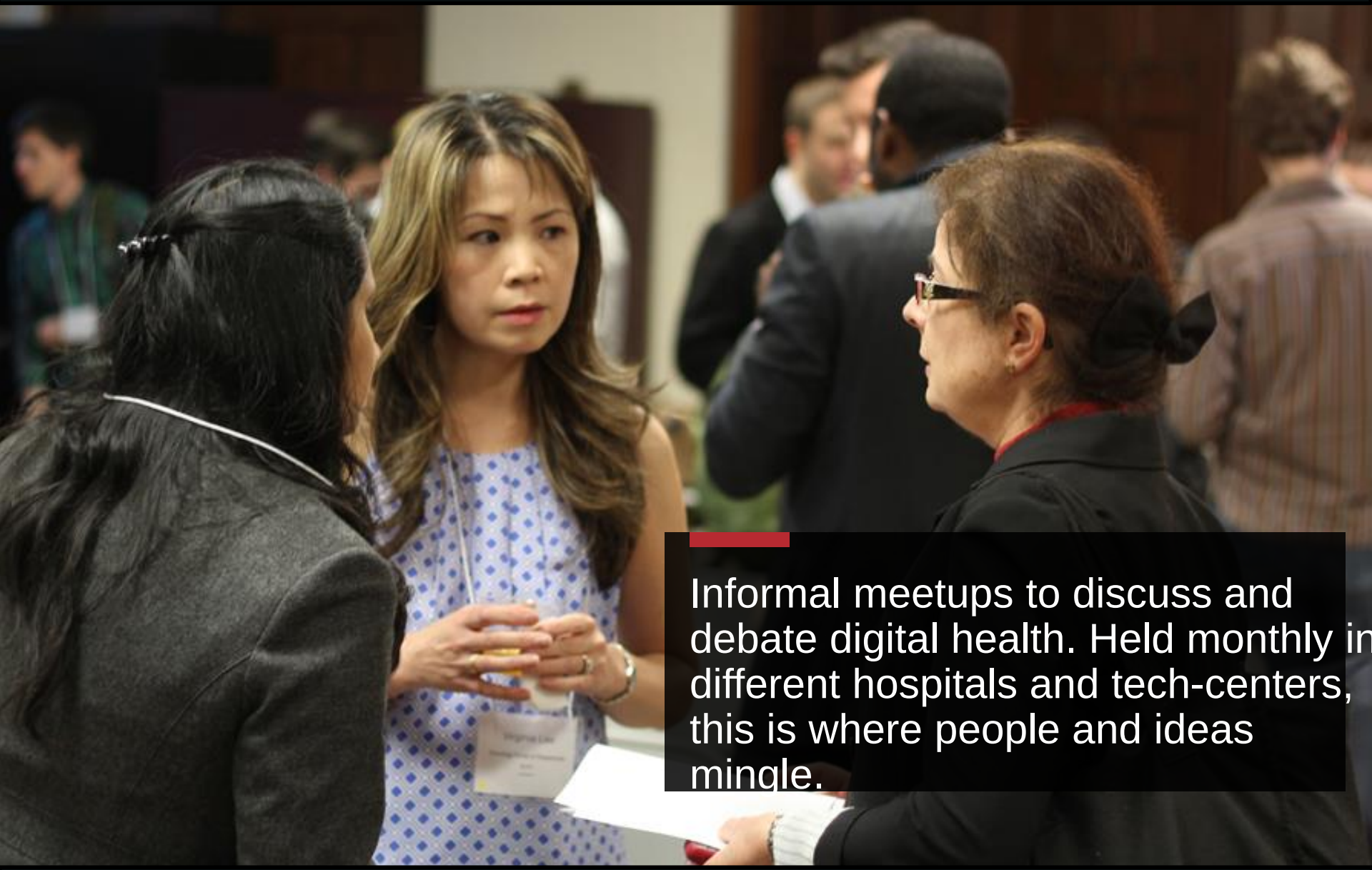
Participatory design (also known as **co-operative design or co-design**) is an approach to design attempting to actively involve all stakeholders in the design process to help ensure the result meets their needs.

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.**

CAFÉS



Informal meetups to discuss and debate digital health. Held monthly in different hospitals and tech-centers, this is where people and ideas mingle.

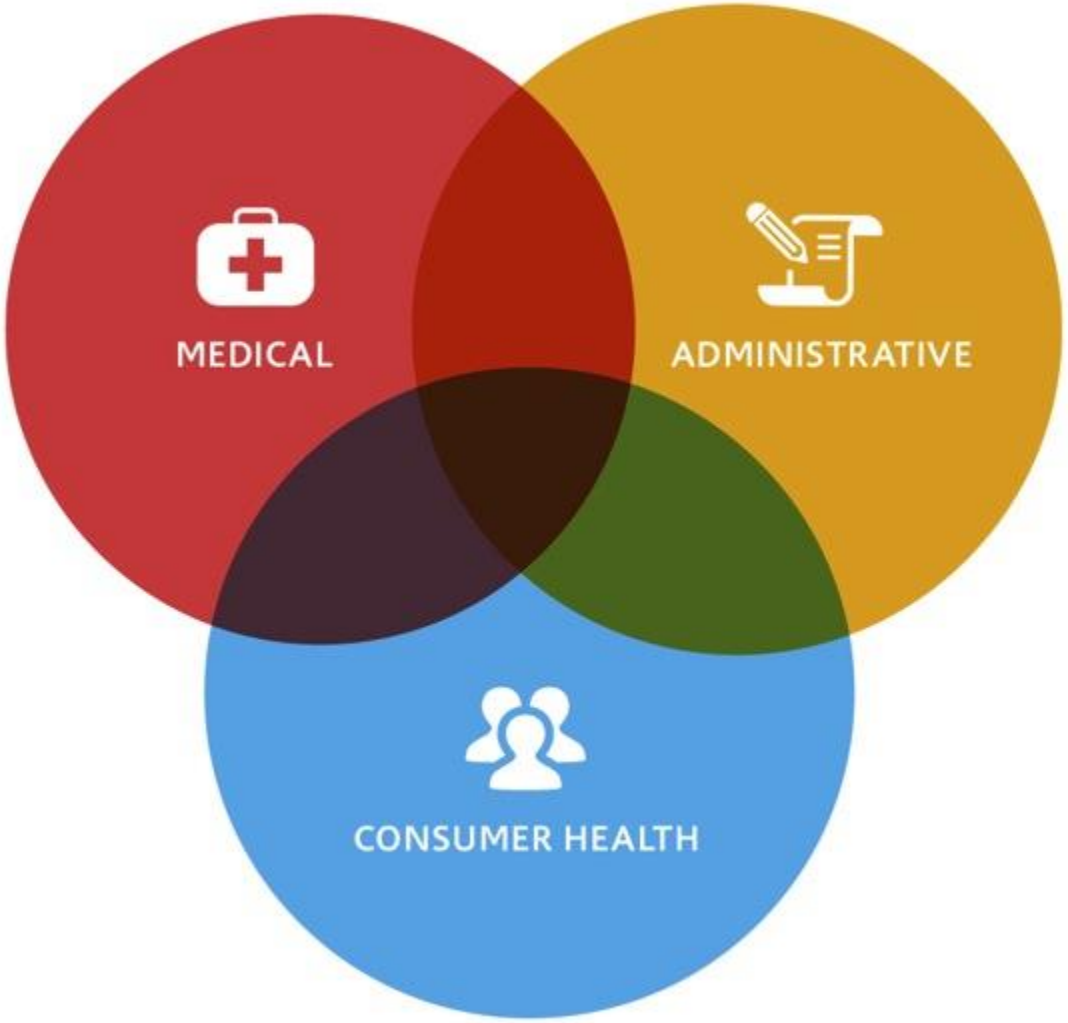
CLINICS

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



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HACKING HEALTH

MAJOR EVENT EXAMPLE

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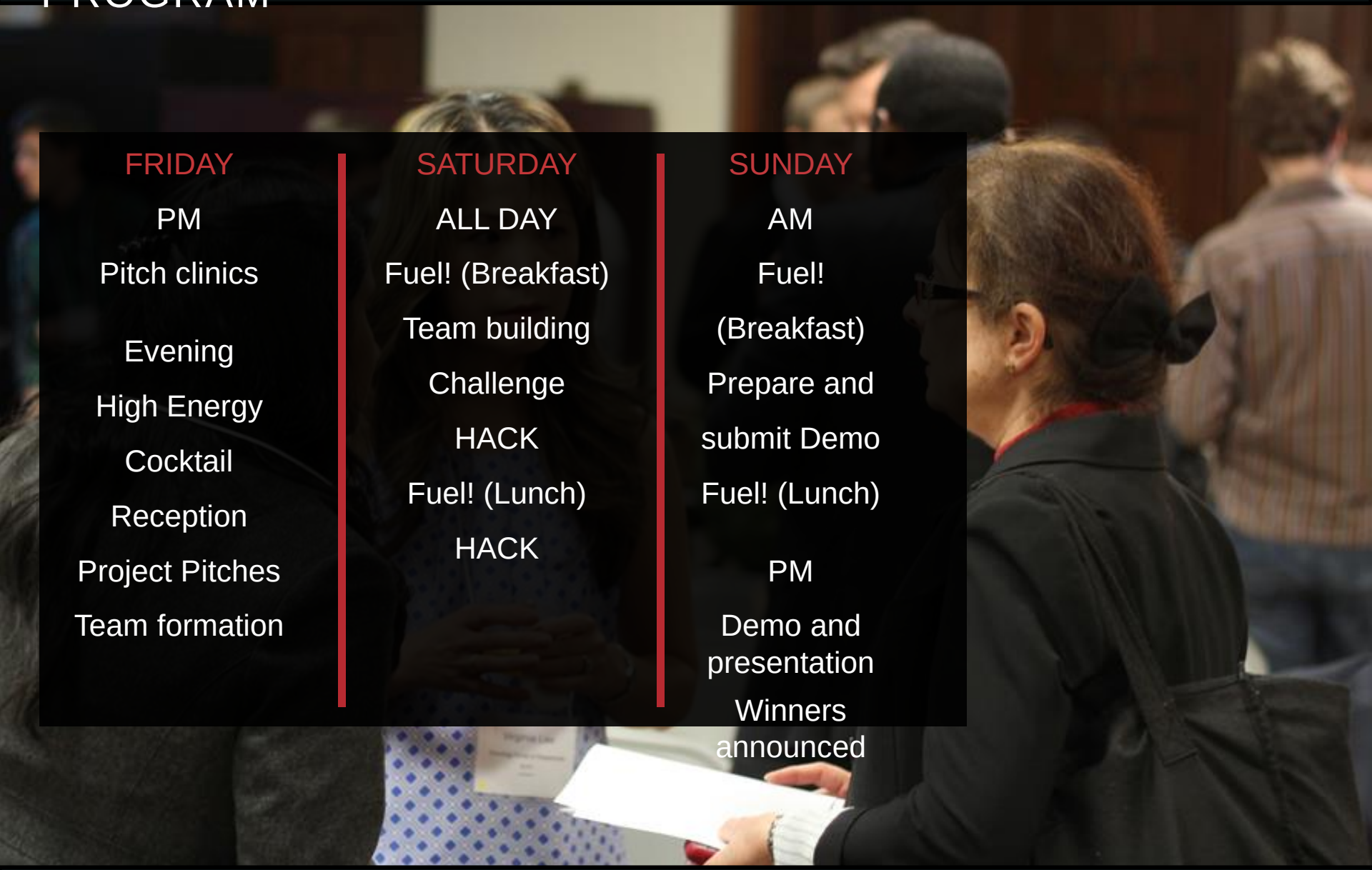
HACKING HEALTH HACKATHON: TYPICAL PROGRAM



FRIDAY	SATURDAY	SUNDAY
PM	ALL DAY	AM
Pitch clinics	Fuel! (Breakfast)	Fuel!
Evening	Team building	(Breakfast)
High Energy	Challenge	Prepare and
Cocktail	HACK	submit Demo
Reception	Fuel! (Lunch)	Fuel! (Lunch)
Project Pitches	HACK	PM
Team formation		Demo and presentation
		Winners announced

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Nokiwiin Tribal Council

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Breakout Session

40 minutes

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Intro to design thinking

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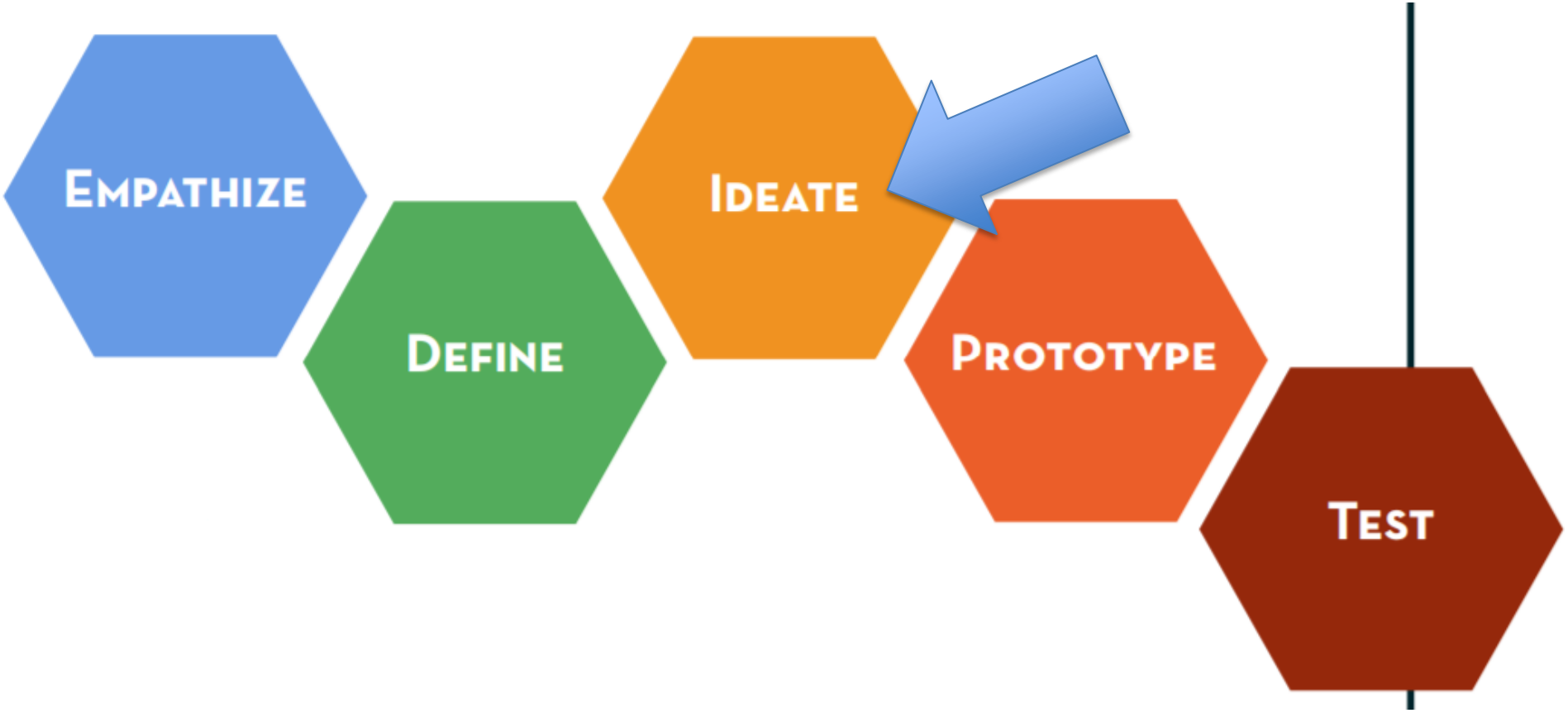
Intro to design thinking



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It all starts with…

EMPATHY

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STEP 1: PARTNER DIALOGUE

6 minutes (2 sessions x 3 min each)

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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?

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STEP 2: DIG DEEPER

4 minutes (2 sessions x 2 min each)

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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!

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Now lets…

DEFINE

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STEP 3: CAPTURE FINDINGS

2 minutes

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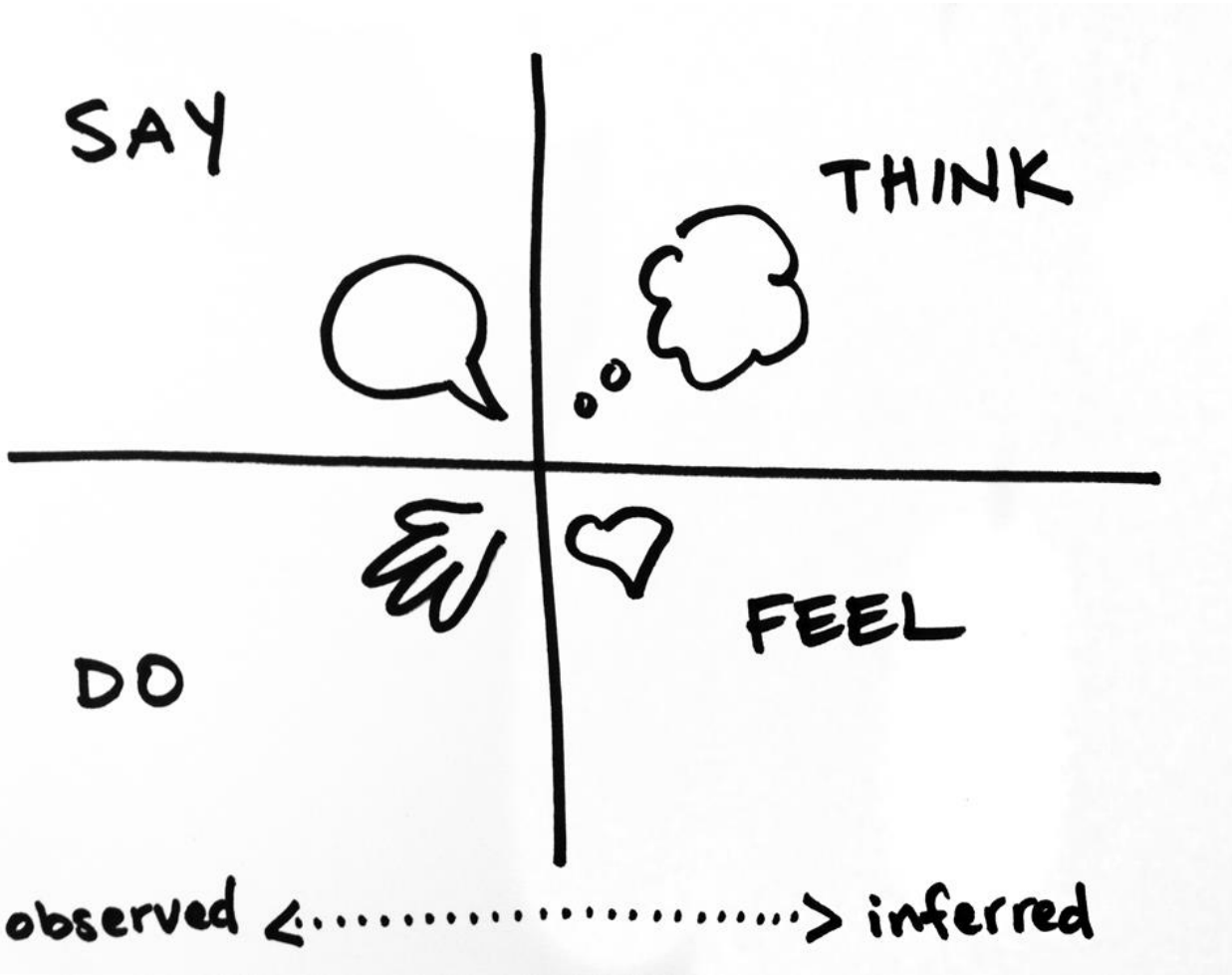
Where possible, use ACTION words!



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STEP 4:
WRITE A PROBLEM STATEMENT

3 minutes

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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"

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Now, time to…

IDEATE

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STEP 5: CAPTURE WAYS TO MEET YOUR PARTNER'S NEEDS

5 minutes

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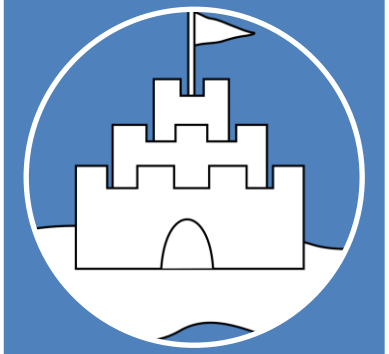
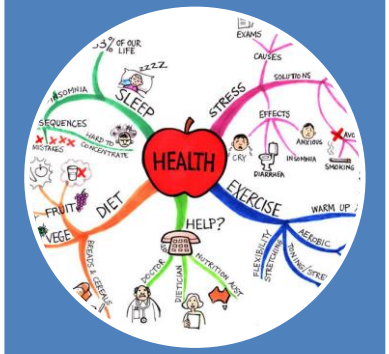
Idea #1



Idea #2

Idea #3



Idea #4

Write, draw, map it out…think outside the box!

STEP 6:
SHARE YOUR SOLUTIONS & CAPTURE FEEDBACK

6 minutes (2 sessions x 3 min each)

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What worked?

What could be improved?

Questions?

Ideas

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Share back…

Let’s share our solutions with one another!

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What comes next?

Continue to iterate your ideas

Commit to share what you heard

Practice what you learned

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Miigwetch! Thank you!

Financial contribution from

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