

# Tuesday, February 9

8:30 - 9:00

Registration

## I. Strategies & Solutions to improve youth mental health

Chairs: Kendall Ho & Cheryl Washburn

9:00 - 9:15	<b>Opening &amp; First Nations Welcome</b> Michael Krausz (Vancouver, Canada)
9:15 - 9:45	<b>The McGill Platform</b> Nancy Low (Montreal, Canada)
9:45 - 10:30	<b>WalkAlong UBC: an integrated system for student mental health</b> Michael Krausz (Vancouver, Canada)
	<b>10:30 - 10:45 Break &amp; Discussion (15 min)</b>
10:45 - 11:30	<b>Raising e-Health literacy in middle school: the “Learning 4 Life” project</b> Kendall Ho (Vancouver, Canada)
11:30 - 12:00	<b>Decisions and Decision Makers - the intersection of politics and healthcare innovation in BC</b> Matthew Chow (Vancouver, Canada)
12:00 - 12:30	<b>Building an engaged online community</b> Lauren Bersaglio (Vancouver, Canada)
	<b>12:30 - 13:30 Lunch (1 hour)</b>

## II. International Models of youth e-Mental Health

Chairs: John Cunningham & Steve Mathias

13:30 - 14:15	<b>Internet interventions for hazardous drinking college students</b> John Cunningham (Canberra, Australia)
14:15 - 14:45	<b>TBD</b> Charlotte Wittekind (Hamburg, Germany) <i>via Skype</i>
	<b>14:45 - 15:00 Break &amp; Discussion (15 min)</b>
15:00 - 15:30	<b>TBD</b> Gerhard Andersson (Linköping, Sweden) <i>via Skype</i>
15:30 - 16:00	<b>International Trends in Web-based youth mental health</b> Alireza Kazemi (Vancouver, Canada)
16:00 - 16:30	<b>First day thoughts and Hackathon</b> Michael Krausz (Vancouver, Canada)

# Wednesday, February 10

## III. A range of tools for a range of needs – new technologies to support EMH

Chairs: Damon Ramsey & Patricia Mirwaldt

9:00 - 9:45	<b>SPARX - Games and Virtual Reality in the treatment of depression</b> Sally Merry (Auckland, New Zealand)
9:45 - 10:30	<b>Internet &amp; smartphone interventions for youth with Internet and Gaming addiction</b> Melvyn Zhang Weibin (Singapore)
<b>10:30 - 10:45 Break &amp; Discussion (15 min)</b>	
10:45 - 11:30	<b>From EMR to collaborative records - owning your own health</b> Damon Ramsey (Vancouver, Canada)
11:30 - 12:00	<b>Mobile Apps in Youth Mental Health</b> Rachel Kenny (Dublin, Ireland) <i>via Skype</i>
12:00 - 12:30	<b>MindHealthBC and Bounce Back Online: Leveraging technology to improve access to services for anxiety and depression</b> Lakshmi Yatham (Vancouver, Canada)
<b>12:30 - 13:30 Lunch (1 hour)</b>	

## IV. e-Mental Health Services for youth, opportunities & challenges

Chairs: Michael Krausz & Sally Merry

13:30 - 14:00	<b>Youthscape.ca Chat: emotional support and suicide intervention online</b> Maureen Elworthy (Victoria, Canada)
14:00 - 14:30	<b>The ‘B’ in Blog stands for Beauty: Narratives of Mental Health</b> Natasha Kolida (Vancouver, Canada)
14:30 - 15:00	<b>MIND Speaks Up - An Online Video Platform for Mental Health</b> Meghan Smith (Vancouver, Canada)
<b>15:00 - 15:15 Break &amp; Discussion (15 min)</b>	

15:15 - 15:45	<b>Northern Connections: 5 years of providing mental health services to children &amp; adolescents in Northern Manitoba via Telehealth</b> Mark Koltek (Manitoba, Canada)
15:45 - 16:15	<b>Effective self-help</b> Thomas Berger (Bern, Switzerland) <i>via Skype</i> <b>Conclusions, take-home messages and next steps</b> Michael Krausz (Vancouver, Canada)

**End of the Conference – Thank you for participating!**