

Application of AI to Real-World Mental Health Settings: Possibilities and Limitations

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ROGER



**My first experience with
significant mental health
tech innovation – April 2011**



My first experience with mental health tech innovation – April 2011

Now there are hundreds of mental health apps



On the heels of the White House Executive Order on #AI, the U.S. Department of Veterans Affairs is announcing \$1M AI tech sprint to reduce burnout among health care providers. These sprints also could allow VA to sole source ...see more

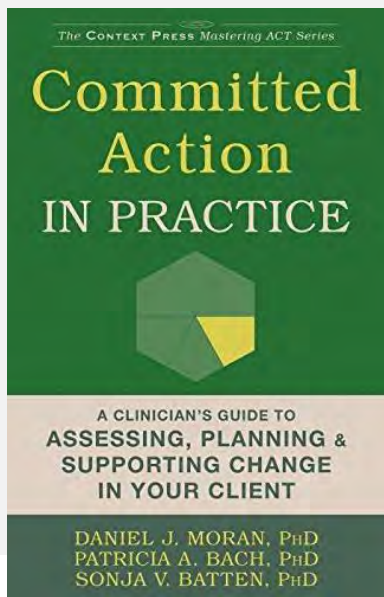


VA launches \$1 million AI tech competition to reduce health care worker burnout

news.va.gov

What if burnout doesn't come so much from the clinical work itself, but from the tedious administrative burden? How can AI help with that?

Or using AI to make the work of therapy even more effective?



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Action recommendations review in community-based therapy and depression and anxiety outcomes: a machine learning approach

Research | [Open access](#) | Published: 16 February 2024

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Amit Spinrad , C. Barr Taylor, Josef I. Ruzek, Samuel Jefroykin, Tamar Friedlander, Israela Feleke, Hila Lev-Ari, Natalia Szapiro & Shiri Sadeh-Sharvit

Mindfulness Scripts

Begin to notice any sensations in your ha ↓. You might feel warmth or coolness, tingling, or the

Homework Sheets

Diary Cards



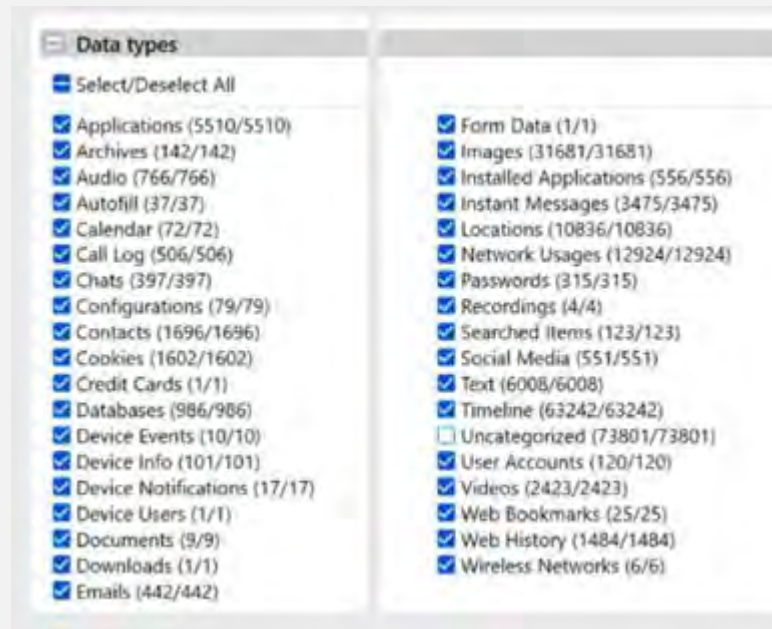
We now have the ability to gather a tremendous amount of data from smartphones and wearables to measure psychological health and behavioral patterns – we can then use AI/ML to find patterns for digital phenotyping



We're redefining the way we understand and act on suicide risk.

Modeled after the “black box” flight recorder used to determine the cause of an aircraft crash, our in-house forensics team conducts digital autopsies on the devices of veterans and service members who've died by suicide to help recreate the final moments of life.

Our goal is to uncover never-before-known insights that advance our methods of outreach and care for veterans and service members struggling with suicidality before they get to the point of acting.



LIMITATIONS OF AI IN MENTAL HEALTH

- **Implicit bias if not guarded against**
- **Hallucinations – outputs can sound very convincing but be very wrong**
- **Inaccurate sentiment analysis**
- **Chatbots dealing with real emergencies**
- **Average recommendations can be harmful for some**
- **Therapist and client willingness to have a bot listen in on sessions**
- **Privacy/HIPAA compliance/data breaches/data scraping by 3rd parties**



IN SUMMARY

AI in mental health is here and will only become more prevalent.

Our clients will be best served by creating teams comprised jointly of mental health experts and tech innovators who can work together to create tools that are effective, safe, and ethical.

Thank you

StopSoldierSuicide.org

GoROGER.org

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