

McCain Centre Speaker Series

December 3, 2018

Exploring the Promise of Digital Health Solutions for Addictions in Emerging Adults

SPEAKER: DR. LENA QUILTY

Dr. Lena Quilty is a Senior Scientist in the Campbell Family Mental Health Research Institute, CAMH and an Assistant Professor in the Department of Psychiatry, University of Toronto. She is a registered psychologist and certified cognitive behavioural therapist. Her research evaluates cognitive behavioural therapy for depression and addiction.

DISCUSSANT: CAROLE-ANNE CHIASSON

Carole-Anne Chiasson is Clinical Director in the Child, Youth and Emerging Adult Program, CAMH.

“I see this as an absolutely essential future direction. We need to make sure we can offer a wide spectrum of services that are evidence-based for clients who may be balancing work, school and potentially families.”
- Carole-Anne Chiasson



Carole-Anne Chiasson and Dr. Lena Quilty

#McCainatCAMH

OBJECTIVE

To describe how computer and web-based treatments are promising and innovative approaches for emerging adults, who face unique risks for substance use-related harms and who experience barriers to services.



KEY MESSAGES

- Emerging adults face numerous barriers to treatment; scalable, engaging and evidence-based treatment alternatives are critically needed.
- Computer and web-based interventions can deliver the content of evidence-based treatments with high fidelity and hold substantial promise.
- Existing online treatments vary in content and format and require patient-oriented research to support their continued development and implementation.

camh | The Margaret and Wallace McCain Centre
for Child, Youth & Family Mental Health

The McCain Centre Speaker Series is a monthly one-hour lunch and learn session.

For more information: McCain.Centre@camh.ca

This Speaker Series is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto.