National Mental Health Innovation Center
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

- Established in 2015 at the University of Colorado Anschutz Medical Campus

- Supports innovative technology to address mental healthcare challenges

- Strives to expand the accessibility of essential mental healthcare services

NMHIC believes that digital technology has the power to improve mental health outcomes & remove barriers to care.

http://mentalhealthinnovation.org/

NMHIC Solution

Create a first of its kind **Tech Innovation Network (TIN)**

A formalized network of diverse **clinical** and **community** partners that through which new technological solutions from **tech partners** can be developed, refined, and validated.
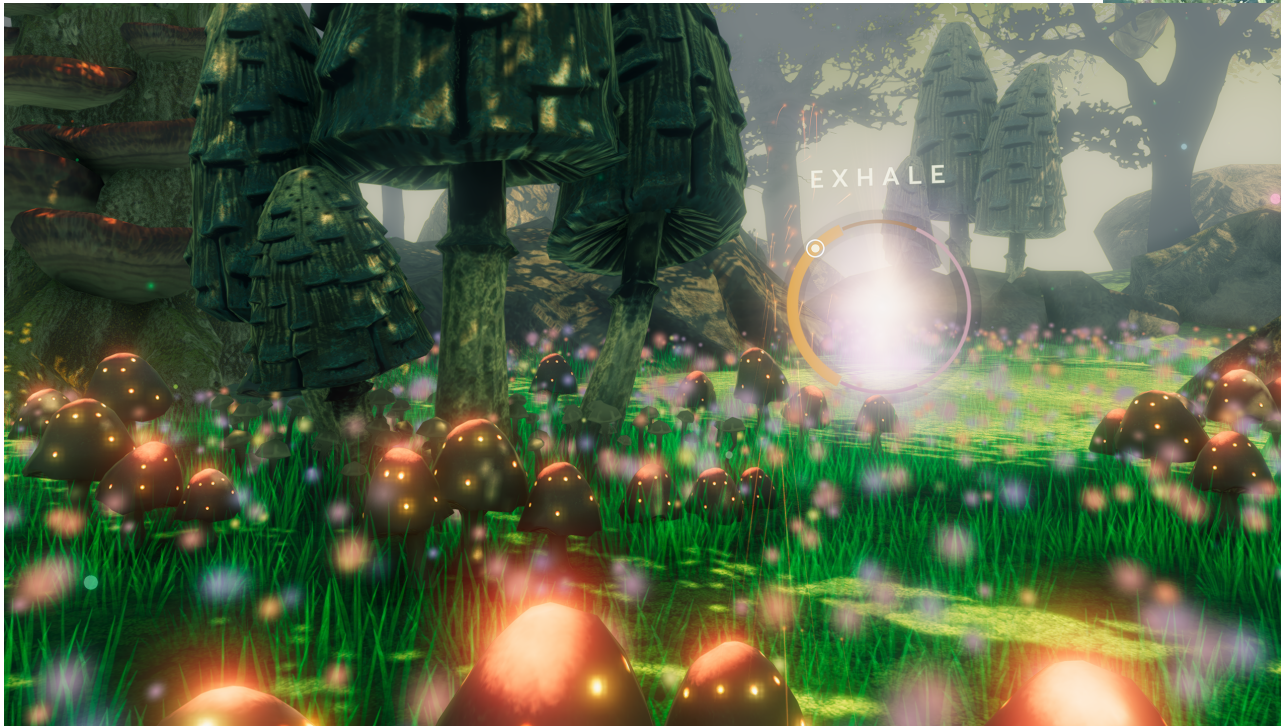
Areas of Focus

Prevention

Assessment

Treatment

Recovery

TELEMEDICINE

WEARABLE COMPUTING & MONITORING

COMPUTERIZED TREATMENTS, RESOURCES & APPS

BIG DATA

GAMING

VIRTUAL REALITY

ROBOTS

PEER SUPPORT THROUGH SOCIAL MEDIA & OTHER TECHNOLOGIES

What types of technology can help?

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PREVENTION

EXHALE

TRIPP®

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ASSESSMENT

Bordnick et al., 2008

TREATMENT

EXPOSURE THERAPY

- -Cost-effective approach
- - Increase engagement and simulate real-life experiences
- - Can be used in mental health and substance use disorders

https://ovrhealth.com/
Freeman et al., 2018

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RECOVERY

Smoking Cessation

Mindcotine

https://www.mindcotine.com/
Goldenhersch et al., 2019

SUMMARY

- Augment prevention, assessment, treatment & recovery
- Personalization is important
- Understand barriers
- Community partners

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