



National Mental Health Innovation Center

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

Virtual Reality & Behavioral Health Treatment

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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/>

Technology as a Force Multiplier



Increase **Access**



Improve **Efficacy**



Enhance **Engagement**



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



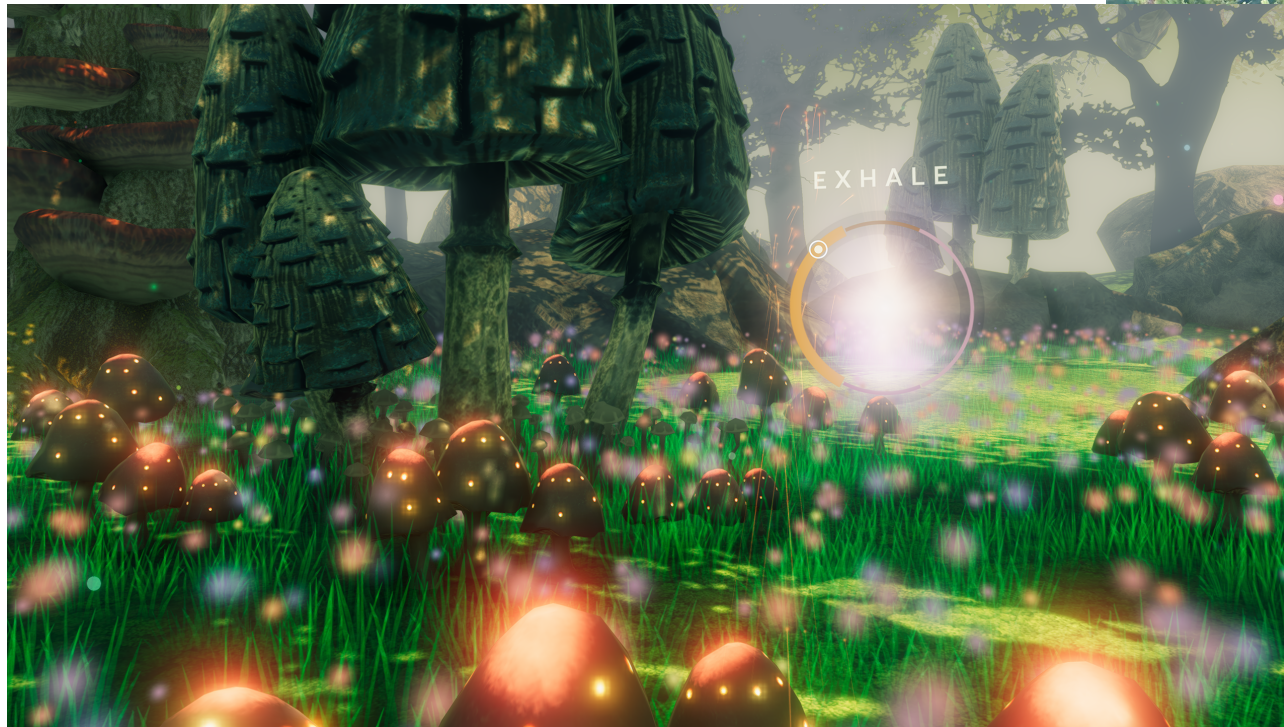
Recovery





What types of technology can help?

PREVENTION



ASSESSMENT





TREATMENT

EXPOSURE THERAPY

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





RECOVERY

Smoking Cessation

Mindcotine

<https://www.mindcotine.com/>

Goldenhersch et al., 2019



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SUMMARY

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





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