



# Mental Health & Technology, Together.

**Excellence in Leadership Program  
Workshop 3/5/21**



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

# Brief Activity



# What is NMHIC?



# What is NMHIC?

**We seek to improve lives by leveraging partnerships to help the tech industry build safe and effective mental health tools like apps, virtual reality, software and wearables that will improve prevention, identification, treatment and recovery.**



# Why is NMHIC Needed?



# How We Support Mental Health Tech Development

## Increasing efficiency

We vet solutions, save time, cut costs, and improve success rates

## Assessing needs

Understand needs to accurately identify solutions

## Improving development

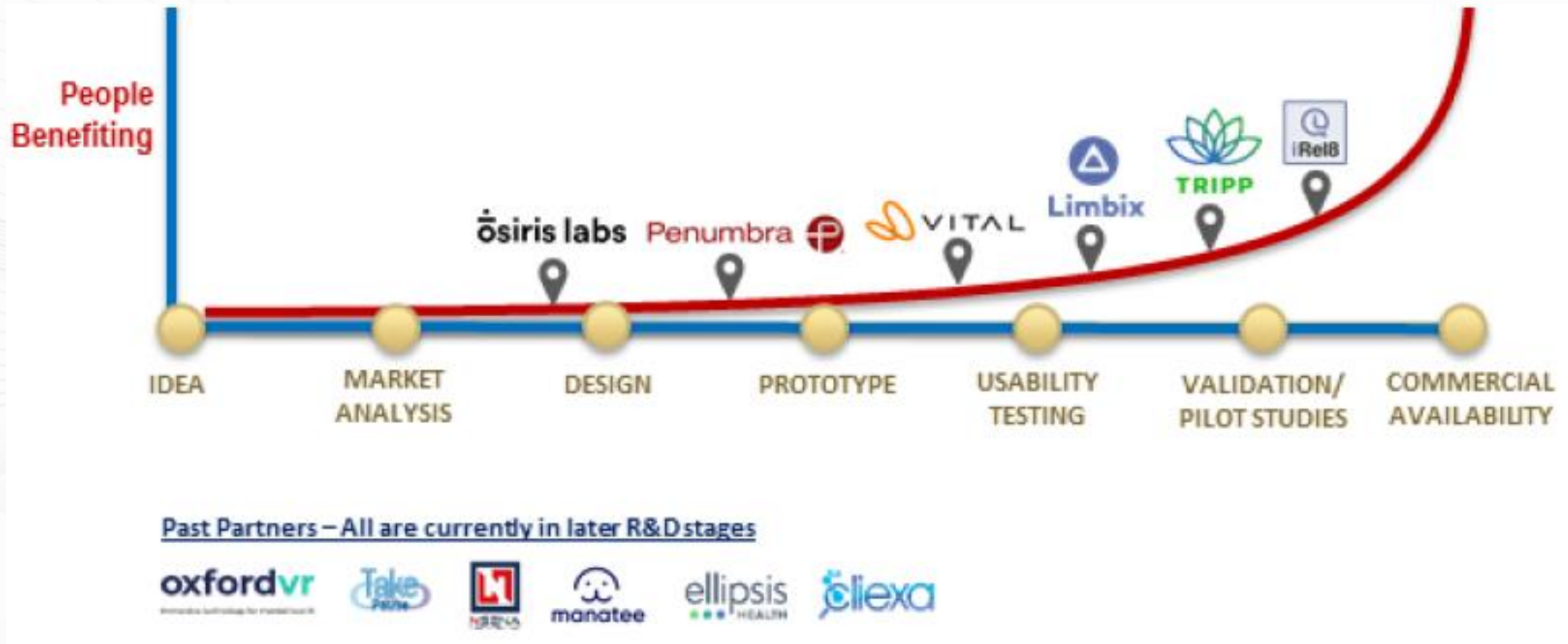
We offer in-house expertise and access to SMEs to improve product development

## Supporting implementation

Support technology deployment and quality improvement through out TIN



# R&D That Leads to Impact



# Our Most Effective Tool: The Tech Innovation Network





# Select Partners and TIN Sites

### CMHC/Non-Profits and Government

### Integrated Behavioral Health

### Hospitals/Health Plans

### Tech Industry

### Higher Education

### Private Practices and Specialty Clinics

### Education and Training

### Emergency Response/State Agencies/Corrections

# EMPOWER Study- Employee Wellbeing



**Stress**  
**Anxiety**  
**Depression**  
**Work Exhaustion**  
**Burnout**  
**Worsened Wellbeing**

# Burnout & COVID

- Negative impact on mental health and social connection --- burnout
  - Pandemic Wall
- Burnout can stem from work or contribute to burnout at work
  - Complexity of relationships that we have never had to navigate before
- Recognize where people are at and that we have different thresholds
- Approaching return to in-person work environments



Getty Images



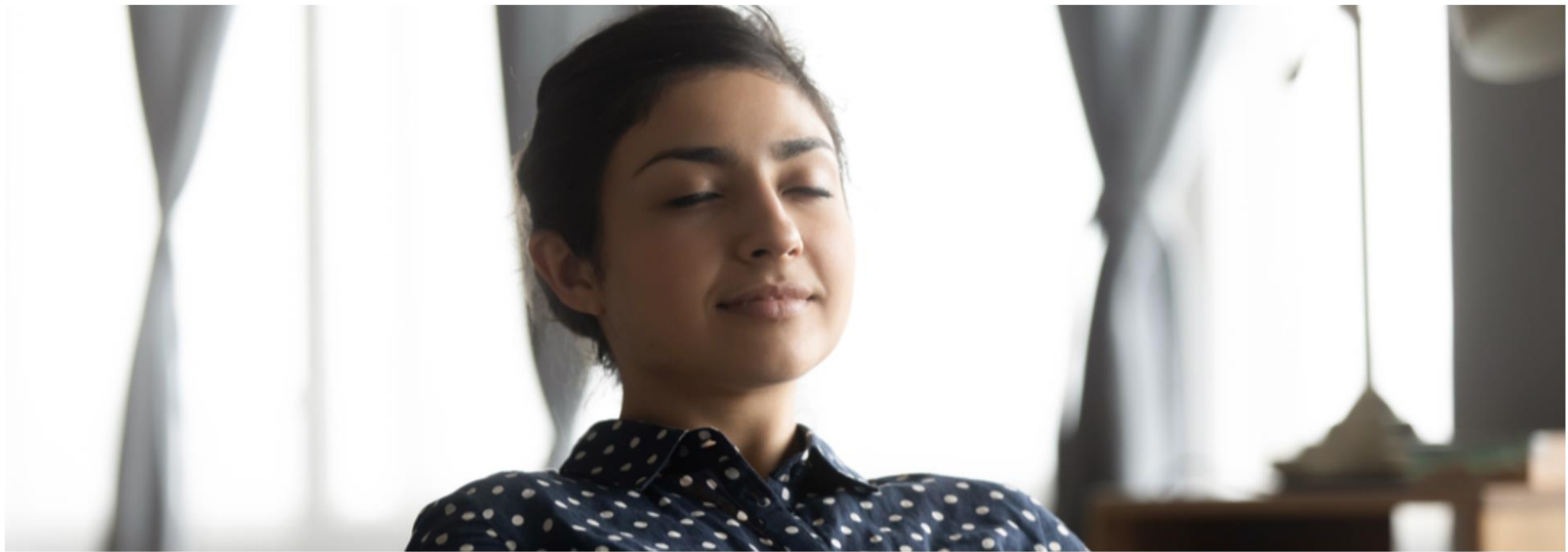
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# How can we help?



# Mindful Moment Program

**A Campus-Wide Mindfulness Program in Response to COVID-19**



## Guided Meditation for the CU Anschutz Campus Community

**Mindful Moment Monday @  
12PM** ↗

**Mindful Moment TU/TH @  
7:50AM** ↗

The National Mental Health Innovation Center will be hosting guided meditation exercises live on Zoom every Monday from 12pm-12:15pm as well as every Tuesday and Thursday morning from 7:50am-7:55am. The meditations will focus on stress management in response to COVID-19, and all staff, faculty, and students are welcome to attend.

The mindfulness exercises led by NMHIC will focus on a variety of stress management topics, including relaxation, emotion regulation, compassion, and gratitude. The practices will provide an avenue for connection and unity across campus. Below are the weekly themes, past meditations and recommended resources.

# Why Mindfulness?

- Paying attention
  - To the present moment
  - On purpose
  - Without judgment
- Easy to get stuck on autopilot
- Increase attentional control and mindful choices



— VS. —



# Program Overview

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## Synchronous digital mindfulness program launched in September 2020

- Two live five-minute guided meditation sessions via a virtual webinar platform twice per week at the beginning of business hours.
- 15-minute meditation session on Monday at noon in Collaboration with CSPH & Total Health Committee



# Meditation Themes

Gratitude

Grounding/stability

Self-Compassion

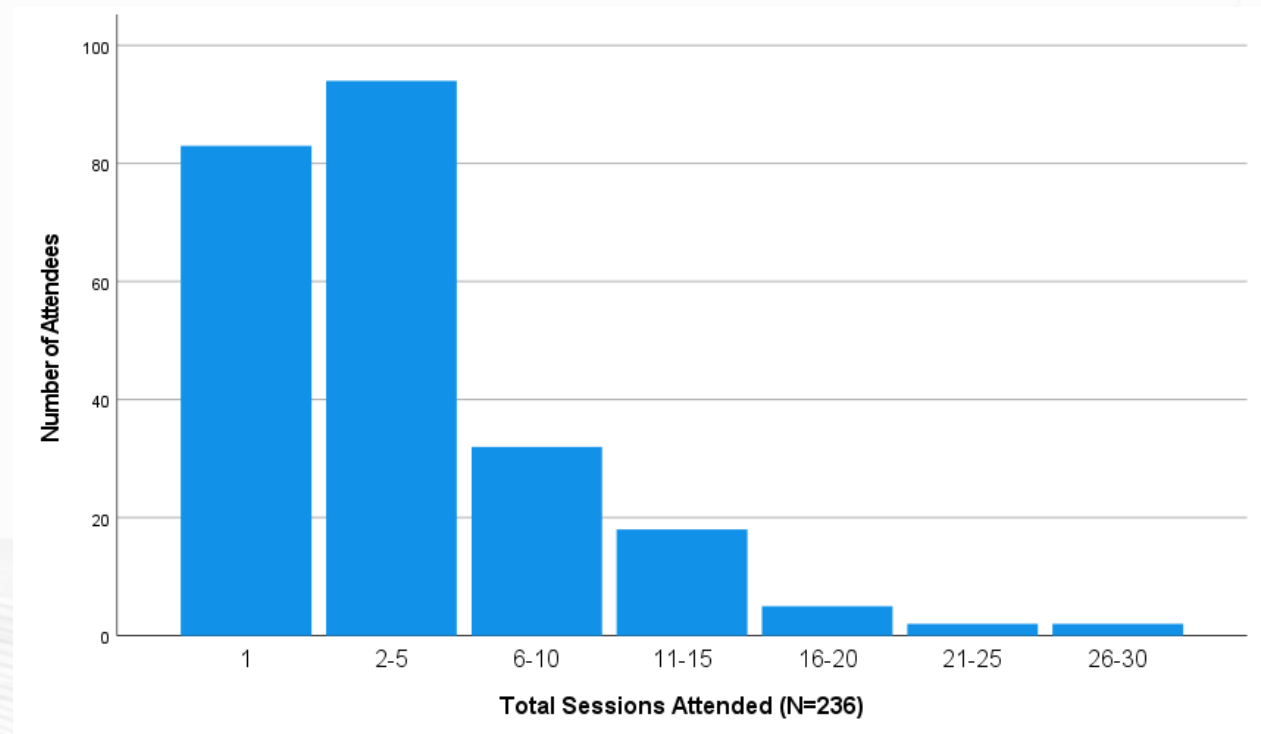
Loving Kindness

Movement

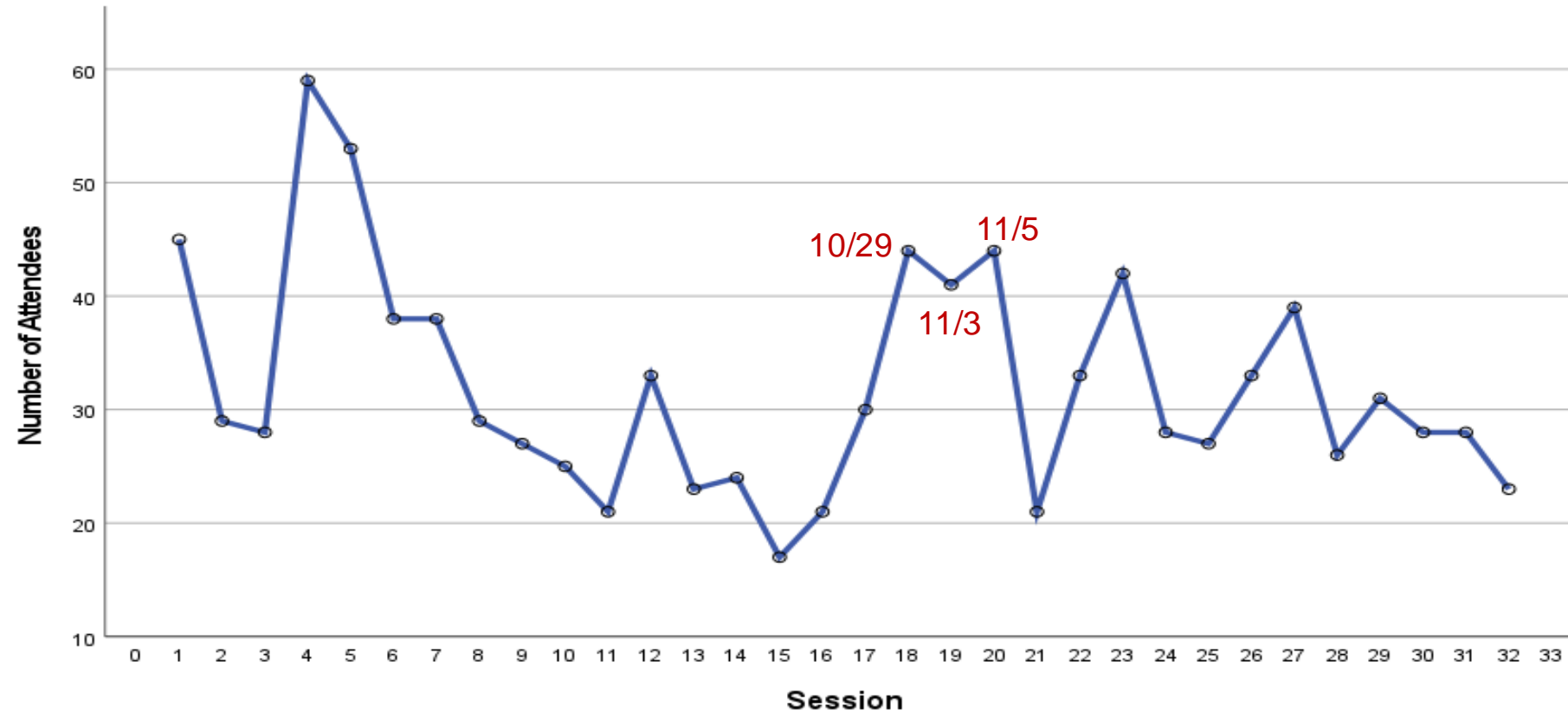


# Total number of sessions attended between September and December

- 366 registrants
- 236 individuals attended 1 to 30 sessions
- Total of 32 mindfulness sessions
- Faculty/staff (76.6%), Residents/Students (4.2%), Other (19.1%)
- Active attendees:
  - 53 percent attended 2 to 10 sessions
  - Subset of attendees consistently participated-- nine participants joining 16 or more sessions



# Total Number of Attendees by Individual Session



Average attendees per session = 32.13 (SD=9.78)

# Adoption & Engagement Quotes

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*“Oh it’s definitely the coping skills I need right now. I can close my eyes or I can take a deep breath and I can just know that there are other people out there. It’s been very helpful and it is a unique and challenging time.”*

*“[It] grounds me for the day. [I] am more productive at work [and] remember to let things go that I am struggling with in my life currently so I can be ready to give 100%.”*

*“I think as we have all felt so isolated in this period of being remote, just knowing that there are other people doing this at the same time around something pleasant, unlike the election and all of the other things that we are all doing at the same time that are maybe not as easy. This has been just a pleasant way to feel connected to others.”*



# Meditation



# Break-Out Session



# BREAK

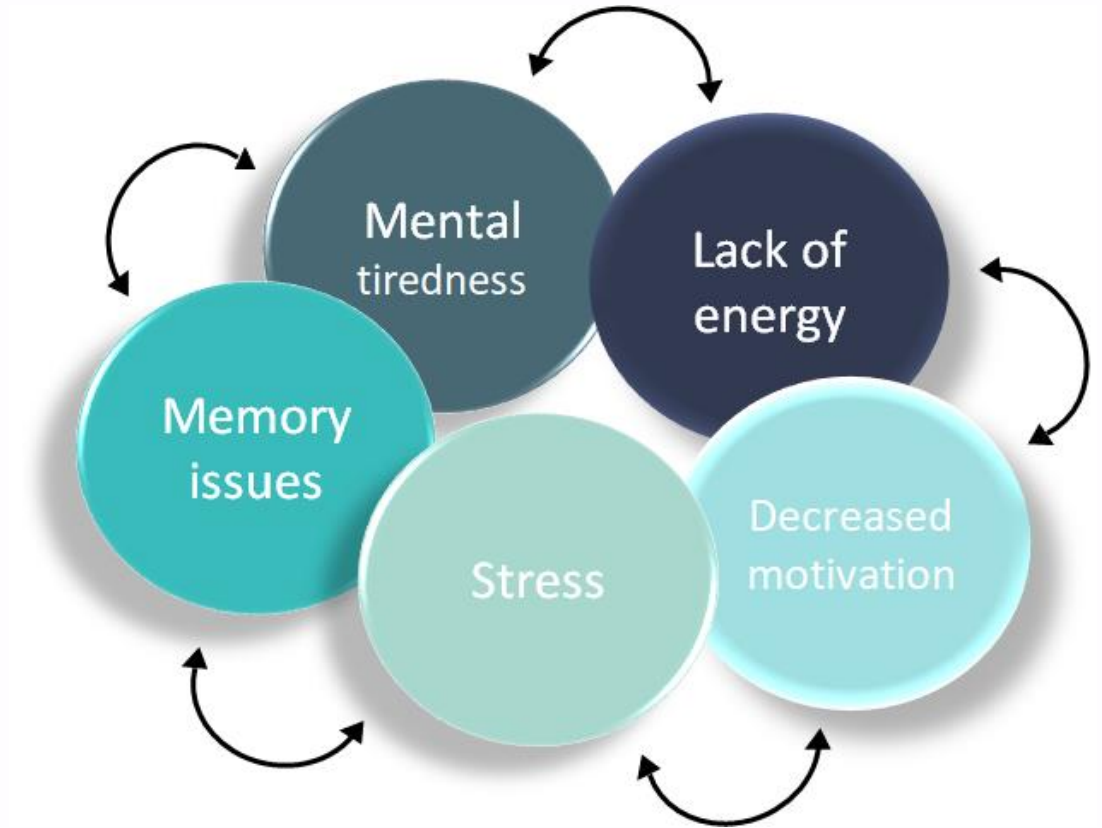
We will take a 10-minute break. Please feel free to turn off your camera.



# Maintaining Balance with Technology

**Tech Fatigue** can result from:

- Adopting new technology
- Frequent and sustained use of technology
- Reliance on multiple technologies





# Tech Fatigue: Impact on our Wellbeing

- Associated with tiredness and anxiety (Reinach, 2020)
- More prone to cognitive distortions
- Increased multi-tasking may drain self-discipline resources (in all areas of life)
  - Self-control as limited resource (Baumeister, Vohs, & Tice, 2007)
- Potential decrease in job satisfaction



<https://healthy.iu.edu/wellness-information/covid-19.html>

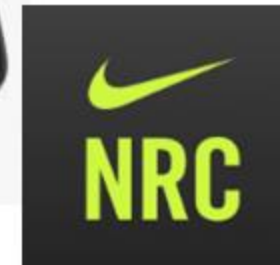
Cumulative and sustainable effects?

# Promoting Wellness with Technology

- Mindfulness apps
  - Insight timer, Headspace, Calm, Ten Percent Happier
- Social media platforms
  - Meaningful social connection and/or humor
- Track your performance with fitness apps
  - FitBit, Nike Run Club
- Take advantage of virtual services
  - Public library, museums, zoos
- “Escape” with virtual reality
  - Guided Meditation, TRIPP VR, YouTube360



cienpiesnf/Adobe Stock



<https://www.youtube.com/watch?v=MALhRHSaio8>

# Self-Care - The Role of Leadership

- Old rules do not apply – let go!
- Create an entirely new culture
- Separate well-being from work supervision
- Active not passive
- It is all about the little things
- Returning to campus may be as challenging as leaving



# Self-Care Ideas and Resources

*[www.selfcaretips.tulane.edu](http://www.selfcaretips.tulane.edu)*

## **MEDITATE**

Virtual Reality

Apps

Online Classes

Mindful Moment

YouTube

## **MOVE**

Online Yoga

Workout Apps

Hiking Apps

"Commuter"

## **CONNECT**

Friend-a-Day

Watching Parties

Online Games

Zoom Games

## **INDULGE**

Tour Museums

Visit Landmarks

Watch Live Music

Free Movies and  
Audiobooks





# Let's Play Pictionary!!!!

# Gratitude

- Gratitude mindfulness practice linked to wellbeing
- The practice looks different for everyone
- No right or wrong areas of focus



Photo by BENJAVISA / GETTY IMAGES.

# Gratitude Practice



# Q & A



# Resources



# Mindful Moment

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- Live meditation via Zoom for the campus and community
- **Registration Links**
  - 15-minute Monday noon meditation: <http://bit.ly/NMHICMindfulMonday>
  - 5-minute Tuesday/Thursday meditation at 7:50 am <http://bit.ly/NMHICMindfulMoment>
- Please visit our website for additional mindfulness and resources our website: <http://mentalhealthinnovation.org/>
- Check out mindfulness recordings on our YouTube channel: <http://bit.ly/NMHICyoutube>

# Technology Resources

- Insight timer
  - <https://insighttimer.com/>
- Oculus Quest
  - <https://www.oculus.com/>
- TRIPP VR
  - <https://www.tripp.com/about/>
- YouTube360
  - <https://www.youtube.com/channel/UCzuqhhs6NWbgTzMuM09WKDQ>



# Self-Care Resources *www.selfcaretips.tulane.edu*

**iPhone Games: Game Pigeon**

**Hiking Apps: All Trails**

**Trivia Generator: [www.randomtriviagenerator.com](http://www.randomtriviagenerator.com)**

**Watching Movies Together:**

<https://www.polygon.com/21295526/how-to-watch-movies-with-friends-together-online-netflix-party-hulu-squad-disney-plus-watch2gether>

- **Virtual Botanical Garden** - <https://www.nybg.org/nybg-at-home/>
- **Visit 2,000 Museums** - <https://artsandculture.google.com/partner>
- **Famous Landmark Tours** - <https://artsandculture.google.com/project/street-view>
- **Live Music** - <https://bandstream.live/>
- **Stream Free Movies with a Library Card** - <https://www.kanopy.com/>
- **Free eBooks and Audio Books from your Library** - <https://www.overdrive.com/apps/libby/>



Thank You!



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