



Digital Mental Health Showcase

October 5, 2026 | 11:00am - 3:30pm
UPMC Western Psychiatric Hospital

Program Schedule

11:30am-12:20pm: **Lunch & Roundtable Discussions** – Roundtable seating in Rooms T-272, N277 and Suite 200. General seating in the auditorium and tables located in the 2nd floor hallway.

RT 01: Finding Tech Partners & Tech Challenges (Facilitators: Traci Kennedy, PhD & Amy Byrd, PhD)

RT 02: Human-centered Design (Facilitators: Andrea Goldschmidt, PhD & Will Hierholzer)

RT 03: Ethics / Safety / Privacy (Facilitators: Jamie Zelazny, PhD & Candice Biernesser, PhD)

RT 04: Passive Sensing (Facilitators: Danella Hafeman, MD, PhD & Carrisa Low, PhD)

RT 05: Social Media (Facilitators: Mary Woody, PhD & João Paulo Lima Santos, MD)

RT 06: Large Language Models / AI (Facilitators: Neal Ryan, MD & Cesar Escobar-Viera, MD, PhD)

12:20pm-12:30pm: **Transition to Auditorium**

12:30pm-12:35pm: **Welcome / Introduction - Oliver Lindhiem, PhD**

12:35pm-1:25pm: **Session 1**

- *Examining BRITePath - A Digital Intervention for Reducing Suicide Risk in Pediatric Primary Care: A Randomized-Controlled Trial* - **Nermin Toukhy, PhD**, Postdoctoral Scholar
- *Developing a Mobile-Health Intervention for Young Adults with ADHD and High-risk Alcohol Use* - **Traci Kennedy, PhD**,
- *Supportive Coaching to Boost the Effectiveness of an App-Based Parenting Intervention: A Randomized Controlled Trial* - **Claire Tomlinson, PhD**, Postdoctoral Associate
- *pment and Initial Safety Testing of a Generative AI Chatbot for Connecting Teens to Mental Health Services* - **Cesar Escobar-Viera, MD, PhD**,
- *Leveraging Digital Technology to Support a Personalized Sleep Intervention* - **Jessica Levenson, PhD**,
- *Development and Testing of Flourish: A Suicide Prevention Texting Program for Adolescents Experiencing Online Victimization* - **Candice Biernesser, PhD**,

1:25pm-1:30pm: **Transition to Panel Discussion**

1:30pm-1:50pm: **Panel Discussion – What Could Possibly Go Wrong?**

- **Candice Biernesser, PhD**, Assistant Professor of Psychiatry
- **Trevor Baker**, Director, Office Academic Computing
- **Chelsea Prouix, MPH**, Assistant Director, Human-Centered Design, Clinical and Translational Science Institute
- **Sarah Pedersen, PhD**, Associate Professor of Psychiatry

1:50pm-2:10pm: **BREAK**

2:10pm-3:00pm: **Session 2**

- *Sensing the Space Between: Capturing Dyadic Interactions in Daily Life* - **Amy Byrd, PhD**,
- *Integrating Ambulatory Psychophysiology and Ecological Momentary Assessment in Suicide Risk Research* - **Lori Scott, PhD**
- *Leveraging EMA to Understand the Psychosocial Impact of Food Insecurity in Pregnancy and Postpartum* - **Christine Call, PhD**,
- *Beyond the Lab: Capturing Parent-Child Emotional Dynamics in Daily Life* - **Jessie Northrup, PhD**,
- *Using Digital Tools for Cognitive Assessment in Older Adults* - **Andrea Weinstein, PhD**,

3:00pm-3:05pm: Transition to Panel Discussion

3:05pm-3:25pm: Panel Discussion – State of the Field

- **Tina Goldstein, PhD**, Pittsburgh Foundation Chair in Child and Adolescent Psychiatry Research, and Professor of Psychiatry and Associate Professor of Psychology
- **César Escobar-Viera, MD, PhD**, Assistant Professor of Psychiatry and Behavioral and Community Health Sciences
- **Lauren Bylsma, PhD**, Associate Professor of Psychiatry and Psychology
- **Brant Hasler, PhD**, Associate Professor of Psychiatry, Clinical and Translational Science, and Psychology

3:25pm-3:30pm: Closing Remarks / Adjourn

COURSE DIRECTOR

Oliver Lindhiem, PhD
Associate Professor of Psychiatry and Pediatrics
University of Pittsburgh School of Medicine
Pittsburgh, PA

PLANNING COMMITTEE

Traci Kennedy, PhD
Assistant Professor of Psychiatry and Psychology
University of Pittsburgh School of Medicine
Pittsburgh, PA

César G Escobar-Viera, MD, PhD
Assistant Professor of Psychiatry and Behavioral and Community Health Sciences
University of Pittsburgh School of Medicine
Pittsburgh, PA

Candice L Biernesser, PhD
Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Pittsburgh, PA

Amy L Byrd, PhD
Assistant Professor of Psychiatry and Psychology
University of Pittsburgh School of Medicine
Pittsburgh, PA

Andrea B Goldschmidt, PhD
Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
Pittsburgh, PA

FACULTY AND SHOWCASE PARTICIPANTS

Trevor Baker, Director, Office Academic Computing, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Candice Biernesser, PhD, Assistant Professor of Psychiatry, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Lauren Bylsma, PhD, Associate Professor of Psychiatry and Psychology, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Amy Byrd, PhD, Assistant Professor of Psychiatry and Psychology, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Christine Call, PhD, Assistant Professor of Psychiatry, *University of Pittsburgh School of Medicine, Pittsburgh, PA, University of Pittsburgh School of Medicine, Pittsburgh, PA*
César Escobar-Viera, MD, PhD, Assistant Professor of Psychiatry and Behavioral and Community Health Sciences, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Andrea Goldschmidt, PhD, Associate Professor of Psychiatry, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Tina Goldstein, PhD, Pittsburgh Foundation Chair in Child and Adolescent Psychiatry Research, and Professor of Psychiatry and Associate Professor of Psychology, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Danella Hafeman, MD, PhD, Associate Professor of Psychiatry, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Brant Hasler, PhD, Associate Professor of Psychiatry, Clinical and Translational Science, and Psychology, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Will Hierholzer, Assistant Core Manager, Clinical and Translational Science Institute at the University of Pittsburgh, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Traci Kennedy, PhD, Assistant Professor of Psychiatry and Psychology, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Jessica Levenson, PhD, Assistant Professor of Psychiatry, Clinical and Translational Science, and Pediatrics, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
João Paulo Lima Santos, MD, Research Instructor in Psychiatry, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Carrisa Low, PhD, Associate Professor of Medicine, Psychology, and Biomedical Informatics, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Jessie Northrup, PhD, Assistant Professor of Psychiatry, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Sarah Pedersen, PhD, Associate Professor of Psychiatry, Clinical and Translational Science, and Psychology, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Chelsea Proulx, MPH, Assistant Director, Human-Centered Design, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Neal Ryan, MD, Joaquim Puig-Antich Professor in Child and Adolescent Psychiatry and Professor of Psychiatry and Clinical and Translational Science, *University of Pittsburgh School of Medicine, Pittsburgh, PA*

Lori Scott, PhD, Associate Professor of Psychiatry, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Nermin Toukhy, PhD, Postdoctoral Associate, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Claire Tomlinson, PhD, Postdoctoral Associate, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Andrea Weinstein, PhD, Assistant Professor of Psychiatry, Psychology, and Clinical and Translational Science, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Mary Woody, PhD, Associate Professor of Psychiatry, *University of Pittsburgh School of Medicine, Pittsburgh, PA*
Jamie Zelazny, PhD, Assistant Professor of Health & Community Systems School of Nursing, *University of Pittsburgh School of Medicine, Pittsburgh, PA*

PROGRAM OVERVIEW

This half-day conference will feature roundtable discussions with experts in the field of digital mental health, and research presentations on using technology to transform psychiatric services. Learn about the latest digital mental health tools and how they can be integrated into your own line of research. This event offers plenty of opportunities to network, build new collaborations, and reconnect with colleagues. Continuing education credits will be available.

TARGET AUDIENCE

Residents, postdoctoral scholars and faculty researchers engaged or interested in digital mental health research, students and other members of the UPMC Western Psychiatric Hospital (WPH) community are invited to attend. Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs in advance of the program by calling Kim Kirchner at 412-246-6791.

LEARNING OBJECTIVES

At the conclusion of the program, participants should be able to:

1. Describe the categories of digital mental health tools, including mobile apps, digital therapeutics, wearable technologies, AI-enabled tools, and remote monitoring platforms.
2. Discuss the current evidence base supporting digital mental health tools across common psychiatric conditions.
3. Evaluate digital mental health tools using evidence-based criteria related to efficacy, safety, usability, and privacy.

TO BE PROVIDED BY CCEHS UPON APPROVAL

Accreditation and Credit Designation

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians (CME) The University of Pittsburgh designates this [replace with applicable format: live, enduring or blended] activity for a maximum of x.x *AMA PRA Category 1 Credit[s]*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

Disclaimer Statement

The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

Faculty Disclosure

All individuals in a position to control the content of this education activity have disclosed all financial relationships with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. All of the relevant financial relationships for the individuals listed below have been mitigated.

Jessica Levenson, PhD: American Academy o Sleep Medicine Foundation (Grant Support) and American Psychological Association Books (Royalties)

No other members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients