

Technology for Well-Being International Conference 2013 - Call for Abstracts

Inspire Ireland will host an international Technology for Well-Being conference on September 25 and 26th 2013 in Dublin and we are now calling for abstracts from interested researchers, service providers and students.

Abstracts of no more than 250 words should be sent to research@inspireireland.ie by **Friday August 23rd 2013**. This will be a cross-sector conference attended by a mix of service providers, policy makers, health managers, the technology sector, researchers and interested members of the public.

Selected conference themes

- Online mental health service delivery
- Innovation in technology and mental health
- Social media and mental health
- Suicide prevention and the Internet
- Mental health promotion / public messaging online
- National policy in technology and mental health
- Good practice in the safe delivery of online mental health services
- Crisis response protocols
- Technology, cybersafety and young people
- Youth participation and engagement with online interventions.

Abstracts should include the presentation title, the name(s) of the author(s) and the relevant affiliation. The Conference Steering Group will review abstracts and authors will be notified of our decision by **30th August**. In selecting papers we will seek to achieve a balance to reflect the range of conference themes highlighted above. Presentations will include a mix researcher-led and practitioner-led presentations.

Research based on accepted abstracts will be presented at one of the conference parallel sessions. Presentations should be 15 minutes in duration. Depending on response, we may not be in a position to accept all abstracts submitted and we may offer poster presentations as an alternative.

About us

The Inspire Ireland Foundation was incorporated in Ireland in 2009 to deliver the youth mental health service ReachOut.com. We are part of a global network with a shared vision of helping young people get through times. ReachOut.com originated in Australia and also operates in the United States.

All enquiries to: aoife@inspireireland.ie / +353(0)1 7645666

Conference mission

Leveraging Inspire's global network, our mission is to host a gathering in Dublin that will allow us, collectively, to take control of the national conversation on "technology and mental health" and influence international discourse.

Why?

While many of us remain reluctant to ask for help when we are going through tough times, or we lack the insight to understand that we might need some extra support, the **Internet has become the great 'enabler' of the 21st century** – empowering individuals to gain the knowledge and confidence to bring private concerns towards inter-personal solutions.

Partners and supporters

The Health Service Executive National Office for Suicide Prevention is a partner and co-funder of this event. Inspire Ireland's colleagues from both Inspire Australia and the Young and Well Research Centre (Australia) will also support and contribute to the event. Organisations who work with Inspire Ireland through the Technology and Mental Health Network will also contribute to the planning and delivery of the event.

Topics will include

Overview/introduction to e-mental health

- At a high level "why these services?" and "what's the evidence?"
- A "myth-busting" session aimed at anyone carrying anxiety or fear about the Internet and mental health.

Social Media

- What's out there and can we use it positively?
- Good practice and our duty of care when using social media.
- Twitter and Facebook – what to watch for in the context of youth mental health.

Hands on technology development simulation

- Interactive group session taking people through a kind of simulation of the compressed technology development cycle which has certain unique characteristics in the context of mental health and suicide prevention
 - - from idea conception, to design, testing, build, marketing and maintenance.

A unique event

This event is unique in an Irish context and will adopt innovative approaches to facilitate networking, learning and advancing the conversation on technology, mental health and suicide prevention. On the evening of September 25th the emphasis will be on connecting people while setting up a positive and constructive day on September 26th. Along with presentations of original research we will be showcasing services, exploring hypothetical scenarios and ensuring an energizing, interactive learning experience for all our delegates.