Discussion Questions:

1. Current Use of Technology in Mental Health
- What digital health technologies are you currently using in your clinical practice?
- Which of these technologies do you believe have the most benefit and will have sustained usability?
- Is there room for prescribed/regulated apps for patients with mental illness?
- What considerations should be taken into account when selecting technology for a patient with mental illness?
- How might the current use of technology change mental healthcare?

2. Barriers to Use of Technology in Mental Health
- What are the biggest barriers to implementing new digital health technology tools in your clinical practice?
- What are some factors that may lead to hesitancy in adopting new digital tools for clinicians? For patients?
- What are some of the key challenges or concerns surrounding patient privacy/security when considering new digital health technologies?
- How might these concerns be overcome?
- What are some potential ways to reduce costs associated with implementation of new digital health technologies by clinicians/patients/health systems?

3. Implementing the Use of Technology in Mental Health
- Where do you learn about new digital health information or technology?
- How should technology in mental health be implemented?
- What education may be helpful for HCPs who may be interested in prescribing apps?
- What support is needed for implementation of technology in mental health for the clinician? For the patient?
- There is a new movement to have "digital navigators" in a practice. What role do you believe they could play? How helpful might they be?

4. Future of the Use of Technology in Mental Health
- Which outcome do you believe can be most improved through the implementation of digital health technology?
- Which outcome do you believe can be least improved through the implementation of digital health technology?
- Can technology improve accuracy of diagnosis? Assist in implementing changes in patient's treatment plans?
- Describe the features of an ideal digital technology tool? What are some potential characteristics that would make the tool less likely to be adopted by clinicians/patients/health systems?
- Who will or should regulate mental health technology?
- Who will or should regulate data generated from mental health technologies?
- Are there other areas of technology that may be useful in the mental health field?
- Is there a challenge with obtaining scientific evidence to validate effectiveness of technology prior to the technology becoming obsolete? If so, might this be overcome?
- What is most exciting to you on the horizon in suicide prevention?

5. Educating the Use of Technology in Mental Health
- What digital health topics/resources would you most like to see developed for PsychU?
- What can be done on a governmental level to assure the quality of new digital health apps/ monitors/sensors?
- What education can PsychU provide on the use and implementation of technology in mental health?
- What education can PsychU provide on addressing barriers of technology in mental health?