

Technology and Peer Support: Trends and Opportunities

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Technology is playing an increasingly significant role in health care, and peer support is no exception. From text messaging and phone-based support to apps and videoconferencing that supports wellbeing, peers must stay up to date on changes in the field, and other health care and tech leaders must understand the role of peers in these new resources.

This webinar will explore the current landscape of peer support and technology and highlight examples of effective digital peer support solutions.

After attending this webinar, individuals will be able to:

- Describe emerging trends in peer support and technology
- Discuss issues in the field, including research and training
- Describe two digital peer support solutions
- Examine the role of peer support and technology in their work and lives

For those who are unable to attend, the webinar recording and slides will be available on Mental Health America's (MHA's) [Webinar page](#).

Meet the Presenters:

Karen L. Fortuna, Ph.D., M.S.W. is an Assistant Professor of Psychiatry at Dartmouth College. Her primary research interest is service delivery strategies for adults with a lived experience of a mental health condition and chronic health conditions. Dr. Fortuna is using community-engaged research methods to develop and implement peer-supported mobile health intervention (PeerTECH). Dr. Fortuna was awarded the NARSAD Young Investigator Grants and the Alvin R. Tarlov & John E. Ware Jr. Award in Patient Reported Outcomes. Dr. Fortuna served on the

International Standards Advisory Committee to develop the first-ever international accreditation standards for behavioral health care for older adults. Dr. Fortuna's work can be seen in numerous book chapters on digital peer support, in Nature, Psychiatric Services, and Forbes Magazine. She currently serves as editor of the Journal of Participatory Medicine. She is a board member of the International Association of Peer Supporters. She currently serves on the International Editorial Board for the British Journal of Social Work. She was invited to serve as a member of the American Psychiatric Association's Smartphone App Expert Advisory Panel. Her work can be seen at digitalpeersupport.org

Vincent Caimano, Ph.D., is the Co-Founder and CEO of Peer Support Solutions. In 2003, as a peer, he was one of the first instructors of Mindfulness-Based Cognitive Therapy for Depression in the United States. The next year Vince started a successful face-to-face support group and periodically taught MBCTD. In 2009 he pioneered the use of video-chat based meetings for peer support. PSS's Support Groups Central platform, now helps individuals from over 130 countries. The groups assist people with behavioral health, chronic illness and rare disease issues. Most of the over 250 monthly meetings are sponsored by nonprofit organizations and some by healthcare companies.

Vince earned his PhD in Organizational Psychology from Washington University in St. Louis and his BA in Psychology with a Business minor at the University of South Florida. He lives with his wife, near his daughters and their families in Pasadena California.

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