

HDLD, a research group in the  
School of Psychology,  
University of Adelaide



## *Technology and mental health service delivery*

- **Gareth Furber, Research Manager,  
(CAMHS) & Psychology & Health Forum**

“The field of youth mental health is embracing technology (internet, social media, mobile devices) with considerable enthusiasm. This is evidenced by well-matured web-based services for youth (e.g., <http://au.reachout.com/>) and research bodies dedicated to advancing the field (<http://www.yawerc.org.au/>). Locally, in child and adolescent mental health services (CAMHS) we are doing our part to stay current in this increasingly technological environment.” In this presentation Gareth will talk about two technology projects Southern CAMHS has piloted: the use of SMS for appointments and the use of iPads for assessment in youth outreach. If time permits, he’ll also talk more broadly about social media and its value/potential for mental health professionals.



Gareth is currently working half-time in Child and Adolescent Mental Health in the Research and Evaluation Unit, assisting clinicians in developing research programs in the context of their clinical work. He also works with the Health Economics and Policy Group at UNISA on a combined clinical and health economics evaluation of an intensive parent-child psychotherapy. Gareth’s PhD was in the area of psychological recovery following heart attack. He has clinical training in cognitive-behavioural therapy, acceptance and commitment therapy and motivational interviewing and an interest in a range of other psychotherapeutic approaches. He has a strong interest in the web and how it can be used to assist psychologists in their professional development. He runs two websites, the Psychology and Health Forum and PsychAntenna.

**Wednesday 21 September 2011**

**12.15 p.m. – 2.00 p.m.**

**Room 526/527 Hughes Building**

**The University of Adelaide**

**Sandwiches and coffee 1.30 p.m.-2 p.m.**

**RSVP by 5pm 19/09/2011**

**[juliet.summers@adelaide.edu.au](mailto:juliet.summers@adelaide.edu.au)**



