



NATIONAL COUNCIL
for Mental Wellbeing

Evidence Meets Innovation: **The Crucial Role of** **Clinical Research in** **AI Development for** **Behavioral Health**



July 16, 2024

NATIONAL COUNCIL
for **Mental Wellbeing**

GOLD

PARTNER

Agenda

- Speaker introductions
- AI core concepts review
- Defining characteristics of evidence-based AI
- Moderated expert discussion
- Audience Q&A

Meet Your Speakers



Dennis Morrison, PhD
Clinical Strategist
Morrison Consulting

MORRISON CONSULTING



Shiri Sadeh-Sharvit, PhD
Chief Clinical Officer
Eleos Health



Joe Parks, MD
Medical Director
National Council for Mental Wellbeing

NATIONAL COUNCIL
for Mental Wellbeing



Ashley Newton
CEO
Centerstone Research Institute



Live Poll

What is your stance
regarding AI-based tools in
your organization?



AI in Behavioral Health: Core Concepts

What is AI?

The capacity of computers or other machines to exhibit or simulate intelligent behavior.

How is AI created?

LLM training and testing (*similar to creating a new psychological test*).

What are the benefits in behavioral health?

Faster, more compliant documentation, deep clinical insights, and different perspectives on care (*like an AI co-therapist*).

What is the role of clinical experts?

Specialized clinical experts are involved in AI design, implementation, testing, and research.

3 Signs of a Clinically Sound AI Model



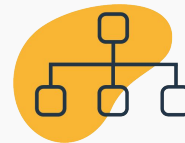
Strength of Dataset

What is the quality and relevance of the data on which the AI is trained? Was it designed for BH?



Expert Review

Are data review and analysis led by therapists with substantial, relevant clinical experience?



In-house Data Processing

Is client and therapist information encrypted, secure, and always private? Are strategies to mitigate algorithmic bias employed?

Key Scientific Standards for AI Tech Vendors

Evidence-Backed Value Statements

A platform designed for behavioral health must be informed and shaped by solid data from the field in which it is operating.

Publication of Peer-Reviewed Research

The best healthcare tech companies commit to publishing their findings in esteemed, peer-reviewed scientific journals.

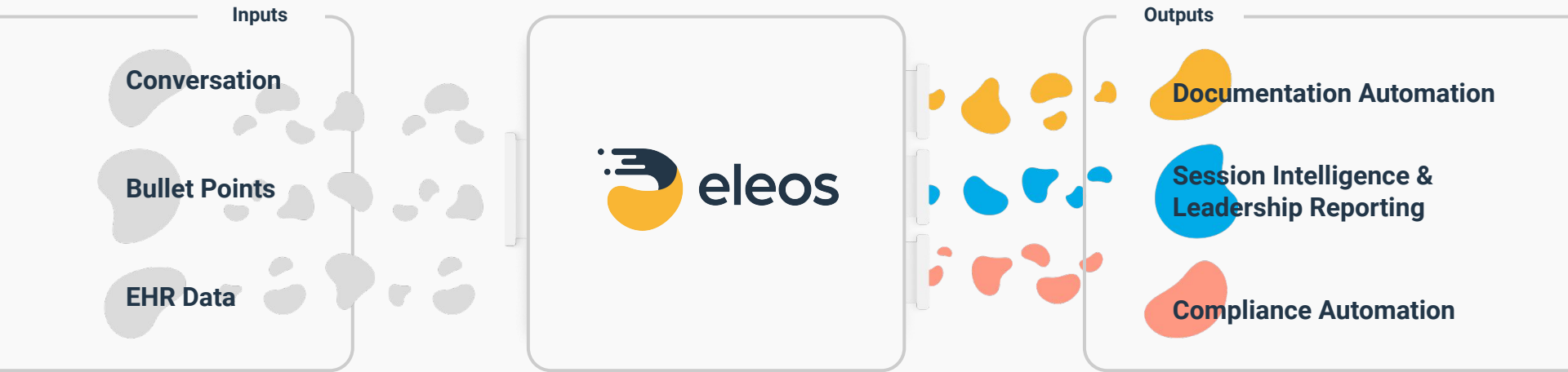
Clinician and Expert Involvement

Behavioral health providers and experts must be deeply involved in research and product development efforts for behavioral health technologies.

Continuous Improvement

Like science, technology products should never be static—they must evolve through cross-pollination and continual updates.

A Platform Purpose-Built for Documentation and Compliance in Behavioral Health



Seamlessly embeds within your
EHR and telehealth workflows



Compliant with relevant
privacy regulations



Compatible with web-based
EHRs and no APIs required

VALLEY CITIES
Behavioral Health Care

CATHOLIC COMMUNITY SERVICES
CATHOLIC HOUSING SERVICES
OF PHOENIX ASSOCIATION

Northeast Alliance
Counseling Services

AMERICAN MENTAL HEALTHCARE

NEW NARRATIVE
Behavioral Health Services

Aurora
Mental Health & Recovery
ALL POINTS NORTH

Jefferson Center

WellPower

DIDI HIRSCH

EBAC

Wellnest
EMOTIONAL HEALTH & WELLNESS

Palo Alto University
Hillsides

CHILD & FAMILY CENTER

TURNING POINT COMMUNITY RECOVERY CENTER

LINCOLN FAMILIES

CODAC
COMMUNITY OUTREACH DEVELOPMENT AND CARE

SAGE Counseling
Self-empowerment, education & advocacy

High Plains
COMMUNITY CARE

CROSSWINDS

Wyandot Center

Bert Nash
Your Community Mental Health Center

GRAND MENTAL HEALTH

PATHWAYS
RECOVERY CENTERS

Lighthouse
Behavioral Health Center

TEXAS

SPINDLETOP CENTER

GULF COAST CENTER

WEST TEXAS CENTERS

YOUTH HOME

INCOMPASS Healthcare
Behavioral Health

CENTERSTONE

Frontier Health

TN VOICES

South Central Alabama Mental Health

Meridian

LifeStream

IMPOWER
Inspiring Life's Potential

RECOVERY unplugged

NEW SEASON

DFC CENTERS
FOR RECOVERY CARE

unison
behavioral health

Thompson SouthLight
Behavioral Health Services

St. Peter's Health Partners

THE CHILD CENTER OF NY

Sweetser

NKHS

Community Care Network

HCRS

the brookline center
for community mental health

Newport Mental Health

Bright Harbor Healthcare

Merakey

CenClear

CSg

GAUDENZIA

The Barry Behavioral Center

HCS
Highland Community Services

Coleman Health Services



Zepf Center

BrightView

NATIONAL VETERAN AFFAIRS PROGRAM

alta
Behavioral Healthcare

Levels of Evidence for Eleos: A Summary of our Peer-Reviewed Research

-  Published Peer-Review Study
-  Under Review/Ongoing Study

Systematic review & meta-analysis synthesizing multiple studies:
we invite researchers to conduct more research in community settings

Randomized controlled trials (RCTs)



Case-series



Process research



Case report



Expert opinion



Live Poll

Which of the following digital services has your team used in their work?



Q & A

Use the question panel to
submit your question.

Thank You!

Visit **eleos.health** to learn more about the Eleos platform.

hello@eleos.health

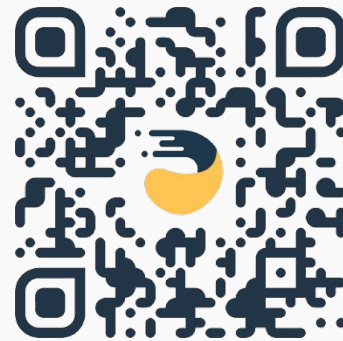
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Request a demo





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- Quick overview of evidence-based AI defining characteristics
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AI in Behavioral Health: Core Concepts

- What is AI?
 - *The capacity of computers or other machines to exhibit or simulate intelligent behavior*
- How are AI Tools created?
 - Computers are trained on large databases called Large Language Models (LLM)
 - Then they are tested to see if they do what they were trained to do.
 - Somewhat similar to creating a new psychological test.
- How does it help behavioral health professionals?
 - Expedited charting for deskbound and mobile workers
 - Different clinical perspectives (like an AI co-therapist)
- What role(s) do clinical professionals play in commercial AI products?
 - Design
 - Implementation
 - Research

3 Signs of a Clinically Sound AI Model



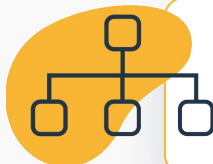
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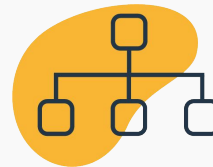
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We Live to Serve Our Growing Base of Customers



Levels of Evidence for Eleos: A Summary of our Peer-Reviewed Research

✓=published peer-reviewed study

✓=study under review/ongoing

Systematic review & meta-analysis synthesizing multiple studies:
we invite researchers to conduct more research in community settings

Randomized controlled trials (RCTs) ✓✓✓: 1 published RCT, 2 ongoing

Case-series ✓✓✓✓

Process research ✓✓✓✓✓✓✓

Case report ✓

Expert opinion ✓✓✓✓

Live Poll

Which of the following digital services has your team used in their work?

Q&A

Thank You!

Additional Resources

Visit **eleos.health** to learn more
about the Eleos platform.

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joep@thenationalcouncil.org

QR code??

Request a demo

