



TECHNOLOGY AND INNOVATION IN MENTAL HEALTH CARE:

Is the hype legit and should it change our practice?

May 8th, 2026 - 8:45am-4:15pm (SK/CST Time)

0815 – 0845
0845 – 0900
0900 – 1015

Log-in online or Register in person at Exeter Room (Marquis Hall)

WELCOME: Dr. David Porter, CME Director

KEYNOTE SESSION *virtual presentation*:

USE OF LARGE-LANGUAGE MODELS FOR THERAPY: PROMISE AND PERILS

Drs. Marlon Danilewitz and Robert Kleinman

Learning Objectives:

1. Describe the prevalence of AI use for therapy-like interactions.
2. Understand studies evaluating AI chatbots, potential risks and ethical concerns.
3. Describe current recommendations around AI use in therapy.

1015 – 1030
1030 – 1145

NUTRITION/NETWORKING BREAK

KEYNOTE SESSION:

BETTER MENTAL HEALTH CARE: IS THERE AN APP FOR THAT? AI, APPS, AND VR

Dr. David Gratzler

Learning Objectives:

1. Discuss the role of AI and other digital solutions in the delivery of psychiatric care.
2. Review the evidence that supports digital solutions.
3. Discuss the challenges and ethical implications of implementing digital solutions into practice.

1145 – 1245
1245 – 1445

LUNCH/NETWORKING BREAK

PLENARY SESSION:

DOING MORE BY PRESCRIBING LESS: TARGETING EFFICACY LIMITING

PHARMACODYNAMIC DRUG INTERACTIONS

Dr. Paul Zarkowski

Learning Objectives:

1. List common efficacy limiting interactions for each major neurotransmitter in psychiatric practice.
2. List the medications primary care doctors and other specialists may be prescribing for your patients that will limit efficacy.
3. Distinguish between adjunctive medication to address side effects and efficacy limiting interactions.

1445 – 1500
1500 – 1615

NUTRITION/NETWORKING BREAK

KEYNOTE SESSION:

CRISIS MENTAL HEALTH CARE IN THE DIGITAL AGE

Dr. Jennifer Hensel

Learning Objectives:

1. Present current opportunities for virtual care in the assessment and stabilization of individuals experiencing a mental health crisis.
2. Review evidence for the potential positive impact of virtual crisis intervention on access, experience and outcomes.
3. Identify and discuss mitigation strategies for potential risks of virtual crisis care, both at the individual and system level.

1615-1620

CLOSING REMARKS, FEEDBACK, EVALUATION

Who? The target audience is all professionals and consumers with an interest in improving the provision of Mental Health Care in Saskatchewan, including:

- SHA leadership
- Nurses
- Therapists
- Counselors
- Psychologists
- Pharmacists
- Physicians
- Resident physicians
- Students
- Consumers
- Psychiatrists
- Psychiatry residents
- Health care innovators
- Software engineers

When? Friday, May 8th, 2026 from 845am-420pm

Where? In person at Marquis Hall (Exeter Room UofS Campus) *OR* online

Why? Engage. Learn. Grow. Together.

How? Register at the link: <https://extendedlearning.usask.ca/portal/events/reg/participa ntTypeSelection.do?method=load&entityId=4053996>

or scan the QR code below:



Questions?
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