— DIVISION OF HUMAN SCIENCES SEMINAR SERIES —

Supporting youth in Northwestern Ontario through e-mental health

Wednesday, November 24, 2021
from **12 p.m. - 1 p.m.**

Learning Objectives

1. Describe the need for innovative solutions to support youth mental health in Northwestern Ontario.
2. Evaluate the current evidence base for e-mental health approaches for youth.
3. Describe research supporting the JoyPop mobile mental health app.

Speakers: Dr. Aislin Mushquash,
co-presenter Ms. Angela MacIsaac (PhD Student)

Dr. Aislin Mushquash is an Assistant Professor in the Department of Psychology at Lakehead University, Director of the Coping Research Lab, and a Clinical Psychologist with Dilico Anishinabek Family Care. Her research focuses on coping - particularly on examining predictors and consequences of maladaptive coping, and implementing and evaluating interventions to support adaptive coping. Dr. Mushquash and her team have led the implementation and evaluation of the JoyPop as a tool to support adaptive coping and improved mental health for youth in Northwestern Ontario.

Angela MacIsaac completed her MA in Clinical Psychology at Lakehead University in 2020 and is currently in the 2nd year of her PhD in Clinical Psychology. Much of her graduate research has focused on use, outcomes, and user experience associated with the JoyPop app. She is currently investigating sex and gender differences in this domain.

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 1.00 Mainpro+ credits.

Join Seminar **VIA WEBEX**

NOSM at Lakehead University – ATAC6030
NOSM at Laurentian University – MSE107

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CEPD continuing education and professional development

Please be sure to complete an evaluation after the seminar. **EVALUATION**