

# Hype or hip? Exploring digital health technology for recovery

Magellan Healthcare, Inc., a subsidiary of Magellan Health, Inc. (Magellan), invites you to view the recording for this webinar, and find information below on how to obtain CE credit.

## Webinar details

**Type of Activity:** Instructor-led recorded webinar (home study)

**Cost:** Free of charge

**Duration/time:** 1.5 CE hours (90 minutes)

**Speaker:**



Keris Jän Myrick, MS, MBA  
Director at the Jed Foundation and co-director of The Mental Health Strategic Impact Initiative

**Target audience:** This presentation is for clinical and non-clinical professionals working in healthcare.

**Goal:** The goal of this presentation is to raise awareness of digital health technologies, address health disparities in the digital tech space, and enable professionals to promote digital health literacy to support people in accessing and using technology for their recovery journey.

**Learning objectives:** Upon completion of this webinar, participants will be able to:

1. Define digital technology and digital health literacy.
2. Utilize tools to facilitate app evaluation.
3. Identify health disparities in technology access and use.
4. Understand how Peer Support Specialists increase access to technology and support those they serve.

**Course outline:** In this webinar, the presenter will cover:

- Describe the digital mental health landscape (pre- and post-COVID).

- Describe and use the app evaluation tool.
- Highlight health disparities/inequities that impact communities of color and access to/use of technology.
- Describe the process to develop and implement the peer led Digital Health Literacy Curriculum.
- Define policy areas that impact use, access and advancing the use of technology.

## About the speaker

**Keris Jän Myrick, MS, MBA**, is a director at the Jed Foundation and co-director of The Mental Health Strategic Impact Initiative (S2i), which aims to advance the transformation of mental health by catalyzing cross-sectional reforms, strengthening collaborations and bridging gaps. Ms. Myrick serves on the Board of the National Association of Peer Specialists (N.A.P.S.) and is a Certified Personal Medicine Coach.

Ms. Myrick previously held positions of chief of Peer and Allied Health Professions for the Los Angeles County Department of Mental Health, director of the Office of Consumer Affairs for the Center for Mental Health Services (CMHS) of the United States Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA), president and CEO of Project Return Peer Support Network, a Los Angeles-based, peer-run nonprofit, and board president of the National Alliance on Mental Illness (NAMI).

Ms. Myrick is a leading mental health advocate and executive known for her innovative and inclusive approach to mental health reform and the public disclosure of her personal story. Ms. Myrick has over 15 years of experience in mental health services innovations, transformation and peer workforce development. As an early adopter and self-identified “geek” with an interest in leveraging technology to aid in mental health recovery and wellbeing, Ms. Myrick serves on the American Psychiatric Association’s App Advisor Panel, is clinical advisor to the BIDMC Harvard Medical School’s Digital Psychiatry Program and recently received her certificate in Geek Culture Competency. In June 2021, Ms. Myrick was the recipient of Mental Health America’s highest honor, the Clifford W. Beers Award.

Ms. Myrick’s personal story was featured in the New York Times series: Lives Restored, which told the personal narratives of several professionals living with mental health issues. Ms. Myrick is an in-demand national trainer and keynote speaker and authored several peer reviewed journal articles and book chapters. She is known for her collaborative style and innovative “whole person” approach to mental healthcare and is podcast creator and host of “Unapologetically Black Unicorns”.

Ms. Myrick has a Master of Science degree in organizational psychology from the California School of Professional Psychology of Alliant International University. Her Master of Business Administration degree is from Case Western University’s Weatherhead School of Management.

**Disclosures:** Keris Jän Myrick has no relevant financial relationship commercial interest that could be reasonably construed as a conflict of interest.

## CE credit eligibility

**Eligible CE hours:** 1.5 CE hours (90 minutes)

Upon request, all other health care professionals completing this event will be issued a certificate of participation. For information on applicability and acceptance of CE hours for this activity, please contact your professional licensing board.

**How to obtain CE hours:** To obtain CE clock hours you must view the course in its entirety and complete the course post-test (80% passing score required) and evaluation via a web link to be displayed after the conclusion of the course. Upon completing the course requirements, you will be issued a certificate. Partial attendance is not accepted.

If you have questions about the course requirements or CE hours, contact:

Magellan/CE Administrator  
Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Approval statements:** Magellan has been approved by FCB as an Approved Continuing Education Provider, FCB No. 5376-A.

## Additional information

**Commercial support:** Magellan did not receive any commercial support for this continuing education program.

If you have questions or would like additional information regarding the content or level of this activity, the speaker's potential or known conflicts of interest, activities not offered for CE credit and/or technical assistance, contact:

Magellan/CE Administrator  
Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Requesting special accommodations:** Magellan will make reasonable accommodations for participants with physical, visual or hearing impairments.

To arrange appropriate access accommodations, contact:

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Magellan/CE Administrator  
Phone: 410-953-4707  
Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Continuing education policy and FAQs:** To request a copy of the [Continuing Education Policy and FAQs](#) contact:

Magellan/CE Administrator

Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)