

Implementing Technology Across the Continuum of Psychiatric Care

Participants:

Jessica Badawi (Chair), Jessica Badawi (Presenter), Haruka Notsu (Presenter), Alia Warner (Presenter), Michelle Patriquin (Presenter), John Torous (Moderator)

Symposium Synopsis:

Digital technologies are increasingly used to assess, monitor, and support psychiatric care, yet their implementation often remains siloed by treatment setting. Building on prior work examining wearable technology across inpatient and outpatient mental health care (Polizzotto et al., 2025), this symposium explores how digital tools can be adapted to differences in psychiatric acuity, clinical workflow, safety requirements, and treatment duration. Four presentations span acute, subacute, and outpatient care. The first examines the feasibility and acceptability of continuous wearable monitoring among child and adolescent psychiatric inpatients (Michelle Patriquin). The second evaluates a personalized sleep intervention for adults hospitalized with psychosis using individualized imagery scripts, wearable electroencephalography, and biometric monitoring (Alia Warner). The third investigates longitudinal Fitbit-derived sleep and physical activity indicators in a recovery-oriented inpatient program for psychosis and their associations with clinical outcomes (Jessica Badawi). The fourth presents the Digital Clinic, a hybrid outpatient model integrating virtual psychotherapy, a mobile application, a Digital Health Navigator, and artificial intelligence–supported tools (Haruka Notsu). Together, these studies illustrate how technology can support objective assessment, intervention delivery, measurement-based care, and continuity across settings. John Torous will moderate a discussion addressing privacy, ethics, equity, clinical integration, and the development of scalable, patient-centered digital systems.