

Mental Health in the Digital Age Conference

Wednesday, November 24, 2021, 7- 9 pm



Conference Schedule:

- 7-:00- 7:10 pm:** Welcome Remarks, Dr. Jennifer Laffier, Director, Mental Health in the Digital Age Lab
- 7:10-7:35 pm:** Guest Speaker, Matthew Johnson, Director of Education, Media Smarts, Canada, ‘Digital Literacy for a Digital World’
- 7:35- 8:00 pm:** Session A workshops (5 choices)
- 8:00-8:25 pm:** Session B Workshops (5 choices)
- 8:25-8:50 pm:** Session C Workshops (5 choices)
- 8:50-9:00 pm:** Closing remarks

Participant Instructions:

- You must be registered to attend the conference; go to the Mental Health in the Digital Age Lab website and filling in the google form. <https://www.mhda-lab.com/>
- Conference Zoom link: <https://us02web.zoom.us/j/87443184655>
- You must have your first and last name (or initial) listed as your profile in zoom in order to check your registration and let you into the room.
- The room opens at 6:45 pm. Arrive no later than 6:55 pm so your registration can be confirmed.
- Select 1 workshop from each of the 3 Sessions (A-C). Each presentation is 15 minutes with 5 minutes for Q & A.
- Each participant can move themselves into their chosen breakout rooms (5) at the appropriate time. To do so click on the tab titled ‘breakout rooms’ at the bottom of the screen. Find the room you want to enter and click ‘join’. You will then be moved into that room. If you have any problems, you may ask the conference moderator for support.
- Participants may contact the presenters directly for PDF copies of their presentations.
- Participants who attend the full conference 7-9 pm will receive a certificate of attendance (via email).
- Participants will be asked to provide feedback via an online survey after the conference.

7:35- 8:00 pm: Session A

Room 1	An Educator’s Guide to Wellness During the Pandemic: Exploring Mental Health Apps for Teacher Exhaustion	Anne-Marie Tipping Hibba El-aawar Dante Labrioloa	Teacher stress leading to professional exhaustion has become a focal point throughout the current pandemic. Mental Health App technology may aid in the prevention and detection of mental health problems. This presentation explores teacher use of Mental Health Apps and the benefits and limitations.
Room 2	The Impacts of Cyberbullying and Classroom Strategies that Work.	Alexandra Feder Jaclyn Wise	In this presentation, viewers will learn about the impact of cyberbullying on student mental health. Key takeaways include educational strategies to support students, including teaching digital citizenship and character education along with creating a positive school environment.
Room 3	The Potential Effect of Social Media on the Self Concept of Black Teens	Gillian Elango	Black teen girls are the largest user of social media yet are an under-researched demographic especially when it comes to the impacts of social media. Therefore, this study explored why Black teen girls use social media and how social media use potentially impacts their self concept. Recommendations based on the findings, for parents and educators, are included.

Room 4	An Ethnographic Study of the Mental health Impacts of Virtual Teaching during the Pandemic: One Elementary Teacher's Experience	Marta Masnyi	As a result of the transmission of COVID-19, educators across the globe were compelled to transition their learning environments to a fully virtual/remote setting, causing substantial stress for educators. In this session, participants will learn about the effects of virtual teaching on elementary school educators as well as the author's personal experiences.
Room 5	How Mobile Devices Support School-age Children on the Autism Spectrum with Social Anxiety.	Tracy Halliday Angela Walsh	This presentation explores the creation of an educator workshop on digital resources that can support children on the Autism spectrum with social anxiety. A review of evidence-based research on the topic is presented. Participants will learn about various technologies and receive a resource list to take home.
Room 6	Online gaming and COVID-19 impact on primary school children- A literature review	Aytan Mammadova	A literature review explores how COVID-19 pandemic changed the hours of online gaming children engaged in and how this impacted primary school children. A key focus is whether gaming decreased loneliness and anxiety in primary children. This information is helpful for parents and educators.

8:00- 8:25 pm: Session B

Room 1	An Exploration of How Being at Home Often Due to Remote Learning Exposed Children and Youth to Risk of Trauma	Patricia Patel	Remote learning during the pandemic caused many children to be at home more often, potentially exposing them to negative or unsafe home environments such as abuse. This may increase risk for trauma responses such as post trauma stress disorder. This study involved a review of the literature along with future research needs and recommendations.
Room 2	The Elements of Online Teaching that Contribute to Techno-stress and Burnout for Teachers in Higher Education	Melanie Lee	In this study, elements of online teaching that contributed to burnout in higher education teachers during the pandemic were explored. These findings can support efforts to mitigate the risks of occupational stress and burnout, build teacher self-efficacy, and strengthen professional support and educational communities.
Room 3	Mental Health Effects of Young Adult Media on LGBTQ+ Youth and Implications for Learning	Madison Westley	This presentation will look at the mental health effects of media on LGBTQ+ youth and, consequently, impacts on learning, identity formation, and social dynamics. Case study examples of LGBTQ+ representation in young adult media is presented along with recommendations for supporting LGBTQ+ youth inside and outside the classroom.
Room 4	Exploring Mental Health and Trauma from Bullying and Cyberbullying: The benefits and risks of using virtual reality exposure therapy with adolescents	Kali Ledgerwood Cassie Naylor Shannon Shackles Jessica Terceros	This presentation will explore virtual reality exposure therapy (VRET) as a potential form of treatment for adolescents who are living with trauma or mental health problems caused by bullying or cyberbullying. Drawing on current literature in the field, the feasibility and perceived effectiveness of using VRET to support victims of bullying as well as build resilience will also be discussed.
Room 5	The Negative Mental Health Impacts from Instagram on Young Girls	Diane Pedrupillai	Recently on the news, we have heard how Instagram is "toxic" for teen girls. In this presentation, we will explore potential negative mental health impacts based on a review of the literature and media. Strategies to support teen girls are discussed along with considerations for digital literacy lessons within education.

Room 6	Digital Wellness Interventions and Mental Health: Global Indigenous Perspectives	Matthew McGravey	This presentation will focus on the findings from a literature review exploring the perspectives of healthcare professionals and global Indigenous study participants involved in the creation, use, and research of digital interventions for well-being of Indigenous communities around the world. An exploration of how mental health and well-being have benefitted users and service providers while at the same time presented challenges for these marginalized communities will be explored.
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8:25- 8:50 pm: Session C

Room 1	Social Media Training to improve Senior Citizens' Well-being: A Review of the Literature	Armineh Jadidi	A literature review was conducted to examine how technology training, specific to social media, can improve seniors' well-being during a digital age. Educational strategies to engage and support senior learners is discussed along with recommendations for future training and supports.
Room 2	Supporting Teacher's Well-being with Apps: A Workshop for Teachers in a Time of Crisis	Jeremy Oxley Alison Chornobaj	The focus of this 'research to practice' presentation is to increase educators' awareness and skills surrounding wellness and equip them with technology tools to support their well-being. Research on teacher well-being during the pandemic is presented along with a workshop review.
Room 3	Locus of Control and Undergraduate student Mental health & Online learning experience during the COVID-19 Pandemic	Marriane Boyd	This study explored the impact of locus of control on undergraduate students' online learning experience during the COVID-19 pandemic. Literature on student wellness, online learning during the pandemic, stress and locus of control are presented. Future research recommendations are discussed.
Room 4	Creating Awareness of Trauma-Informed Pedagogy in Healthcare	Dan Flitton Fazal Khan Gillian Dunn	This study examined trauma informed pedagogy in educational and healthcare settings to provide inclusive and sensitive services. A comparison of current initiatives, gaps, and educational opportunities for educators and health care practitioners is presented.
Room 5	Digital Photovoice: Educating the public by empowering those previously unseen; Nurses' lived experiences during the COVID 19 pandemic	Lea Slongo	This study explores how digital photovoice can support nurses during the pandemic as well as educate the public on the lived experiences and realities of health care providers. An ethnographic approach presents the author's experiences with digital photovoice.
Room 6	Misinformation and Disinformation on social media	Madison Andrews	This presentation will look at the spread of fake news and disinformation on social media in conjunction with a review of the literature to examine the real-world effects and perils that can exist from disinformation and misinformation on mental health during the pandemic.

If you have any questions, you can email Dr. Jennifer Laffier at jennifer.laffier@ontariotechu.ca