



Building Recovery Capital through Digital Health Technologies

Learning Activity Week 1

1) Read these articles:

- a) Naslund, J., Aschbrenner, K., Marsch, L., & Bartels, S. (2016). The future of mental health care: Peer-to-peer support and social media. *Epidemiology and Psychiatric Sciences*, 25(2), 113-122. doi:10.1017/S2045796015001067
- b) The Future of Recovery Support Part II

2) Answer the following questions:

- a) Do you participate in any DHTs and if so please describe some of your experiences.
- b) If you participate in DHTs are you a poster or a lurker? What is your comfort levels with these roles?
- c) Reflect upon your current patients/peers and investigate in further depth three DHTs (e.g., OSGs, Blogs, Podcasts, Videos, SNS, or Apps). You can select one we reviewed or find a new one.
- d) For each of the DHTs please describe your initial reactions and thoughts to the DHT and explain why or why not (your concerns) you would 'refer' a patient or peer to this DHT.
- e) Prepare to share with the group your most or least favorite DHT

3) Fill out the online DHT survey