

Mental Healthcare Innovations Summit

November 29: 326 Galvez St, Stanford, CA 94305

November 30: 415 Mission St, San Francisco, CA 94105

Pillars: Precision Mental Health | Digital Mental Health | Metabolic Mental Health | Autism | Addiction

November 29, 2023

Day 1 of the summit will take place at the Stanford Alumni Center in McCaw Hall. We will all move to the Living Room for a 20-minute performance by Grammy-Nominated Artist Aloe Blacc at 3 pm and then back to the main theater.

8:00am	Coffee & Registration
8:30am	Welcome Remarks Ariel Ganz, PhD
8:40am	15 min Welcome and Talk Precision Michael Snyder, PhD
9:00am	20 min Opening Breathwork and Connection Maggie Fleming and Ben Rolnik
9:25am	20 min talk Precision George Slavich, PhD
9:55 am	10 min talk Precision Evelyn Song
10:10am	15 min Fireside Chat Autism Elizabeth Horn and Michael Snyder, PhD
10:25am	15 min Break
10:40 am	10 min talk Digital Ziv Lautman
10:55am	20 min Fireside Chat Digital Michael Snyder, PhD and Sumbal Desai, MD
11:20am	15 min Metabolic Shebani Sethi, MD, ABOM
11:40am	15 min talk Precision Ariel Ganz, PhD
12:00pm	Lunch
1:10pm	15 min Voice and Healing Chris Pan
1:30pm	20 min Fireside Chat CA Surgeon General Diana Ramos, MD and James Doty, MD
1:50pm	10 min Metabolic Jeffrey Becker, MD
2:05pm	20 min Fireside chat Addiction Patrick J. Kennedy and Keith Humphreys, PhD
2:30 pm	10 min talk Surprise TBN
2:45pm	15 min Break, <u>move to Living Room, doors open at 2:50 pm</u>
3:00pm	<u>DOORS CLOSE.</u> 20 min Aloe Blacc Acoustic Musical Performance

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- 3:25pm 30 min Guided Connection or Break and Snack, **Back to Main Room**
- 3:55pm 15 min talk | Metabolic | **Chris Palmer, MD**
- 4:15pm 15 min talk | Precision | **Nolan Williams, PhD**
- 4:40pm 15 min talk | Digital | **Daniel Kraft**
- 4:55pm Closing Remarks | **Ariel Ganz, PhD**
- 5:00pm End**

November 30, 2023

Day 2 of our summit will take place on the entire third floor of the Salesforce Tower, in San Francisco. Workshops include conversations on Autism, What is Healing, Digital Health and AI, Metabolic Mental Health, Singing, Telling Your Story Through Dance, Meditation, and Breathwork.

8:30am-9am Registration and Breakfast

9am-9:30am Full Group Opening **Ariel Ganz, Ben Rolnik**, Main Theatre

9:30am - 10:30am **Block 1, 60 minutes**

Workshops

Social Lounge: Embodied Storytelling, **Rüya Gürnigan**

Fishbowl: Metabolic Mental Health, **Raghu Apasani, MD and Zak Williams**

Conference C07: Transforming wellness products into clinically validated non-prescription mental health therapies **Jeff Chen**

Conference C06: The Simple Answer to Stress **Don Goewey**

Main Theatre: Precision Autism, Elizabeth Horn

VIDEO Roll In: THE WORLD I IMAGINE

Features the voices of non-speaking people with Autism describing their experiences.

Precision Autism: Time for a New Approach, **Elizabeth Horn**

A look at the history of Autism Spectrum Disorder and how emerging technology is changing the narrative for people with ASD **and those who have not yet been diagnosed.**

Red Flags | The Alarming Statistics, **Chris Male**

The reasons for the rising incidence of Autism **are still unclear**, but the effects

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of the increasing numbers are a growing concern — and a market opportunity for healthcare 2.0.

10:45am - 12pm

Block 2: 75 minutes

Workshops

Social Lounge: Transformational Breathwork, **Maggie Fleming (max 30 people)**

Fishbowl: What is Healing? **Samuel Langer**

Conference C07: Setting Intentions and Vocal Activations for Mental Wellness, **Chris Pan**

Conference C06: Stabilized Flow Meditation, **Lindsay Briner**

Main Theatre: Precision Autism, Elizabeth Horn

Why Are Our Children So Sick? | The Dangers of a Toxic World **Beth Lambert, Chris D'Adamo**

Research in ASD has been focused on genetics, but the environment has proven to be a greater influence than genes. Beth and Chris describe the results of their group's examination of our increasingly toxic world's impact on children's health and ASD rates.

Reinventing Care Models for Autism, **Suzanne Goh**

An examination of how Autism has been diagnosed and treated since it was identified in the 1940's, and the problems that a behavioral definition has created for a population that features a 75% probability of biological co-morbidities. Cortica's whole child model will also be discussed as one of the new tools we need to personalize dynamic care.

12pm-1:15pm

Lunch, Social Lounge

In Our Own Hands Trailer, Main Theatre and Social Lounge

1:15pm-2:15pm

Block 3: 60 minutes

Workshops

Social Lounge: Transformational Breathwork, **Maggie Fleming & Stefanos Sifandos (max 30 people)**

Fishbowl: Breakthrough Mechanisms for Mental Health, **Jeffrey Becker, MD**

Conference C07: Setting Intentions and Vocal Activations for Mental Wellness, **Chris Pan**

Conference C06: Social

Main Theatre: Precision Autism, Elizabeth Horn

First, We COUNT | Why We Need to Look Beyond Behavior, **E. Horn**
MOVE Group Keynote VIDEO, **Elizabeth Bonker and Dan Bergmann**

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Two non-speaking young people describe why they want to measure more than behavior to help remove barriers to daily living.

DECODING AUTISM | Consumer-Facing Tools for Autism's Grand Challenges

Manish Arora introduces LinusBio and the importance of the exposome.

Alexey Melnik of Arome discusses the importance of metabolomics to ASD.

Jamie Morton of Gutz.AI talks about the role of the microbiome in Autism.

Jennifer Frankovich talks about her work in PANS and the immunome in ASD.

2:30pm-3pm

Small Group **conversations and demos**, 30 minutes

Social Lounge: Social

Fishbowl: Compassion, Digital Health, and AI, **James Doty, MD**

Conference C07: Mental Health Promotion, **Shahar Lev-Ari, PhD**

Conference C06: Youth Mental Health, **Niku Sedarat**

Main Theatre: Precision Autism, **Elizabeth Horn**

DEMO COUNT Fitness with Maria Harper and Tomas O/Connor of (QC)Lab, and Jimmy and Nadia Elkhatab (the quantified athlete and his mom)

Audience Stretch **Anat Baniel**

3:15pm-4pm

Block 4: 45 minutes

Workshops

Social Lounge: Body Mind, **Yana Nakhimova**

Fishbowl: Stabilized Flow Meditation, **Lindsay Briner**

Conference C07: Stress and the Mind-Body Connection, **George Slavich, PhD**

Conference C06: Social

Main Theatre: Precision Autism, **Elizabeth Horn**

The DECODING AUTISM Data Infrastructure, **Kristin Bigos and Enrique García-Rivera**

How to address the analytics challenges that accompany collecting large amounts of data, sharing resources with a number of different institutions and patient participants in a real world setting? And the important role Bullfrog.AI will play in delivering ongoing actionable insights to patients and care teams.

VIDEO: "Stop Guessing, Start Understanding"

Discovering MY Autism | A Call to Action, **Tom Frazier**

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Tom discusses how this new approach will help unite the disparate organizations in the ASD space with a collaborative ecosystem that activates diverse networks with a shared mission: to find answers for YOUR Autism.

VIDEO: "Precision Autism Ecosystem"

Autism closing remarks **Elizabeth Horn**

END ON DECODING Autism Graphic

4:15pm-4:45pm

Main Theatre: Treating Depression and Anxiety, **Cloe Madanes**

5pm

End