

CuraTech Consulting Group

Delegates

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Topic: The AI Will See You Now: Managing the Emerging Role of AI in Mental Health Care

Audience: American Psychiatric Association (APA)

Executive Summary

With mounting pressure on the mental health care system, there is an emerging presence of AI tools for patients. Despite the benefit to millions of patients as AI services become easily accessible, there is a looming threat of doing more harm than good, if ill-managed, highlighting the importance of maintaining a **standard of quality of care**. There have been documented cases of unvetted tools causing harm to patients, even resulting in some youth suicides.

With fragmented, state-based legislation regarding therapy, and with some states not having AI legislation at all, **how can the APA create guidelines for AI tools to support patients, equip therapists, and reinforce the standard for care within the industry?**

Without a change stemming from the APA, these tools will continue to enter the market, potentially harming those they seek to aid. By defining the scope of AI tools and their role in therapy, the APA can ensure that only tools and practices that meet the standard of care are used.

Our research defines the importance of the APA to champion augmented mental health care for patients, using AI, in a safe and ethical way:

1. Raising **awareness** for the benefit of AI tools to support patients
2. Putting in the **guidelines** to implement emerging mental health AI chatbots and therapists leveraging AI tools to treat patients.
3. Develop a **framework** to assess AI tools and chatbots for **APA endorsement** in collaboration with subject matter experts and key stakeholders.

There is immense potential to do good in the world by providing good quality therapy to more patients through the use of AI, and the APA is in the ideal position to spearhead this change in an ethical manner.