From Burnout to Breakthrough: How Artificial Intelligence Empowers Mental Health Professionals

Respondents: 54

	Average	5 – Strongly Agree	4 – Somewhat Agree	3 – Neither Agree Nor Disagree	2 – Somewhat Disagree	1 – Strongly Disagree
Indicate your level of agreement with the following statement: Overall, this session met my educational needs.	4.72	42	9	0	2	0
	Average	5 – Strongly Agree	4 – Somewhat Agree	3 – Neither Agree Nor Disagree	2 – Somewhat Disagree	1 – Strongly Disagree
Indicate your level of agreement with the following statement: There was enough time spent on the subject matter.	4.85	47	4	2	0	0
	Average	5 – Strongly Agree	4 – Somewhat Agree	3 – Neither Agree Nor Disagree	2 – Somewhat Disagree	1 – Strongly Disagree
Indicate your level of agreement with the following statement: The speakers were informative and kept my attention.	4.79	45	6	1	1	0

	Average	5 – Excellent	4 – Very Good	3 – Good	2 – Fair	1 – Poor
Rate the extent to which the course met the learning objective: Identify industry challenges with administrative burden and opportunities for artificial intelligence (AI) to help.	4.79	43	8	0	1	0
	Average	5 – Excellent	4 – Very Good	3 – Good	2 – Fair	1 – Poor
Rate the extent to which the course met the learning objective: Compare and contrast embedded vs. integrated approaches to utilizing AI.	4.70	42	8	1	2	0

	Average	5 – Excellent	4 – Very Good	3 – Good	2 – Fair	1 – Poor
Rate the presenter's competence and effectiveness: Carin Shuford, Manager of Health Information Systems, Texana Center	4.79	46	5	0	2	0
	Average	5 – Excellent	4 – Very Good	3 – Good	2 – Fair	1 – Poor

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Rate the presenter's competence and effectiveness: Tera Stellard, Director of Application Support, Integral Care	4.74	43	8	0	2	0
	Average	5 – Excellent	4 – Very Good	3 – Good	2 – Fair	1 – Poor
Rate the presenter's competence and effectiveness: Jessica Burger, MEd, LPC, NCC, Clinic Manager, Texana Center	4.74	42	9	1	1	0
	Average	5 – Excellent	4 – Very Good	3 – Good	2 – Fair	1 – Poor
Rate the presenter's competence and effectiveness: Damien Speaker, MPH, MBA, MPA, Zero Suicide Program Evaluator, Integral Care	4.72	42	9	0	2	0

Please describe how your knowledge has changed regarding the objectives listed.	Use of ai
	I need to advocate for bringing AI tools to my Center.
	Significant increase in my understanding of use of AI for clinical documentation
	Great use case examples for AI
	Very informative
	Excellent
	It was great
	I did not know that technology like this existed.
	Yes very important to implement AI
	I'll look into ai
	Ty
	Would love to roll out AI for our case managers
	Learning the benefits of using AI
	Better able to speak to ROI after implementation of AI tools.
	Better understanding of AI
	ease and accuracy of documentation
	Bells is costly but more efficient.
	Understanding the importance of burnout how to be in a good space for self and others
	Realization of how burnout can affect myself as well as my staff and to advocate for self care and different ways to support them
	Already completed this
	My understanding has deepened around recognizing early signs of burnout, the importance of self-care and boundary setting, and actionable strategies to shift from survival mode to sustainable, purpose-driven work. I now feel more equipped to apply these insights effectively.
	I liked Bells presentation. We are currently using Eleos and it was a good comparison.
	Focus on AI overall
	I wish we could implement in Cerner
	Thanks
	Ok
	loved the idea and will be presenting to my ceo

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	This presentation was a focused sales pitch and I was disappointed in the educational value.
	Impactful
	Lots of good ideas for AI integration
	More knowledge surrounding AI
	My knowledge improved thanks to great presenters!
	Excellent
	Would like to look into additional information that can benefit our area of expertise
	it helped me know more about it
	I will look into ai for session documentation.
	I initially had limited knowledge regarding using AI in progress notes. Learning about how AI can assist with progress notes and documentation was very enlightening. It was helpfully to learn about the different programs available.
	I now understand the two types of AI.
	Realize that using AI will save time and help make documentation better
	idk
	Excited to see the impact AI is making in improving work balance
	better understanding of Ai for documenting
	I can see how beneficial this would be for our staff and how it will reduce the effectiveness of documentation and time management.
	very informative
	I really liked the ways they talked about using the ambient listening and how it doesn't save the data recorded, it's just used for getting the information in the notes
	dk
	Better understanding of quantifying the benefits of ai.
	The ai concept
	Excellent presentation!
	One of the best sessions at the conference

As a result of attending this activity, what new skill or idea will you implement into your job or practice within the next six months?	Better notes
	Hopefully to go through an internal evaluation process to identify the need for AI tools.
	Get AI on our system- I think we're ready!
	Explore how AI tools can be utilized in my org
	Bring forth recommendations to utilize AI for case note taking
	Better understanding of AI products and their impact
	Ai
	Speak with leadership about integrating a system like this
	AI
	Use of ai for notes
	Look into AI options
	Unfortunately working for the State this system isn't an option yet but I'm very hopefully it will be soon.
	More awareness of the use of AI to better quality notes
	more accepting of the idea of AI in MH
	AI is the new way of thinking.
	I will prioritize setting clear boundaries and incorporating regular rest periods to prevent burnout, ensuring sustained productivity and well-being in my work.
	I think just getting information and figuring out where to apply it
	Completed already

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	I will implement intentional self-care practices and regular reflection to maintain balance and prevent burnout, allowing me to show up more effectively and sustainably in my role.
	I will encourage staff to continue using g Ai for note documentation.
	From IT perspective, need to understand overall impact on patient care
	Not sureyet
	Thanks
	Good
	soooo need this for my notes
	none
	Many ways
	Meeting with Eleos next month now have better questions to ask to ensure application is worth it for our center or to explore other AI options.
	Meeting with AI applications next month for integration
	Introduce AI to our supervisors
	it was good and will bring back the info
	continued education around ai
	I will further consider how AI programs can assist with progress notes and staff productivity. I will make attempts to further expand my knowledge regarding AI programs.
	Will investigate AI for my center.
	Use AI more
	Idk
	Use AI more
	we're implementing bells ai
	I plan on presenting this idea to my supervisor
	yes
	Consult with Tera and Carin on QA/QM in notes
	dk
	Further expansion of ai
	None
	AI is a powerful tool
	Exploring AI for our EHR

What topics would you like to see presented at future activities?	More AI
	More about AI
	Ai
	Longer session on implementing AI note with hands on demo
	Examples of program being utilized live
	more on AI
	I'd like to see topics on emotional resilience, stress management strategies, work-life balance, trauma-informed care, and practical tools for sustaining motivation and purpose in high-demand roles.
	Nothing I can think of at this time
	Same as befor
	I'd like to see topics on managing compassion fatigue, cultivating emotional intelligence, building supportive team cultures, mindfulness in the workplace, and practical strategies for long-term career sustainability.
	More information as the product is used.
	Have EHR SIG
	More on AI in all areas not just clinical
	Thanks

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	Similar
	video games and mental health
	topics that educate vs tools or software pitches.
	More productivity based support
	More productivity based supports
	Cultural competency
	Open
	I like these
	How to utilize AI programs, how to practice self care, preventing staff burnout
	Idk
	Using AI to help prepare for sessions
	unknown
	ive enjoyed learning how AI can help our center
	dk
	Diagnostic uses of ai
	None
	None
	Similar

Comments	Thank you
	Better microphone may have been nice or louder speaking in lieu of a good mic. It was a bit difficult to hear.
	Thanks
	see you next year
	thank you!
	They were great! Thank you!
	Two comments for improvement. Not all participant's questions were answered from both approaches. Many were only answered based on Bells AI. Would have been a stronger presentation with some discussion of costs.