



2025 Spring Think Tank

A virtual, members-only convening

AI and Employee Mental Health: Promises and Perils for Employer Sponsored Health and Well-being Initiatives

Wednesday, June 4th, 2025

11:00 AM – 5:00 PM ET

11:00 AM ET **WELCOME**

Karen Moseley, President and CEO, HERO

Paul Terry, PhD, Senior Fellow, HERO

11:15 AM ET **AI - Mental Health is Coming. Are you Ready?**

Thomas Rutledge, PhD, Staff Psychologist, VA San Diego Healthcare System
Professor of Psychiatry, UC San Diego Rutledge

11:45 AM ET **How Algorithms can Control You**

Russell Fulmer, PhD, LPC, Professor and director of Graduate Counseling
Programs, Husson University

12:15 PM ET **Think Tank Group Work**

12:45 PM ET **Validating New Modalities of Care**

Thomas Hull, PhD, Chief Clinical Officer, HERO Journey Club (Not affiliated with
Health Enhancement Research Organization (HERO)), Adjunct Professor,
Columbia University.

1:00 PM ET **BREAK**

1:30 PM ET **Public/Private Partnering in AI R&D: Opportunities for Employers**

Kate Wolin, PhD, Principal Owner, Circea, Adjunct Professor of
Entrepreneurship, Northwestern University - Kellogg School of Management

Geoff Swindle, Headlight

David Cooper, PsyD, APA's AI Committee

Nikole Benders-Hadi, MD, Chief Medical Officer, Talkspace

2:30 PM ET **Think Tank Group Work**

3:00 PM ET **Panel: Research and Development in Culture, Behavior Change and Burnout using AI**

Moderator: Karen Moseley, President and CEO, HERO

Natalie Papini, PhD, Assistant Professor- Fitness Wellness, Interdisciplinary Health, Northern Arizona University College of Health & Human Services

Jonathan Bricker, PhD, Professor & Director, Behavioral Innovations in Technology Lab (HABIT) Cancer Prevention Program, Division of Public Health Sciences, Fred Hutchinson Cancer Center, Affiliate Professor, Department of Psychology, University of Washington, “Quitbot”

Ross Arena, PhD, PT, Professor and Head, Department of Physical Therapy, UIC College of Applied Health Sciences (Culture and AI)

4:00 PM ET **BREAK**

4:15 PM ET **The Role of Health Professional Associations and Partnerships in AI Development and Quality Assurance**

Paul Terry, PhD, Senior Fellow, HERO

Seth Serxner, PhD, MPH, Strategic Advisor and HERO Board Member

Tami Simon, JD, Human Capital and Employee Benefits Business Executive and Attorney and HERO Board Member

Esther Bleicher, Regulatory Committee Chair, Alliance for Artificial Intelligence in Healthcare

5:00 PM ET **ADJOURN**