# NORTH RANGE
## BEHAVIORAL HEALTH

# Limitations of Generative AI in Mental Health

Recently, there has been an explosion of development in Generative AI starting with Chat GPT, but now including AI from Google, Meta, Microsoft, and Apple. Cody and Eric will explore the new horizons of Generative AI, focusing on Chat GPT and its ethical and practical applications. We will delve into the capabilities and limitations of this technology, shedding light on its potential to revolutionize content creation including coding and other business focused applications. Additionally, we will tackle the crucial ethical considerations surrounding the responsible use of Generative AI, discussing transparency, bias mitigation, and ensuring user privacy.

## Limitations of Generative AI in Mental Health

**Lack of Emotional Understanding**
- AI models may struggle to accurately understand and respond to complex emotions expressed by individuals.
- Risk of inappropriate or insensitive responses from AI models.

**Lack of Contextual Understanding**
- Generative AI models have difficulty comprehending the broader context of a conversation, including cultural, social, or personal nuances.
- Risk of providing inaccurate or irrelevant suggestions or advice.

**Ethical Considerations**
- Need for ensuring ethical use of generative AI in mental health.
- Issues related to privacy, data security, and consent when collecting and analyzing personal data for AI training.

## Challenges and Risks

**Bias and Stereotyping**
- Bias and stereotyping present in the training data, which can be inadvertently learned by generative AI models.
- Harm caused by perpetuating or amplifying biased or discriminatory information or attitudes.

**Lack of Human Connection**
- Risk of reducing empathy and human connection when using generative AI in mental health settings.

## Recommendations and Future Directions

**Human Supervision and Monitoring**
- Need for human supervision and monitoring of generative AI systems to ensure responsible and ethical use.
- Mental health professionals should guide and oversee the AI-generated interactions.

**Transparent and Explainable AI**
- Develop transparent and explainable AI systems that allow users to understand how decisions or responses are generated.
- Work toward accountability and trust in maintaining the integrity of mental health services.

# Notes

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Cody Campbell graduated from the University of Wyoming in 2015, with a diverse business background, from tax consulting, budget specialist, and recently as a business intelligence report developer. Cody has been involved in mental health for two years, 8 months as a data/report developer at North Range Behavioral Health. In his current role he provides data solutions to various stakeholders within North Range, focused specifically on providing support, and creative data solutions to help manage the CCBHC grant NOMS to SPARS process.

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Eric Sagel has been with North Range Behavioral Health for 23 years in both a clinical and Electronic Health Record(EHR)/Data Analyst/Report Developer capacity. He is currently the CCBHC evaluator for North Range focusing on data collection and reporting as well process automation.