

Mental Health Technology Advisory Committee:

Charter

Background

Technology continues to transform the delivery of mental and behavioral health services, enabling innovative approaches to care, enhancing access, and improving population health. The American Psychological Association (APA) recognizes the critical role that mental health technologies play in supporting ongoing advancements in digital mental health interventions and telehealth.

[The Mental Health Technology Advisory Committee \(MHTAC\)](#) was established in 2023 to advance APA's efforts in supporting practicing psychologists and mental health professionals through emerging and future technologies. The committee develops strategies to promote the effective use of digital tools including telepsychology, artificial intelligence, digital mental health interventions, while identifying additional priorities APA should consider supporting practice, research, education, and advocacy.

Mission

To position APA as a leader in the development, evaluation, and use of mental health technologies that enhance clinical practice, expand access to care, improve population health outcomes, and shape the future of psychological science and services.

Purpose

The MHTAC works collaboratively with APA governance and staff to:

1. **Develop strategies** to advance APA's ongoing initiatives in areas such as telehealth, digital mental health interventions, health information exchange, artificial intelligence, and other emerging technologies.
2. **Identify and recommend future priorities** that APA should consider regarding technology's role in psychological practice, training, research, and population health.
3. **Serve as subject matter experts** in digital mental health, providing insights on trends, implications, and opportunities for the profession.
4. **Develop and refine resources and guidance** for mental health providers, policymakers, and the public.
5. **Promote the thoughtful integration of technology** in clinical workflows, professional development, and systems of care, ensuring psychological expertise shapes the evolving digital ecosystem.

Membership

The committee is composed of psychologists and other relevant stakeholders with diverse perspectives and expertise in mental health technology. Members represent a wide range of backgrounds, including:

- Telepsychology and digital mental health intervention delivery
- Technology-enabled practice optimization
- Health information exchange and data systems
- Artificial intelligence and emerging technologies
- Regulatory and reimbursement advocacy
- Technology-focused population health initiatives

Members are selected based on professional expertise, career stage, and alignment with the goals of the committee.

The committee is led by a chairperson and supported by APA staff from relevant units. Additional APA staff participate, as appropriate, based on initiative needs.