Gamble, drink, consume, repeat: How to cycle your way out

Australians have some of the highest rates of unhealthy habits and addictions, which contribute to poor physical, mental, and brain health. At BrainPark, our vision is to use neuroscience and technology to create healthy habits, brains and communities.

This presentation will address how BrainPark is tackling three current barriers to obtaining better outcomes:

(i) lack of engagement or empowerment of the individual in intervention programs
(ii) excessive focus on the manifest behaviours (e.g. substance use) rather than the person/underlying mechanisms (e.g. neurocognition and motivational processes)
(iii) lack of exploitation of the potent role of everyday lifestyle and technology activities on brain and mental health.

View on Zoom at monash.zoom.us/j/611675966

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