The Department of Behavioral and Social Sciences’ i-BSHS (Innovations in Behavioral and Social Health Sciences) lecture series fosters collaborative discussion on innovative behavioral and social science-based approaches to improving population health.

“Building and sustaining multi-modal digital behavioral health interventions”

Dr. Frederick Muench is the Director of Digital Health Interventions at North Shore Long Island Jewish Health System. Fred is a clinical psychologist who focuses on digital health research with special emphasis on its application in the addictions. Through NIH funding he developed the first continuing care text messaging system for individuals transitioning from substance abuse treatment and is currently the PI on a study comparing different types of mobile messaging on reducing heavy drinking. Fred has extensive experience building digital health interventions as the Founder of Mobile Health Interventions (2009), Director of Research at Helicor. Fred is an adjunct Assistant Professor at NYU in the Interactive Telecommunications Program where he teaches a class on using technology to build mindfulness and meditation tools.