

STATISTICS AND AI IN MENTAL HEALTH: A 100TH YEAR CELEBRATION AND LOOK TO THE FUTURE



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IMMEDIATE PAST PRESIDENT OF THE SOCAL
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SCASA is super thrilled to announce that this year we have been awarded an ASA traveling course instructed by no one else but our own immediate past president Dr. Anna Yu Lee, a founder and owner of *Concierge Mental Health & Associates*.

Dates: Friday, 9/19/2025, online & Saturday, 9/20, 2025, in person, in the Found-rSpace Building at **87 N. Raymond Ave., Pasadena, CA 91103**. Parking is available in a nearby garage at an hourly rate.

Cost: \$25 Students/Retirees, \$50 general (either one or two days). We owe ASA \$25 per person regardless.

Registration: <https://www.eventbrite.com/e/1486401951249?aff=oddtcreator>

Title: Statistics and AI in Mental Health: A 100th Year Celebration and Look to the Future

Abstract: This seminar introduces the use of statistics and AI to support and complement evidence-informed mental health approaches. Rooted in both statistical reasoning and psychological insight, this course examines the therapeutic potential of tools such as probabilistic thinking, Algorithmic Decision-Tracking, and even generative uses of AI for emotional expression. The session highlights how both statistics and AI can address widespread issues like stress, cognitive distortions, anxiety, depression, fear, and burn-out. It includes exploratory and controversial techniques, critically focusing on ethics, transparency, and cultural respect. In tracing the intersections between statistics, AI, and psychology, the seminar poses a central question: how can statistical logic and AI methodologies help us transcend human limitations rooted in ignorance, emotional reactivity, and ego? This session invites participants to envision a future where data-informed care becomes not only more effective but also more compassionate and equitable.

Continues on the next page.

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Continued from the previous page.

Instructor Bio: Dr. Anna Yu Lee holds multiple roles, including Immediate Past President of the Southern California Chapter of the American Statistical Association, Adjunct Professor in the School of Community & Global Health at Claremont Graduate University, and Founder and Senior Consultant at Concierge Mental Health & Associates (CMHA). Her education and clinical training span multicultural psychology, public health, and biostatistics, and her professional background includes counseling, residential care management, health promotion science, journalism, undergraduate and graduate instruction, and marketing.

In her private practice, Dr. Yu Lee serves as a consultant, not a psychotherapist. Her publications have appeared in journals of public health, social and behavioral health, and statistical education. She has presented to academic, clinical, and industry audiences across North America, Western Europe, East Asia, and the Middle East. Her teaching experience includes the Marriage & Family Therapy program at the USC Rossier School of Education; the M.S. in Biostatistics program at Azusa Pacific University; and the undergraduate Departments of Mathematics, Physics, and Statistics, as well as Psychology, including at Cal Poly Pomona.

Her international psychology training includes practicums and positions at:

- Saint Anne's Hospital – Paris, France
- Ruijin Hospital, Department of Functional Neurosurgery – Shanghai, China
- Health Education Outreach – Claremont, CA
- Youth Activity Center & Teen Activity Center – Claremont, CA
- Fuller Psychological and Family Services
- 1736 Family Crisis Center – Manhattan Beach, CA
- Pryde Youth Diversion – Aliso Viejo, CA
- Visiting Neighbors – Manhattan, NY

Memberships & Associations:

American Psychological Association, Japanese Association of Clinical Dohsalogy, San Gabriel Valley Psychological Association, Friends of NAMI Greater LA County, Alcohol and Drug History Society, Homeless Count Los Angeles, Western Psychological Association, Psi Chi International Honor Society.

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Continued from the previous page.

Course Schedule & Location

Friday, September 19th, 2025 (Virtual Only)

10:00am-2:00pm

Group Introductions

Ice-Breaker: Pre-course emotional assessment (optional) & discussion

'Post-Conventional Psychology' Overview

Talk Therapy Appropriateness Discussion

Statistics & AI in Mental Health: An Overview

How can statistical logic and AI help transcend human limitations rooted in ignorance, emotionality, and ego?

Lunch (12:00 – 1pm)

'Statistics Therapeutics'

Approaches & Applications

Review of Quantitative & Qualitative Data

Group Discussion

Saturday, September 20th, 2025 (In-Person, 87 N. Raymond Ave., Pasadena, 91103; \$1/hourly parking structure located at 171 N. Raymond Ave. 91103).

10:00am-2:00pm

How statistics and AI can help make humans (1) Smarter (2) Less emotional (3) Kinder

Lunch & Centennial Celebration (12:00 – 1pm)

Limitations & Risks, both to consumers as well as providers of Post-Conventional Psychology, Statistics Therapeutics, and AI in mental health spaces

Invitation to complete post-talk emotional assessment

Group Discussion

