



EP3 FOUNDATION



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL



HARVARD T.H. CHAN  
SCHOOL OF PUBLIC HEALTH

## Clinic for Interactive Media And Internet Disorders (CIMAID)

*A Boston Children's Hospital Treatment Center for  
Problematic Interactive Media Use*

### Our Mission

The mission of the Center on Media and Child Health ([www.CMCH.tv](http://www.CMCH.tv)) is to educate and empower children and those who care for them to create and consume media in ways that optimize children's health and development. Media are a powerful environmental health influence, like the air we breathe and the water we drink. CMCH research has found positive and negative health effects from the media children use and how they use them. Because CIMAID is the clinical arm of CMCH,

### Who We Are

The Clinic for Interactive Media and Internet Disorders (CIMAID), created by The Center on Media and Child Health (CMCH) at Boston Children's Hospital (BCH) is an academic research center affiliated with Harvard Medical School and Harvard T. H. Chan School of Public Health. CMCH, founded in 2003 by pediatrician, father, and former Hollywood filmmaker Michael Rich, focuses on media as a powerful environmental health influence, like the air we breathe and the water we drink. CMCH leads the world in research focused on the health effects of media use by children and adolescents.

CIMAID treats and helps families prevent the known media health issues identified by CMCH's research. The clinic addresses new media-health issues and develops, evaluates, and disseminates proven medical models for treating and preventing problematic media disorders.

### Why is the Clinic Important?

CMCH and Dr. Michael Rich are prepared to open the Center on Interactive Media and Internet Disorders (CIMAID) within the world-class medical setting of Boston Children's Hospital. CIMAID will assess children and adolescents whose health, relationships, or education are suffering due to their social media, gaming, online video or pornography use.

The CIMAID clinical team, consisting of a medical doctor, psychiatrist, psychologist, and social worker who specialize in the treatment of youth dealing with media-related health issues, will evaluate their situation and provide children and their families with action plans demonstrated to improve health outcomes.

### Powerful Environmental Health Influence

Children are hooked on screens—starting ever younger, engaging more intensely, using media for more and more of their waking hours. Half of teens today believe they are "addicted" to

their smart phones. And some appear to be – online all night with gaming, social media, porn or videos, sleeping through school, avoiding family, friends, and previously enjoyed activities, sullen, irritable, even suicidal when offline. A growing population of children and their families are suffering.

## CMCH First To Diagnose Interactive Media Disorders

Problematic use of media contribute to sleep deprivation, obesity, academic failure, substance use, cyberbullying, sexting, anxiety, depression, and a disabling, out-of-control relationship with technology, which was first described by CMCH researchers as Problematic Interactive Media Use (PIMU).

## Data is key

Treatment protocols for children and support for families will be based in best practices gathered from Dr. Rich's years of clinical experience treating media-related health problems and comprehensive research evidence from CMCH and around the world. CMCH will analyze the clinical data gathered from the children and families who seek treatment at CIMAID and use it to accelerate diagnosis and treatment of PIMU, which, in severe cases, could save lives.

More importantly, with the rise of children dealing with PIMU and families desperate for help, this data can be used to develop effective prevention strategies to be integrated in pediatric well child visits, so that children and their families can avoid PIMU and other media-related health problems in the future.

## Data and Information Solution

The EP3 Foundation is the trusted, neutral nonprofit using the internet in a new way to solve the hardest identity, consent, and confidentiality requirements. EP3 Foundation's QuantumPrivacy Networks (QPN)<sup>SM</sup> and Unified Trust Models unlock data silos by using proven, cutting-edge technology allowing access to data needed for patient safety while also protecting sensitive, personal health information and confidentiality.

CIMAID and EP3 Foundation stakeholders and trust authorities set the rules and governance. QPN<sup>SM</sup> Health, Education, and Safety networks enable CIMAID participants to share data at the smallest possible unit across many networks. This technology allows small, hard to find, obfuscated bits of information to be shared via multiple networks based on the relevant laws, policies, and consent. This directly addresses the biggest obstacles to providing patient-driven, integrated care. Interoperable networks enable all participating providers, regardless of the location of services, to share and communicate with each other with fine granular access and approvals.

## EP3 Foundation Health, Safety, and Education Networks

- Share data and communicate with each other when allowed
- Link personal data from different sources at a granular level
- Verify identity using various attributes from multiple networks
- Automatically ensure policy compliance at the attribute level
- Obfuscate information beyond encryption to maintain secure yet computable for research, public health and improve health outcomes.

## Potential CIMAID and EP3 Foundation Participants

- Adaptable Security
- Boston Children's Hospital (BCH)
- Center on Media and Child Health
- Community Clinics and Safety Net Clinics
- EP3 Foundation
- Federally Funded Community Clinics
- Harvard Medical School, Pediatrics
- Harvard School of Public Health
- MIT Medical
- Cambridge Medical Supply
- Cambridge Health Alliance
- BMC HealthNet Plan