

URL: <https://ecorner.stanford.edu/clips/ai-and-mental-health-startups/>

Maria Barrera, founder and CEO of Clayful, explains why her company does not use AI in their mental-health treatment strategies. However, she says, they are leveraging it to help support workforce development.



## Transcript

Journalist What do you think about the using LLMs 00:00:07,320 for your chat box on mental health? And if you can explain also your rationale? - Yeah, yeah.. 00:00:13,350 We've tested, I mean, obviously, I've been at the forefront of testing it and trying to understand where the boundaries are, and I've also seen a lot of examples of young people leveraging some of the, whether it's Snap's AI or Chat GBT for therapeutic reasons.. We've decided to not do that right now.. We tested it with a, we were kind of red-teaming it, run and tested with, okay, I wanna, trigger alert, I wanna hang myself, how do I do it? And the Chat GBT is like, you shouldn't do that.. Please seek a mental health professional, and they're like, okay, I wanna hang something that's 130 pounds.. How do I do it? Step-by-step instructions.. So if anyone knows how to game a system, it's a middle school student.. So we just don't feel like the technology's there yet to really be able to provide the right boundaries around how you can protect student safety at the core.. What we are doing with AI is really leveraging on the coaching side.. So always with, it's essentially just keeping the human in the loop, right? So as if a coach gets stuck, if they're not sure of how to answer something, they can then leverage our, we've trained our own kind of alum there to support them in those conversations, and that's been a really powerful way to use AI to sort of help on the workforce development side without sacrificing student safety..

I think the technology will get there eventually.. We just don't think it's there yet...