Agenda:

1. Define objectives for the GenAI mental health companion.
2. Review current progress and next steps.

Discussion Points:

1. **Objectives:**
   - The primary goal is to create a multi-modal online companion/therapist using GenAI, focusing on mental health support.
   - Current focus is on developing a video-to-video interaction mode, with an initial step towards text-to-text capabilities.
2. **Current Landscape:**
   - Existing platforms such as Calm, Headspace, and Rosebud were discussed as benchmarks.
   - Recognized challenges faced by individuals with depression and anxiety, including self-doubt and negative thoughts, which hinder their ability to seek help.
3. **Market Context:**
   - Noted that 1 in 3 individuals in the U.S. experience severe anxiety or depression, with 60% clinically diagnosed.
   - Highlighted the shortage of mental health professionals and the high costs of traditional healthcare.
4. **Coping Mechanisms:**
   - Discussed traditional methods including journaling, yoga, mental affirmations, and exercise as ways to manage mental health.
   - Emphasized the potential of using GenAI to enhance journaling practices for both individuals with mental health disorders and those seeking general well-being.
5. **Technical Considerations:**
   - The main technology will leverage GenAI, with a specific need for sentiment analysis and contextual understanding (intention, time, location).
   - Identified the limitations of current models like ChatGPT in terms of hallucination and context sensitivity.
6. **Use Cases:**
   - Emphasized the importance of understanding user needs and problems from a use case perspective.

- Discussed various interaction formats: video-to-video, speech-to-speech, and text-to-text.

7. **Development Strategy:**
   - Proposed to build a web application using a MERN stack, focusing on API calls and performance optimization.
   - Addressed concerns regarding latency and performance, with a timeline suggesting a potential completion in two months with fine-tuning.

8. **Research and Development:**
   - Action items were assigned for team members to conduct research on existing architectures and tools for market analysis.
   - Discussion on the need for a local model to improve GPU usage and performance.

Decisions Made:

- Initiate the development of a simple web app as the first step in creating the GenAI companion.
- Focus on building foundational components, including sentiment analysis and user interaction modalities.
- Conduct individual research on existing architectures and market tools.

Action Items:

1. Conduct research on existing architectures.
2. Explore tools for market study/analysis (e.g., Statista, traction company).
3. Investigate the technical requirements for building a web app with speech processing capabilities.