Telebehavioral Health in Primary Care

Leveraging technology to increase access and efficiency
Definition(s) – Over 40 Terms

3 Main Types
- Video
- Text
- Avatar

Most Common Terms
- Telemental Health
- Telebehavioral Health
- Online Therapy
- Online Counseling

Millions have limited access to care

67M Americans have a mental illness

58 Million of them not get adequate care

~ Commonwealth Fund

Telemental Health is Effective


http://thesource.americantelemed.org/resources/telemedicine-practice-guidelines
Legal

Laws vary by state and by profession.

http://www.cchpca.org/state-laws-and-reimbursement-policies

Standards and Ethics

AAMFT - American Association of Marriage and Family Therapists
  - Code of Ethics
ACA - American Counseling Association
  - Code of Ethics
AMA - American Medical Association
  - Resolution 317 in favor of quality telemedicine policies
APA - American Psychological Association
  - Guidelines for Ethical Practice of Telepsychology
ATA - American Telemedicine Association
  - Guidelines for Video Telemental Health
NASW - Standards for Technology and Social Work Practice

NBCC - National Board for Certified Counselors
  - Code of Ethics for Distance Services
Supported: Federal Agencies and Professional Orgs

Many Federal agencies support Office for the Advancement of Telehealth
  • Cross Federal Workgroup on Telehealth
  • Short-term and long-term goals
  • 26 agencies/departments included
Financially Sustainable


http://www.cchpca.org/state-laws-and-reimbursement-policies
Requires Preparation, Training and Practice

Ethics and state laws requires training.

http://www.startelehealth.org/certificates-and-credentials
Settings - Many Options

Clinic-to-clinic

Clinic-to-X
School/Prisons/Corp

Clinic to client home
(DTC = Direct-to-Consumer)

Clinician home to client home
(DTC = Direct-to-Consumer)
Use-cases:

- Specialty consults: Distant psychiatrist or other specialist
- Outsourced psychiatric evaluation/medication management
- Evaluation and treatment by other licensed providers
- Direct referral to trained online providers
- Recorded structured interview and asynchronous evaluation (experimental)
Resources

Discussion Forum http://www.matrc.org/community/discussions
Software comparisons https://telementalhealthcomparisons.com
Telehealth Resource Centers http://www.telehealthresourcecenter.org/
Contact Information

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