



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

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

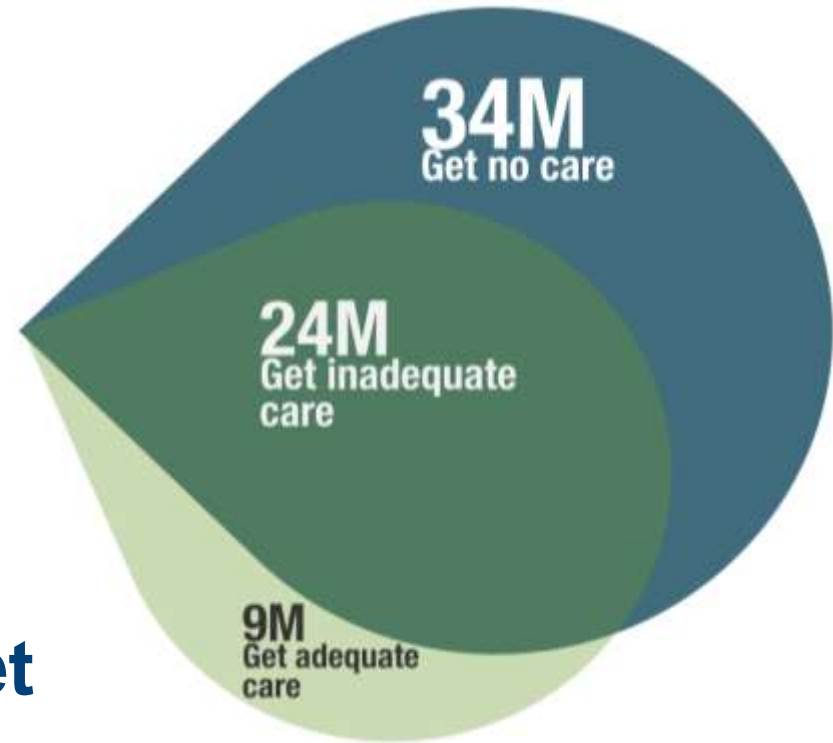
- Telemental Health
- Telebehavioral Health
- Online Therapy
- Online Counseling

1. Avatar counseling
2. Avatar therapy
3. Chat therapy
4. Clinical video therapy,
5. Cyber-counseling
6. Cyber-psychology
7. Cyber-therapy,
8. Distance counseling
9. Distance therapy
10. Electronic means
11. Electronic practice
12. Electronic methods
13. Email counseling
14. Email therapy
15. Ecounseling or E-counseling
16. Etherapy or E-therapy
17. Icounseling or I-counseling,
18. Internet mediated
19. Internet therapy,

Ostrowski, J, and Collins T, (2016). A Comparison of Telemental Health Terminology Used Across Mental Health State Licensure Boards. The Professional Counselor Journal. <http://tpcjjournal.nbcc.org/a-comparison-of-telemental-health-terminology-used-across-mental-health-state-licensure-boards/>

Millions have limited access to care

67M
Americans
have a mental
illness

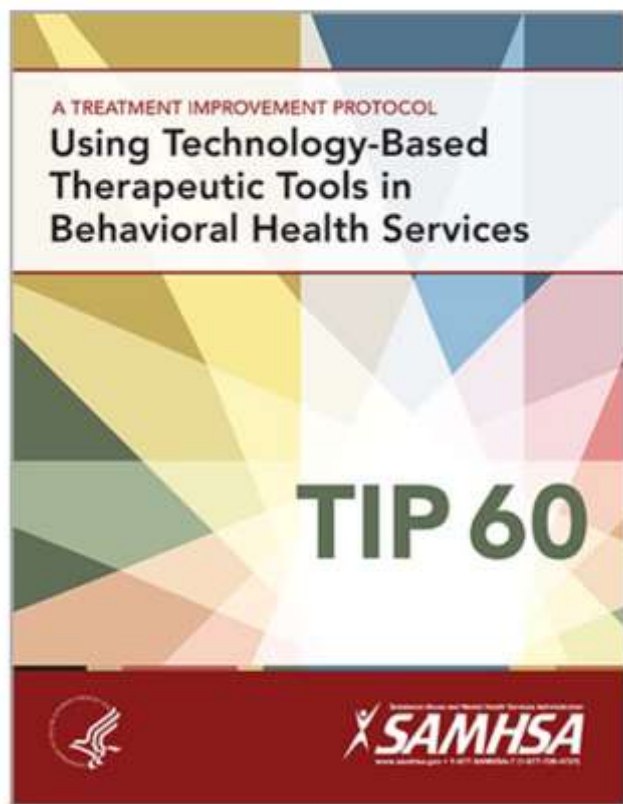


**58 Million of them not get
adequate care**

~ Commonwealth Fund

Includes adults (<http://1.usa.gov/MPYzPQ> , <http://1.usa.gov/N5kwH4>) and children (<http://1.usa.gov/N5kDma>, <http://1.usa.gov/LDRbU6>, <http://bit.ly/RwQkaW>)

Telemental Health is Effective



EVIDENCE-BASED PRACTICE FOR TELEMENTAL HEALTH

October 2009

<https://store.samhsa.gov/product/TIP-60-Using-Technology-Based-Therapeutic-Tools-in-Behavioral-Health-Services/SMA15-4924>

<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>

Ostrowski, J, and Collins T, (2016). A Comparison of Telemental Health Terminology Used Across Mental Health State Licensure Boards. The Professional Counselor Journal. <http://tpcjournal.nbcc.org/a-comparison-of-telemental-health-terminology-used-across-mental-health-state-licensure-boards/>

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



PRACTICE GUIDELINES FOR
TELEMENTAL HEALTH WITH
CHILDREN AND ADOLESCENTS

MARCH 2017



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

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Medicare & Medicaid Services

Medicare Learning Network
Special Topic Version

Telehealth Services

RURAL HEALTH SERIES

Please note: The information in this publication applies only to the Medicare Fee-For-Service Program (also known as Original Medicare).

The Hyperlink Table, at the end of this document, provides the complete URL for each hyperlink.

Learn about these calendar year (CY) 2017 Medicare telehealth services topics:

- ◆ Originating sites
- ◆ Distant site practitioners
- ◆ Telehealth services
- ◆ Billing and payment for professional services furnished via telehealth
- ◆ Billing and payment for the originating site facility fee
- ◆ Resources
- ◆ Lists of helpful websites and Regional Office Rural Health Coordinators

When "you" is used in this publication, we are referring to physicians or practitioners at the distant site.



Medicare pays for a limited number of Part B services furnished by a physician or practitioner to an eligible beneficiary via a telecommunications system. For eligible telehealth services, the use of a telecommunications system substitutes for an in-person encounter.

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ICN 301705 November 2016

<https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/>

Center for
**Connected
Health Policy**
The National Telehealth Policy Resource Center



STATE TELEHEALTH LAWS AND REIMBURSEMENT POLICIES

A COMPREHENSIVE SCAN OF THE 50 STATES AND DISTRICT OF COLUMBIA

April 2017

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

Requires Preparation, Training and Practice

Ethics and state laws requires training.



National School of Applied Telehealth

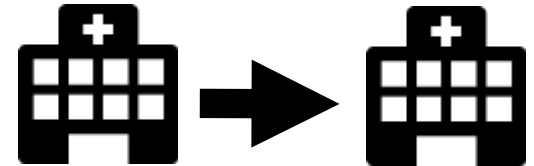


<http://hthu.net/gptonlinetrainingcenter/> <http://www.ucdmc.ucdavis.edu/cht/clinic/index.html>

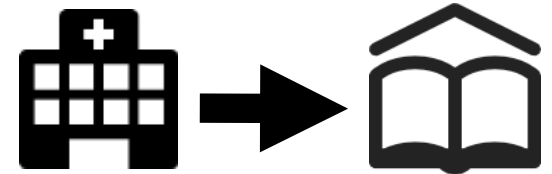
<http://www.startelehealth.org/certificates-and-credentials>

Settings - Many Options

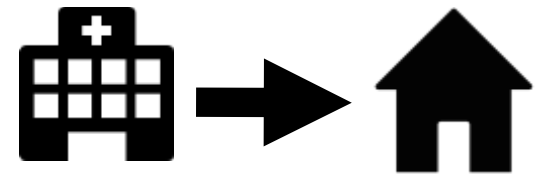
Clinic-to-clinic



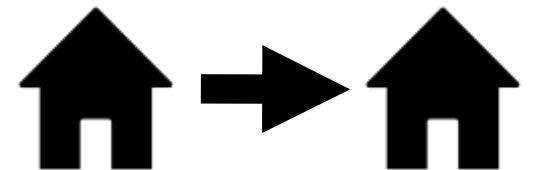
Clinic-to-X
School/Prisons/Corp



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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