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
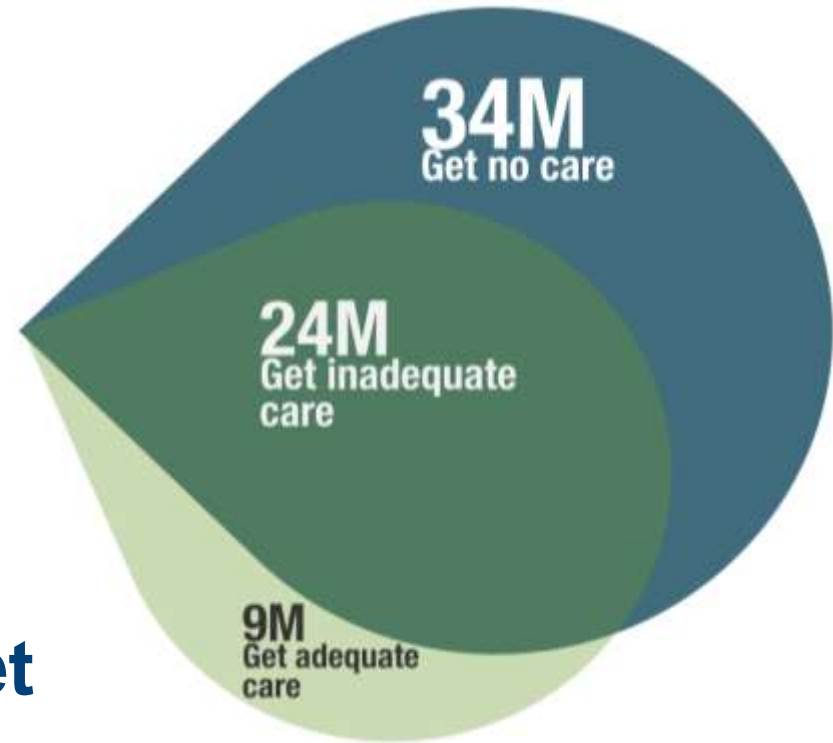- Text
- Avatar

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://tpcjournal.nbcc.org/a-comparison-of-telemental-health-terminology-used-across-mental-health-state-licensure-boards/

Millions have limited access to care
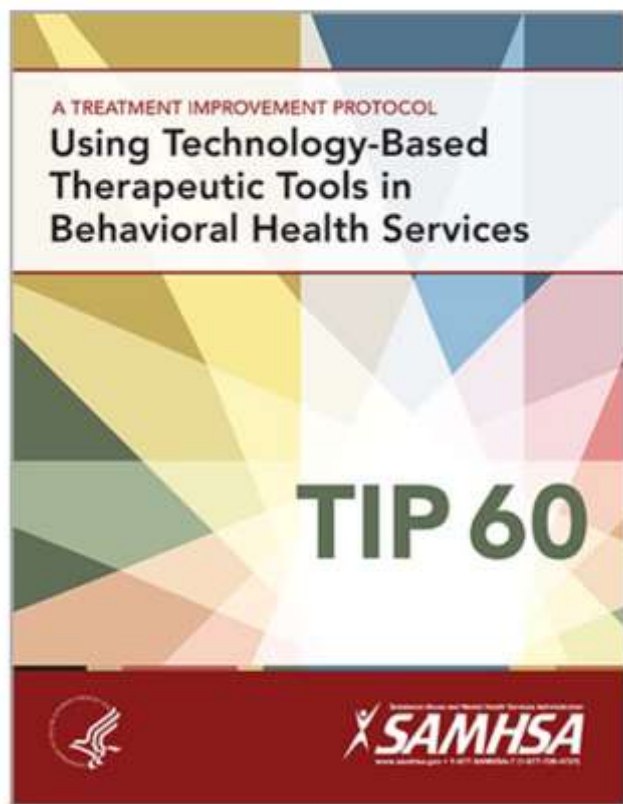
67M Americans have a mental illness

34M Get no care

24M Get inadequate care

9M Get adequate care

58 Million of them not get adequate care

~ Commonwealth Fund

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.

All Boards Have Specific TMH LAW
Counseling Board Only
Psychology Board Only
Social Work Board Only
Two Boards Have Laws
No Official Law

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

AMERICAN TELEMEDICINE ASSOCIATION

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

integration.samhsa.gov

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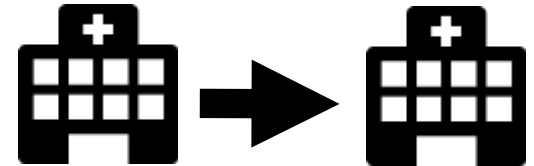
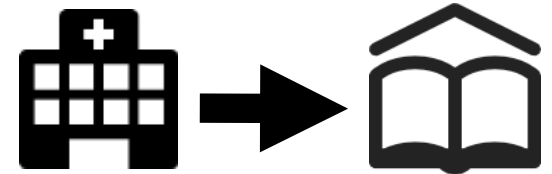http://www.startelehealth.org/certificates-and-credentials
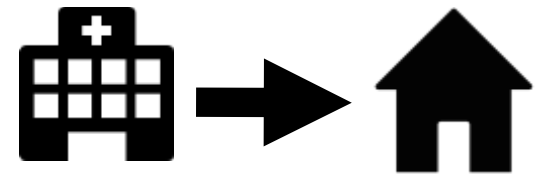
Settings - Many Options

Clinic-to-clinic

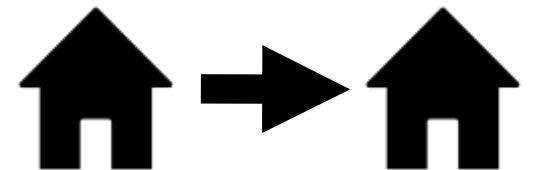**Clinic-to-X
   School/Prisons/Corp**

**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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