

Tele-Therapy 2016 Behavioral Health Summit

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Understanding the Terms

- Telehealth
- Telemedicine
- Telepsychiatry
- Tele-therapy

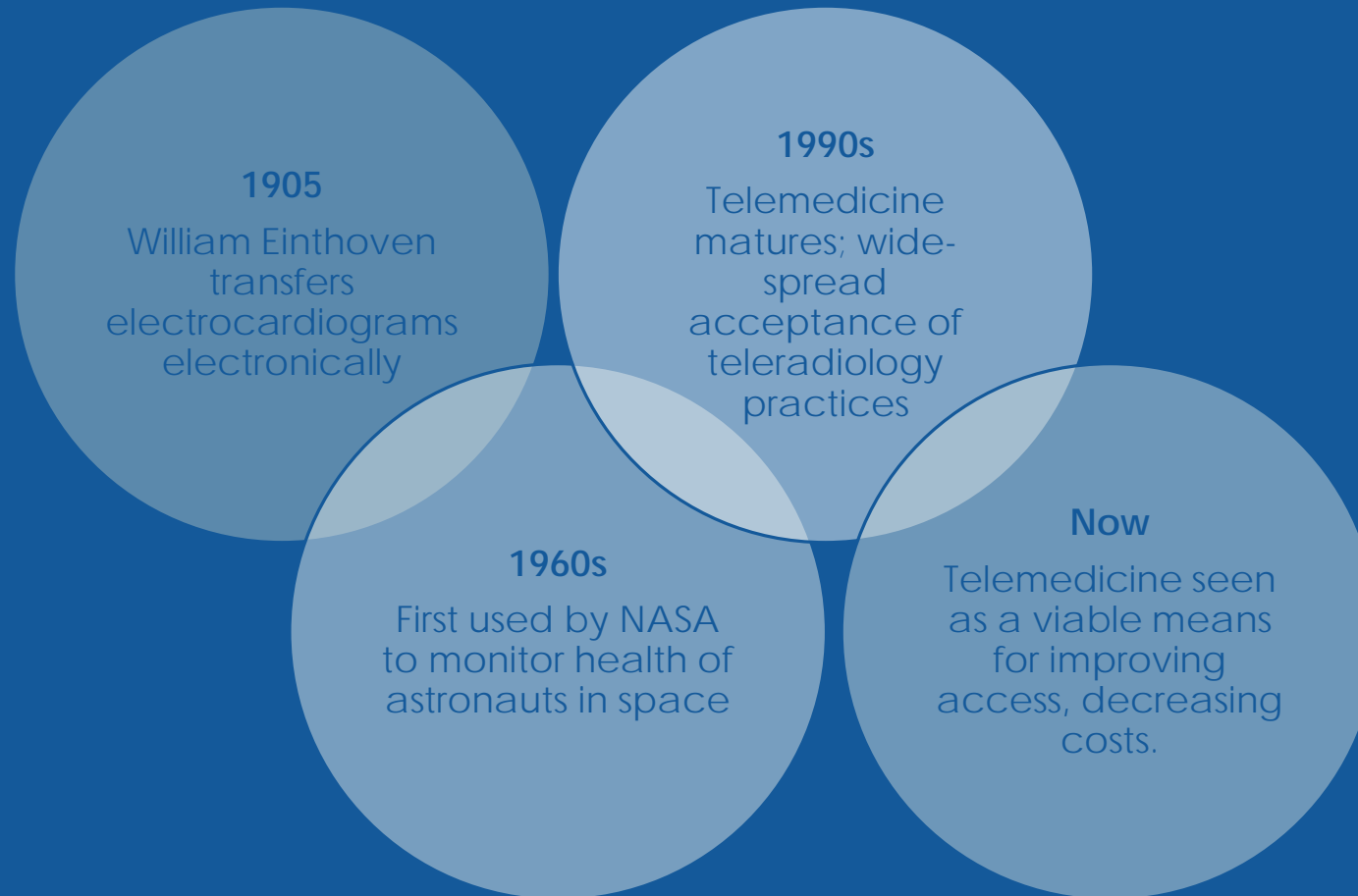
What is Telehealth?

- Telehealth is the use of electronic information and telecommunications technologies to support long-distance clinical health care, patient and professional health-related education, public health and health administration. Technologies include videoconferencing, the internet, store-and-forward imaging, streaming media, and terrestrial and wireless communications.
- In addition to clinical services, telehealth can also refer to remote non-clinical services, such as provider training, administrative meetings, and continuing medical education.

What is telemedicine?

- Telemedicine is the use of telecommunication and information technology to provide clinical health care from a distance. It helps eliminate distance barriers and can improve access to medical services that would often not be consistently available in distant rural communities. It is also used to save lives in critical care and emergency situations.

The History of Telemedicine



What is Telepsychiatry

- Telepsychiatry is the application of telemedicine to the specialty field of psychiatry. The term typically describes the delivery of psychiatric assessment and care through telecommunication technology, usually videoconferencing.
- Telepsychiatry services can be offered through intermediary companies that partner with facilities to increase care capacities, or by individual providers or provider groups. Most commonly, telepsychiatry encounters take place at medical facilities under the supervision of onsite staff.

What is tele-therapy?

- Tele-therapy is **real time** video-based remote transmission of behavioral health service through HIPAA secure videoconferencing technology.
- Provider must be eligible to provide services in the state where the client resides.

The Pros and Cons to Telemedicine in Behavioral Health

PROS

- Shortage of Psychiatrists
 - 59% of psychiatrists are over 55 years old
 - Only 12% of medical students are choosing psychiatry as a specialty
- Faster appointment times
- Increased choice of providers
- Decreased wait time on appointment day
- Reduced travel time and expenses
- Less work time missed
- In-home privacy reduces stigma

CONS

- Requires high-speed Internet connection and video device with current browser
- Research indicates that client adoption can be slow
- Technological Difficulties



American Telemedicine Association

“To date, no studies have identified any patient subgroup that does not benefit from, or is harmed by mental healthcare provided through remote video conferencing.”

Tele-therapy in Colorado

Dept. of Regulatory Agencies/Policy 30-1

- The therapist must still comply with all provisions as outlined in the Mental Health Practice Act, Title 12 Article 43;
- It is recommended that the initial therapeutic contact be in person and adequate to provide a conclusive diagnosis and therapeutic treatment plan;
- The mental health professional is expected to establish an ongoing therapeutic relationship including face-to-face visits on a periodic basis thereafter;

Dept. of Regulatory Agencies/Policy 30-1 (continued)

- The mental health professional must provide written consent form(s) and proper disclosure(s) regarding cyber security issues, confidentiality, etc.
- Determining the basis and ability for the mental health professional to support the rationale for the decision to choose a particular therapeutic method;
- The mental health professional must practice within his/her scope of practice;
- The tele-therapy must not cause any potential harm to the client.

- I, _____, have agreed to receive behavioral health services through the Tele-therapy system. I understand the use of the video conferencing equipment is a method of behavioral health care delivery in which services are delivered to an individual by a therapist who is in their office, while I am in my home. I understand that I will be receiving therapy care services through the tele-therapy system. Should circumstances arise, the session may become a crisis session, and if needed emergency personnel would be summoned.
- I understand that I will communicate through the tele-therapy system with a health care provider located at the Northglenn Office while I am at my residence (home, domicile). I understand and agree that no one will be in the room with me in my session to protect my confidentiality. I further understand that I may not record my therapy session. I understand that I may not be under the influence of drugs or alcohol (including marijuana) for my session. I understand there are no additional charges or fees for clinical services I will receive through the use of the tele-therapy system. I understand that the equipment will be discussed with me and I will understand how it works before I receive any services. I understand that my participation in tele-therapy is voluntary and I may refuse to participate or decide to stop participation at any time.
- I understand that my privacy and confidentiality will be protected. I also understand communication through the tele-therapy system occurs over secure telecommunications lines dedicated for this purpose. I understand that the likelihood of a videoconference being intercepted by an outsider is similar to the potential interception of a phone call. I understand no video or audio recording of the service(s) will be made. When I am receiving services through the tele-therapy system, I understand I will be notified as to who is in the room at the Northglenn office. (I also understand that email is not an acceptable means of communicating with my therapist and the only electronic communication will be the link to the session).
- I have been informed of my diagnosis and proposed treatment plan and understand that the health care providers at the Northglenn video site will have access to any relevant medical information about me including any psychiatric and/or psychological information, alcohol and/or drug abuse, and mental health records.
- I have read this document and I hereby consent to participate in receiving behavioral health services through the tele-therapy system under the terms described above. I understand this document will become a part of my medical record.

Example Consent Form for Tele-therapy

The Center For Mental Health Telehealth Practices

- Currently using tele-psychiatry at all outpatient locations
- Text Line: 741741 **FREE**
- www.mystrength.com / community code:
thecentersanmiguel, thecenterouray, thecentermontrose,
thecentergunnison, thecenterdelta, thecenterhinsdale - **FREE**
- PsychLine – **FREE** service to any primary care provider in the
service area
- Not currently using tele-therapy but exploring ways to
implement



QUESTIONS?