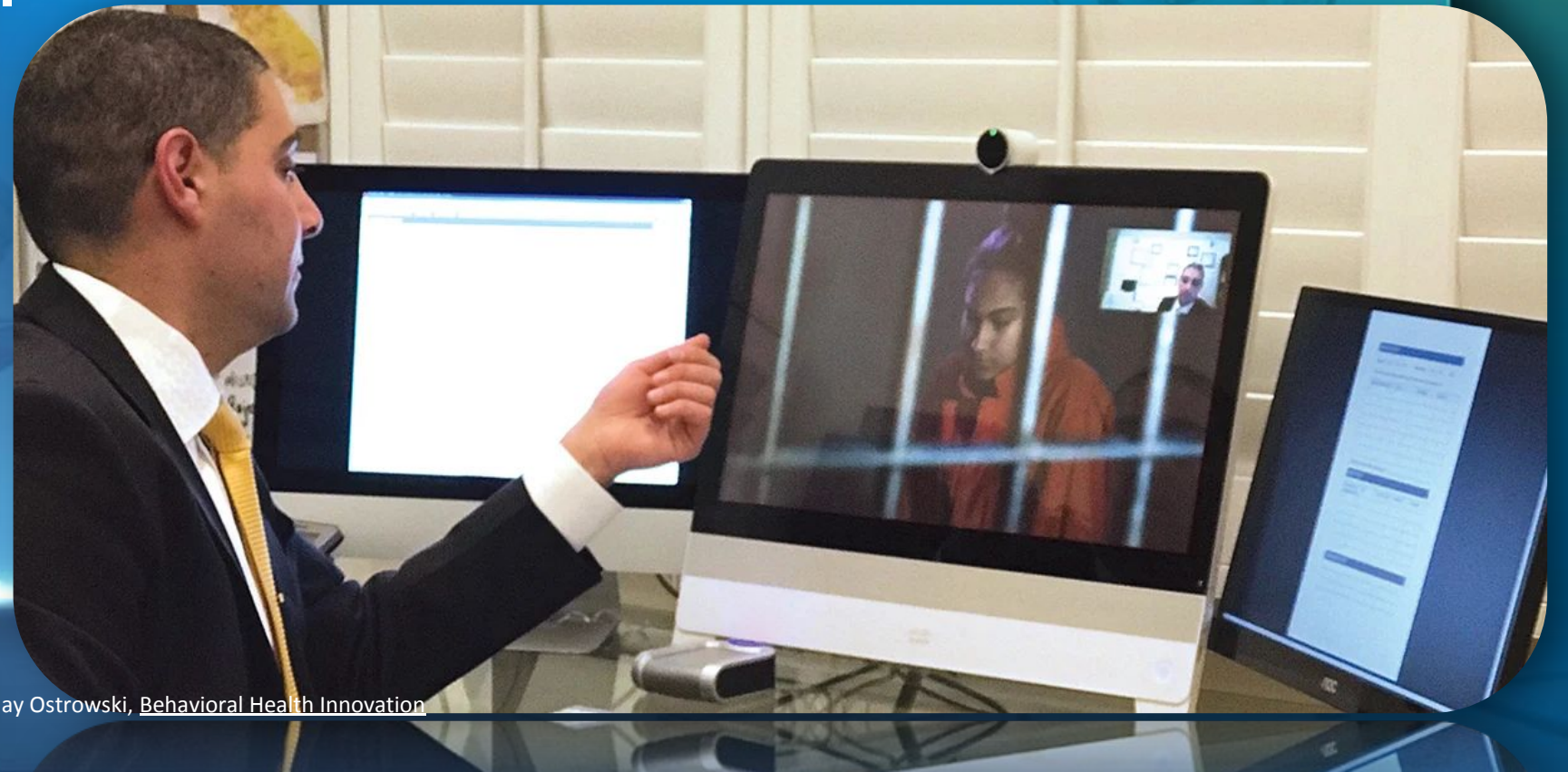


TELEBEHAVIORAL HEALTH INTRODUCTION

WHAT CRIMINAL JUSTICE STAKEHOLDERS
NEED TO KNOW.





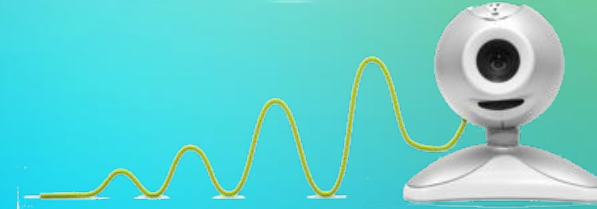
JAY OSTROWSKI
MA, LPC-S, NCC, ACS, BC-TMH

Consultative Partner- TBHCOE.MATRC.org

CEO, [Behavioral Health Innovation](#)

CEO, [Adaptive Telehealth](#)

TYPES OF TELEHEALTH



Telehealth

Telemonitoring

Telemedicine

Telebehavioral Health

Remote Patient
Monitoring

Ambulatory

Telepsychiatry

Telemental Health

Clinical Apps

Surgical Consults

Clinical Apps

Case Management

Many use-cases

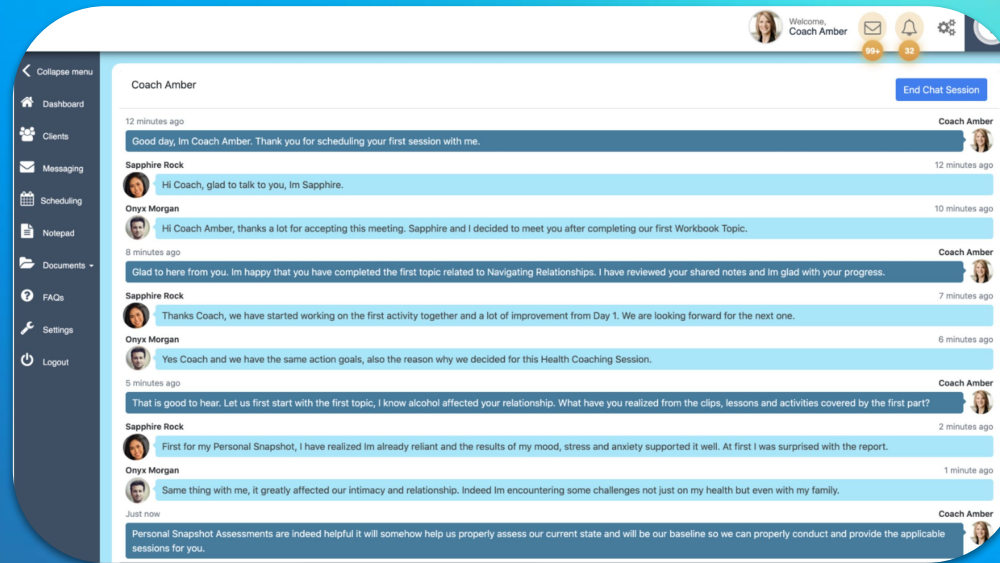
Case Management

(No particular order)

(No particular order)

TELEMENTAL HEALTH MODALITIES

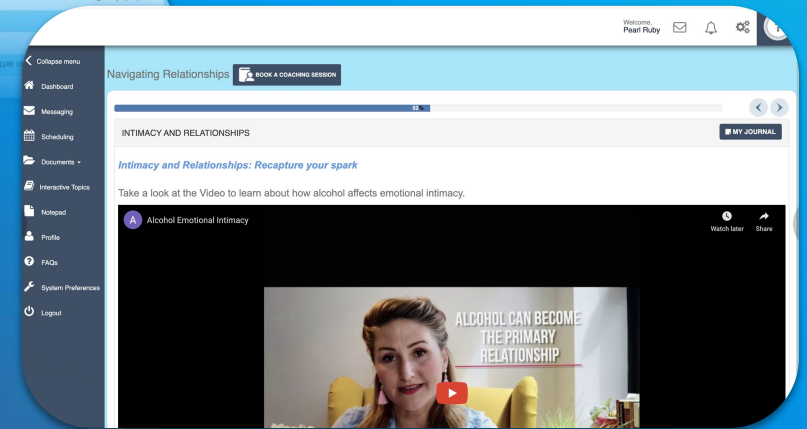
CLINICAL CHAT



CLINICAL VIDEO



CLINICAL WORKBOOKS



THROUGH TELEHEALTH

***Review
Records/
Labs***

***Write
Prescriptions***

***Psych
Evaluations***

***Individual
Counseling***

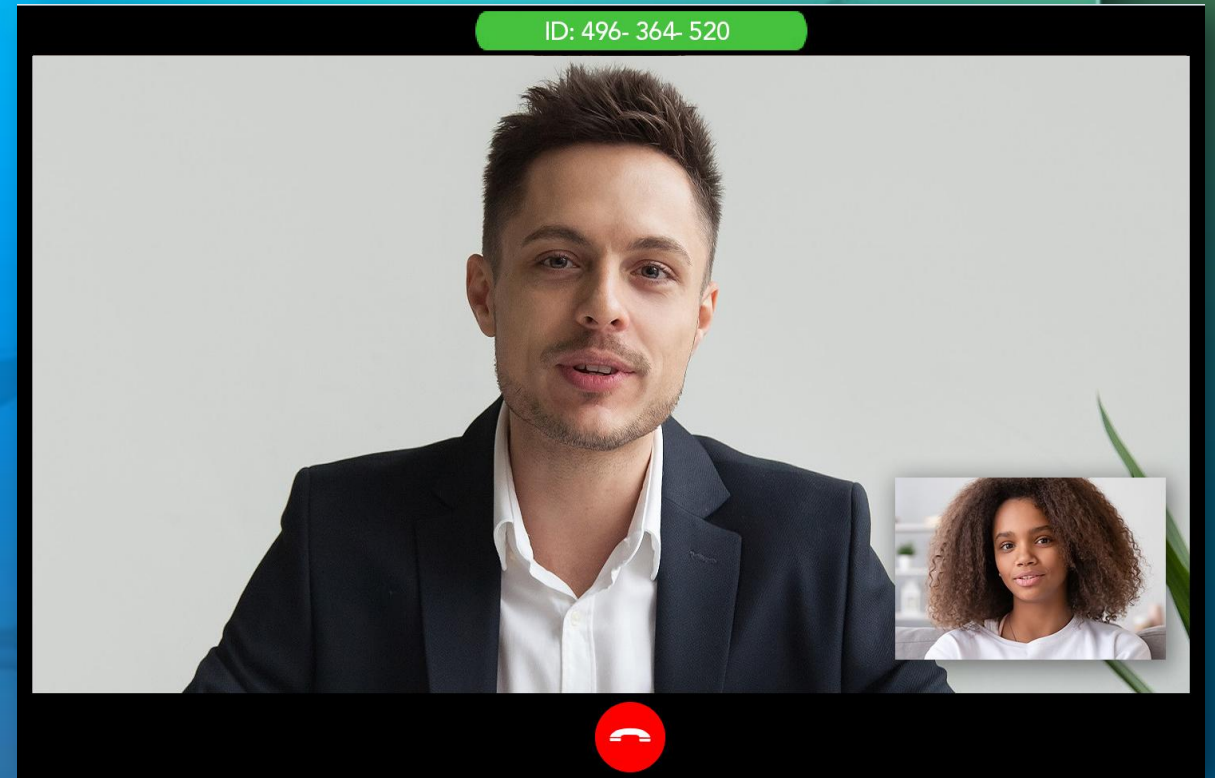
***Treatment
Staffing***

and More



Use Case Examples

1. Pre-Trial Intervention
2. Mediation
3. Psych Evaluations
4. Case Management
5. Supervision
6. Medication Management
7. Individual Treatment
8. Medication Assisted Treatment
9. Group Therapy
10. Psychoeducational Classes
11. Assessments
12. Breath tests



TELEMENTAL HEALTH PROGRESSION

1950s - First recorded Telemedicine events.



<http://telehealth.gcatt.gatech.edu/HTML/Nebraska1.html>

Many telehealth services can be performed from a laptop using additional security measures and software with extensive HIPAA-security measures.



SETTINGS



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)

Federal Support

- SAMHSA: 2 reports pro Telemental Health⁹
- White House, DOD, Veteran Affairs, HHS
- Medicare & Medicaid reimbursement
- ACA mandates telehealth services for ACOs⁸



TELEBEHAVIORAL HEALTH RESEARCH

What does the research say about Telebehavioral Health?



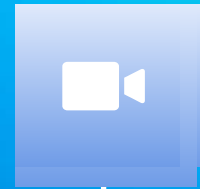
Same Efficacy

Literature supports efficacy of nearly all TMH/TBH services¹



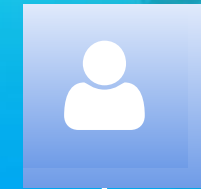
Same Methods

TMH uses same theoretical methods & techniques²



Same Services

All in-person mental health services can be delivered via video³

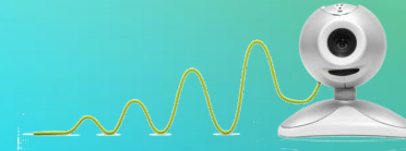


Same Clients

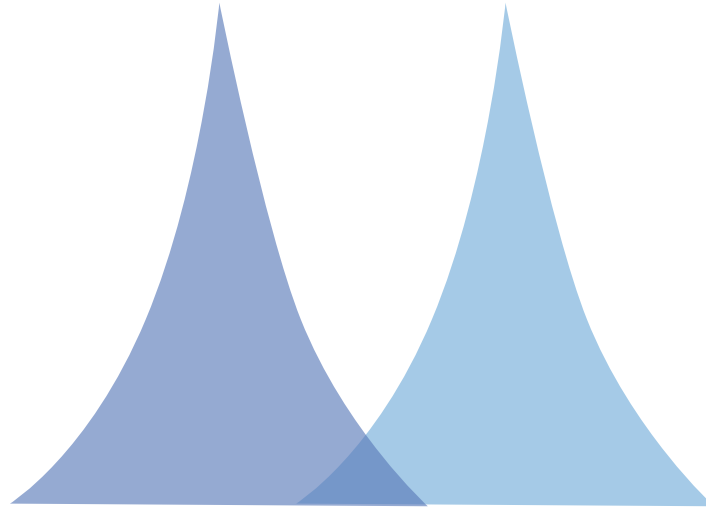
No Contra-indications

EFFECTIVENESS

RESEARCH ON TELEBEHAVIORAL HEALTH



In-Person TMH



Positive Outcomes

High Patient Satisfaction

Moderate to High Clinical Satisfaction

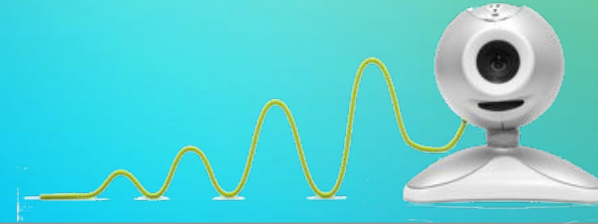
Meta-analysis of 92 studies of online therapy

Journal of Technology in Human services, Vol. 26, No. 2

Meta-analysis of 148 peer-reviewed studies on the use of video therapy online

Clinical Psychology: Science and Practice, Vol. 16, No. 3

EFFECTIVENESS



Does Telebehavioral Health Work?

Yes.



Department of Veterans Affairs

- 900,000 Veterans used telehealth services in 2019
- 99,000 Veterans used VA Video Connect - 2/3 Visits consisted of Telemental health care

<https://www.aha.org/news/headline/2019-11-26-va-veterans-use-telehealth-services-17-fy-2019>

Journal of Substance Abuse Treatment

- *Telebehavioral Health treatment is increasing in the United States.*
- 17.4% (12,334) of Substance Abuse Facilities now offer Telebehavioral Health in 2020
- 22.4% of all facilities offer telebehavioral treatment in rural areas

<https://www.sciencedirect.com/science/journal/07405472>

American Psychiatric Association

Clinical Outcomes:

- Telepsychiatry Preferred for Adults with Anxiety Disorders
- Highly effective to patients that have PTSD

<https://www.psychiatry.org/psychiatrists/practice/telepsychiatry/toolkit/clinical-outcomes>

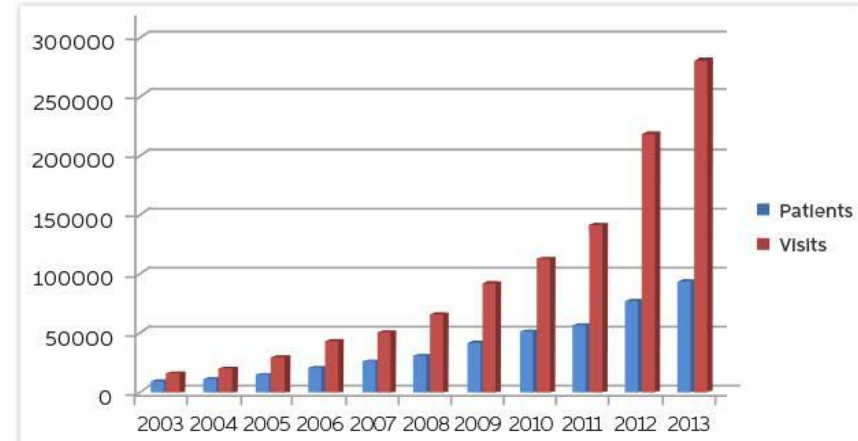
Veterans Administration

Great Outcomes

Patient Satisfaction Outcomes

- **25% Drop in Hospitalizations**
- **94% satisfaction rate of 8,000+ surveyed**

WHERE WE ARE NOW: VA TMH Services FY 2003-2013



TMH CVT implementation Measures in VA Since 2002

- **2003-2013**
- **1,200,000 TMH encounters**
- **10 fold increase in new patients annually**
- **150 Medical Centers**
- **530 Clinics**

JUSTICE-INVOLVED STUDIES OF TELEMENTAL HEALTH

**A Meta-Analysis of 3 Studies, 341 Patients
Results indicated that Telemental Health outcomes were at
least comparable with in-person outcomes.**



Telepsychological services with criminal justice and substance abuse clients: A systematic review and meta-analysis. By Batastini, Ashley B., King, Christopher M., Morgan, Robert D., McDaniel, Briann. *Psychological Services*, Vol 13(1), Feb 2016, 20-30
<https://psycnet.apa.org/buy/2015-31580-001>

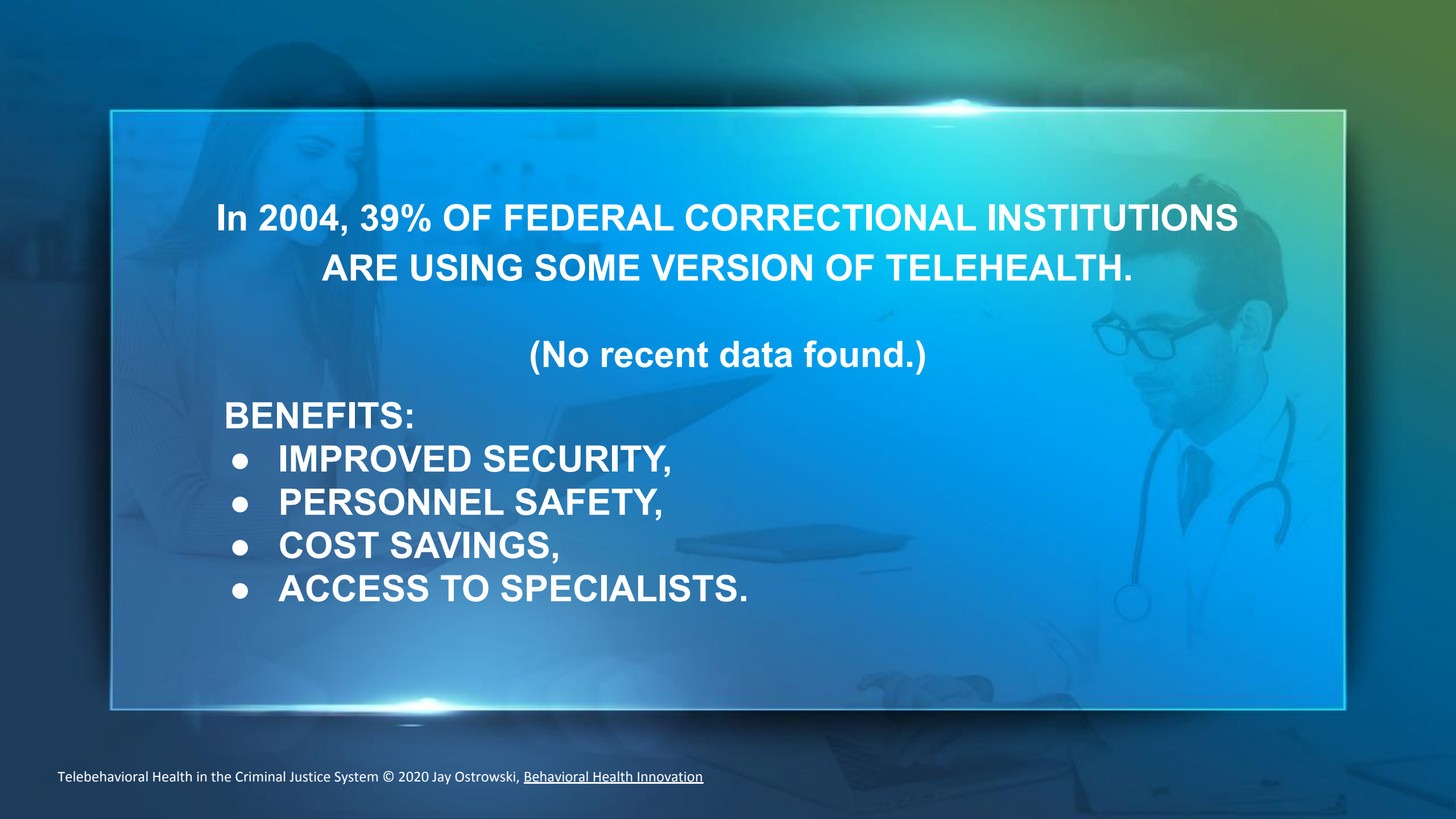
STUDY:

**JUVENILE JUSTICE
TELEBEHAVIORAL
HEALTH:**

**NO NEGATIVE
OUTCOMES.**



Ashley B. Batastini. Journal of Child and Adolescent Psychopharmacology. Apr 2016. 273-277. <http://doi.org/10.1089/cap.2015.0011>



**In 2004, 39% OF FEDERAL CORRECTIONAL INSTITUTIONS
ARE USING SOME VERSION OF TELEHEALTH.**

(No recent data found.)

BENEFITS:

- **IMPROVED SECURITY,**
- **PERSONNEL SAFETY,**
- **COST SAVINGS,**
- **ACCESS TO SPECIALISTS.**

DANGERS?

WHAT COULD GO WRONG?

WHAT COULD GO WRONG?

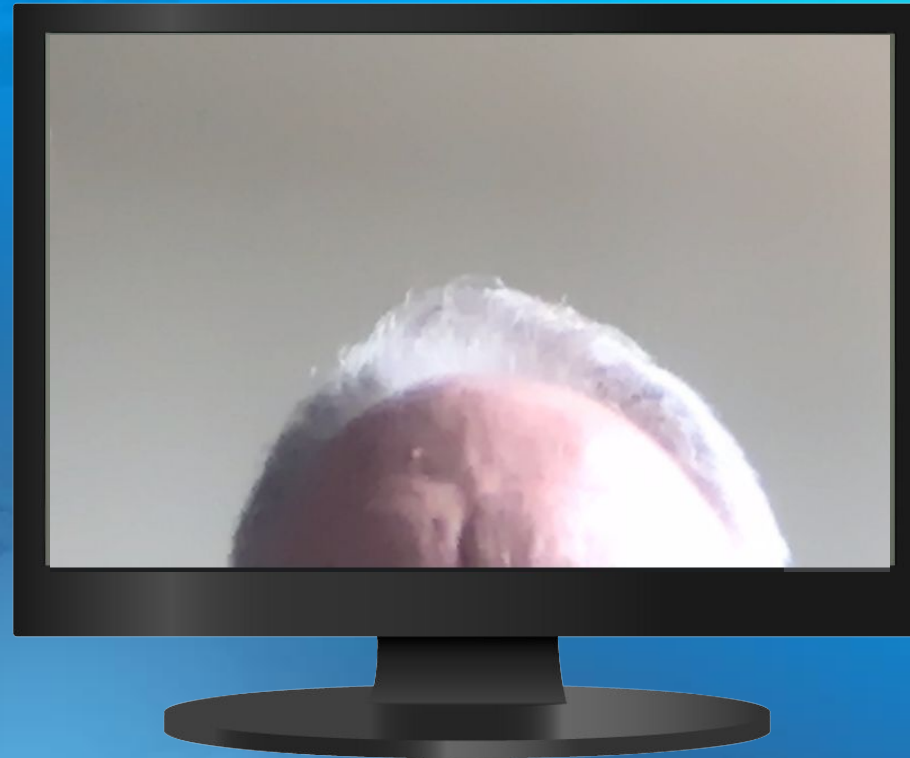
- **Never connect - no video, no audio**
- **Disconnection during session**
- **Privacy problem - (Human)**
- **Breach of privacy (Technical)**
- **Client emergency or decompensation**
- **Provider emergency**
- **Illegal or unethical activities**
- **Inability to fulfill the provider's duty to warn/protect**



TELEMENTAL HEALTH BEST PRACTICES

	CORE CONCEPT	TYPE OF ACTIVITY	IMPLEMENTATION
1	TRAINING IN TELEMENTAL HEATH	▶	▶ ONE TIME AND ANNUALLY UPDATED
2	ABIDE BY ASSOCIATION, CREDENTIALING BODY ETHICS	▶	▶ ONE TIME - SET UP PROTOCOL
3	DATA SECURITY - ENSURE PROTECTED AT LOGIN, IN ROUTE AND AT REST	▶	▶ EACH SESSION
4	DISPLAY PROVIDER VERIFIABLE CREDENTIALS	▶	▶ AT ALL TIMES ON PROMOTIONAL SPACES
5	TMH - SPECIFIC INFORMED CONSENT	▶	▶ 1ST SESSION
6	PRIVACY PROTECTION - INFORMED CONSENT	▶	▶ EACH SESSION
7	PROVIDE ALTERNATE COMMUNICATION MEANS AND METHODS BETWEEN SESSIONS	▶	▶ 1ST SESSION
8	JURISDICTION - VERIFY LOCATION/JURISDICTION OF CLIENT AND PROVIDER	▶	▶ EACH SESSION - LOCATION
9	ASSESS CLIENT SUITABILITY TO VENUE	▶	▶ 1ST SESSION AND THROUGHOUT TREATMENT
10	VERIFY PSYCHOLOGICAL SAFETY - NO ONE ELSE IN CLIENT'S ROOM & PRIVATE SPACE	▶	▶ EACH SESSION
11	VERIFY THE CLIENTS LOCATION AT THE TIME OF SERVICES IN ORDER TO ESTABLISH JURISDICTION AND EMERGENCY SERVICES	▶	▶ EACH SESSION
12	VERIFY THE CLIENT IDENTITY	▶	▶ 1ST SESSION
13	VERIFY THE CLIENT'S AGE	▶	▶ 1ST SESSION
14	IDENTIFY ACCESS DO EMERGENCY SERVICES LOCAL TO THAT CLIENT	▶	▶ 1ST SESSION, EACH TIME DIFFERENT LOCATION
15	EMERGENCY CONTACT - PERSON TO CONTACT NEAR CLIENT IN CASE OF EMERGENCY	▶	▶ 1ST SESSION
16	PROVIDE VIABLE REFERRALS	▶	▶ LAST SESSION

PROVIDERS DO NEED TRAINING

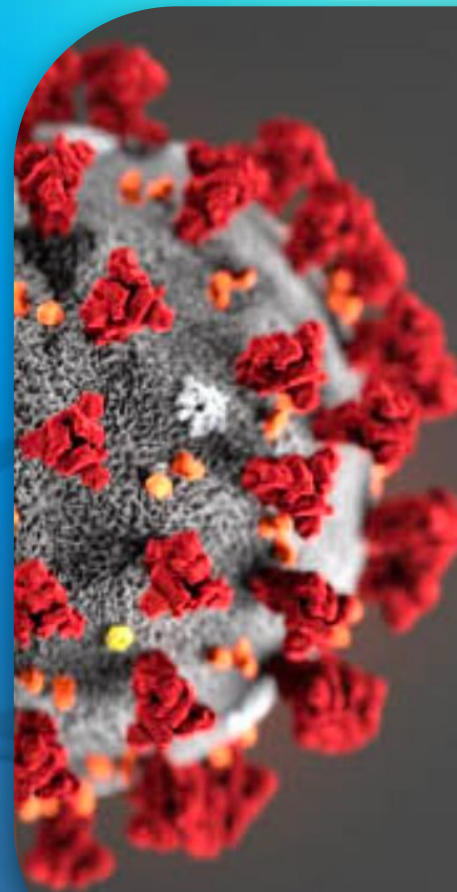


TEMPORARY COVID CHANGES REGULATIONS

State License Regulations

**Federal Emergency Waiver
State Governments
Restrictions Lifted**

**UNCHANGED
Ethical Requirements**



COVID-19

Novel Coronavirus



HIPAA in COVID

- HIPAA Still Required
- Enforcement Relaxed
- Required by Ethics
- Required by State Law?



FAQs on Telehealth and HIPAA during the COVID-19 nationwide public health emergency

1. What is telehealth?

The Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) defines telehealth as the use of electronic information and telecommunications technologies to support and promote long-distance clinical health care, patient and professional health-related education, and public health and health administration. Technologies include videoconferencing, the internet, store-and-forward imaging, streaming media, and landline and wireless communications.

Telehealth services may be provided, for example, through audio, text messaging, or video communication technology, including videoconferencing software. For purposes of reimbursement, certain payors, including Medicare and Medicaid, may impose restrictions on the types of technologies that can

<https://www.hhs.gov/sites/default/files/telehealth-faqs-508.pdf>

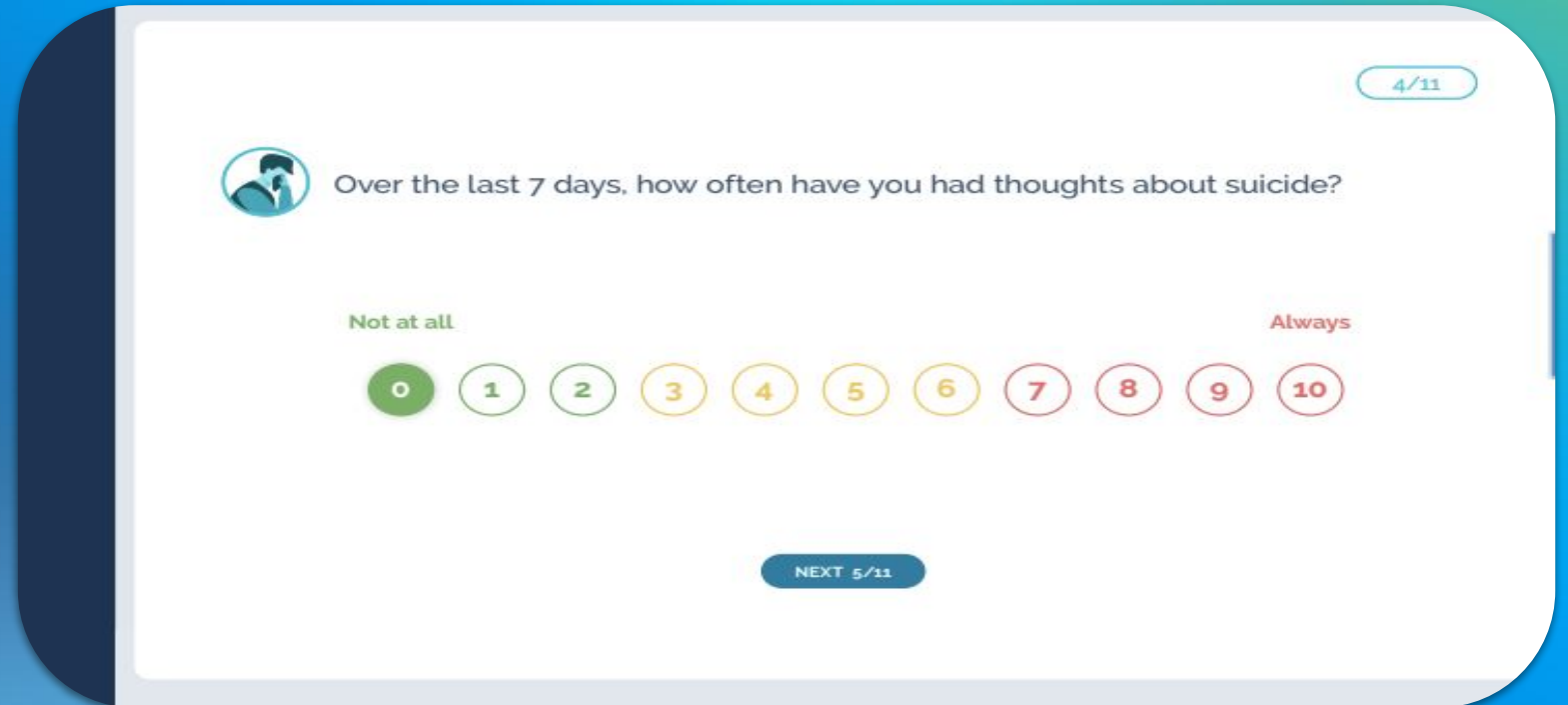
ASSESSMENTS

WHAT'S POSSIBLE?


- Any Assessment
- Automated
- Results Reported
- Alerts

EXAMPLES:

- DASS 21
 - MAST
 - GAD 7
 - PHQ-9
- and more.



4/11

 Over the last 7 days, how often have you had thoughts about suicide?

Not at all Always

0 1 2 3 4 5 6 7 8 9 10

NEXT 5/11

REMOTE ALCOHOL USE MONITORING

Professional
Breathalyzer



Facial
Recognition

Tamper
Detection



CLINICAL WORKBOOKS

DRINKING PATTERN AWARENESS

7/11



These next 3 questions might look similar to the ones you have just answered, but they give us a different picture of what is going on with your drinking.

In the past week, how many days did you have a drink containing alcohol?

In the past week, how many standard drinks containing alcohol did you consume?

Have you previously tried to cut down on your drinking?

Yes

No

NEXT 8/11



That's the first part done!

5/11

Now let's take a look at your drinking.

Use this table for examples of one standard drink. For example, a full strength stubble contains half standard drinks.

Full strength beer 12 oz 4.8% Alcohol	Low strength beer 12 oz 2.7% Alcohol	Prosecco Spumante 4 oz 9% Alcohol	Wine 5 oz 13.5% Alcohol

These next questions ask about your alcohol consumption

How often do you have a drink containing alcohol?	Never	Monthly or less	Weekly	Daily
How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 or more
How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly

Legend: Never (brown), Less than monthly (red), Monthly (yellow), Weekly (purple), Daily (green)

How often during the last year have you found that you were not able to stop drinking once you had started?

How often during the last year have you failed to do what was normally expected on you because of drinking?

How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

How often during the last year have you had a feeling of guilt or remorse after drinking?

How often during the last year have you been unable to recall what happened the night before because of your drinking?

Legend: No (red), Yes, but not in the last year (purple), Yes, during the last year (green)

Have you or someone else been injured because of your drinking?

Has a relative, friend, or other health care worker been concerned about your drinking or suggested you cut down?

NEXT 6/11

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Now let's take a look at your drinking.



Now let's take a look at how often you are drinking.

6/11

In the past week, how often have you had a drink containing alcohol?

Never

Once

2 times this week

3 times this week

4 or more times this week

How many standard drinks containing alcohol did you have on one occasion?

1 or 2

3 or 4

5 or 6

7 to 9

10 or more

In the past week, how often did you have six or more drinks on one occasion?

Never

Once

2 times this week

3 times this week

4 or more times this week

NEXT 7/11

© 2014-2020 Adaptive Behavioral Health

Now let's take a look at how often you are drinking.

ALCOHOL USE DISORDERS IDENTIFICATION



**MATRC TELEHEALTH RESOURCES
FOR COVID-19**
[Click here](#)

Search here..



HOW CAN WE HELP?



Our Region



Hot Topics



Get Technical Assistance



Request a Speaker

TAILORED EDUCATION BASED ON ASSESSMENT RESULTS



Reliant



Reliant

We can see that you are struggling with drinking issues. We strongly suggest you visit your doctor before making changes to the way you drink.

We are also here to help. A great first step would be to visit your GP and get some information on how to start reducing safely.

You might also want to check out our Interactive Topic on Managing Urges. It has some great first steps on understanding your relationship with alcohol and some ideas on where to start.

The Understanding Relapses Topic also has some useful information on how to deal with those times when you've been trying and slipped up or had a major backslide. There are always ways to get yourself back to where you want to be, so check this Topic out if it feels like where you're at right now.



Pre-Contemplation

Because Your Drinking Levels Is...

Reliant

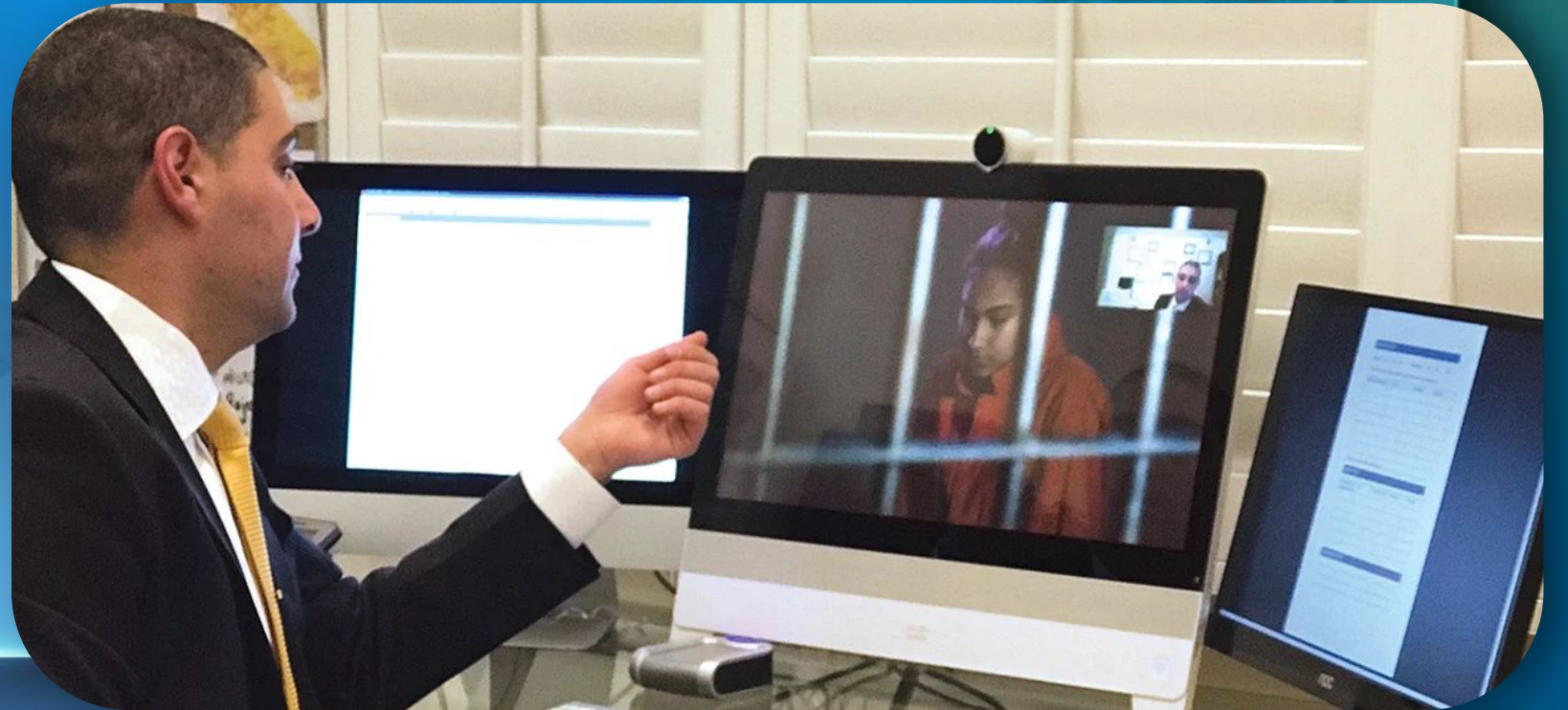
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CONCLUSIONS AND QUESTIONS





HOW CAN WE HELP?



Our Region



Hot Topics



Get Technical Assistance



Request a Speaker

Announcements

Many Telehealth Funding Opportunities Available
#FUNDING. Here are a list of grant funding opportunities with potential for telehealth that have been recently

#MATRC Toolkit Has Been Updated to Reflect New Guidance for #FQHCs and #Telehealth

Events

24 APRIL

Questions about Telehealth Basics or Telemental Health?



Join us for virtual office hours with Jay Ostrowski.
Second and Fourth Friday of each month from 12 PM - 2 PM

Video Chat: <https://edaptivewebhealth.com.us/j/401473325>
Or join by phone: +1 646 558 8696 (US Toll) or +1 408 638 0966 (US Toll)
Enter Meeting ID: 401 473 325

[Click Here To Join The Live Meeting](#)

VIEW DETAIL

MATRC E-mail Updates

Sign-Up for MATRC Quarterly E-News

* indicates required

Email Address *

First Name *

Last Name *

City *

State *

Não sou um robô



MATRC.org
SECOND
HALF OF THE
PAGE

OPEN OFFICE
HOURS
Every Other
Friday
12-2 EST



JAY OSTROWSKI
MA, LPC-S, NCC, ACS, BC-TMH

Contact me through [TBHCOE.MATRC.org](https://www.tbhcoe.matrc.org)

[Connect On LinkedIn](#)

TELEMENTAL HEALTH RESEARCH REFERENCES

Same Efficacy

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Same Methods

Same Services

Same Patients

TELEMENTAL HEALTH RESEARCH REFERENCES

Same Efficacy

Same Methods

Same Services

Same Patients

- Edge, C., Black, G., King, E., George, J., Patel, S., & Hayward, A. (2019). Improving care quality with prison telemedicine: The effects of context and multiplicity on successful implementation and use. *Journal of Telemedicine and Telecare*. doi:10.1177/1357633x19869131
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