



# The facts about telehealth

## What therapists need to know about engaging clients over technology

Telehealth, or in the CAC context, tele-mental health services delivered remotely to child clients, is a relatively new phenomenon that expanded rapidly in the early 2020s due to the impacts of the COVID-19 pandemic. However, this tool has unique advantages in helping to reach rural and other underserved clients long after the pandemic's effects become normalized. Early data show it's just as effective as in-person therapy, and it's not as hard as you might think to get started!

Here are a few facts that every therapist needs to know about offering telehealth as an option for their clients, and how it may expand opportunities to serve children outside of the vicinity of your clinic.

### Telehealth is as effective as in-person and enhances family engagement

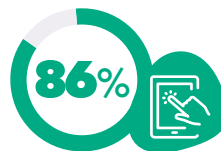
In a pilot study reaching underserved children in South Carolina, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) delivered through telehealth resulted in similar therapeutic effects to in-person therapy.<sup>1</sup>



**97%**  
**OF CHILDREN**  
no longer had PTSD  
after receiving treatment  
through telehealth



**89%**  
**OF CHILDREN**  
enrolled in the study  
completed all components  
of treatment






**86%**  
**OF CAREGIVERS**  
found telehealth equipment  
easy to use



**81%**  
**OF CAREGIVERS**  
participated in treatment  
with their children



#### OF CAREGIVERS ...

-  were satisfied with telehealth
-  said the level of rapport with the therapist was as good as in-person treatment
-  would recommend telehealth to a family member or friend



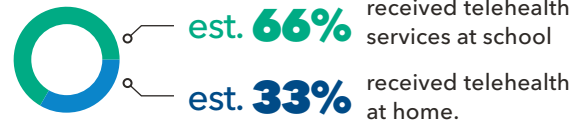
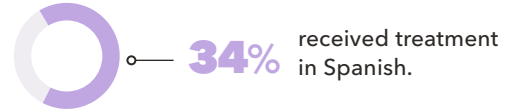
## Telehealth increases access and equity for clients

Telehealth reaches kids who might not otherwise receive treatment. In the pilot study above, all children who participated were in one of seven underserved South Carolina communities.

“ Telehealth has completely transformed how we help heal kids in our state. Now no matter where they live, they all have access to the same evidenced-based services. ”



Of the **70 CHILDREN** who participated:



## Telehealth can supplement in-person therapy

You and your clients don't have to choose; you can help families and children overcome barriers by adding a telehealth component to an in-person course of treatment. Whether it's weather, school schedules, or other barriers, offering some sessions virtually helps keep kids on the path to recovery even when life gets in the way.

## Telehealth can be engaging and safe with the right tools

Telehealth can include therapeutic activities beyond talk therapy that help keep kids engaged in treatment. It's easy, effective, and dare we say even a little fun.



1. Stewart, R.W., Orenge-Aguayo, R., Young, J., Wallace, M., Cohen, J, Mannarino, T., & de Arellano, M.A. (2020). Feasibility and Effectiveness of a Telehealth Service Delivery Model for Treating Childhood Posttraumatic Stress: A Community-Based, Open Pilot Trial of Trauma-Focused Cognitive Behavioral Therapy. *Journal of Psychotherapy Integration*, 30(2), 274-289. <https://dx.doi.org/10.1037/int0000225>



You don't have to come up with engagement activities from scratch: access our resources to help make your sessions engaging for kids.

 [TelehealthforTrauma.com](https://TelehealthforTrauma.com)

 [NCA Engage Telehealth page](#)