

NORTH DAKOTA



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Telehealth Outreach Program

For Traumatized Youth



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Project Collaborators and Funders



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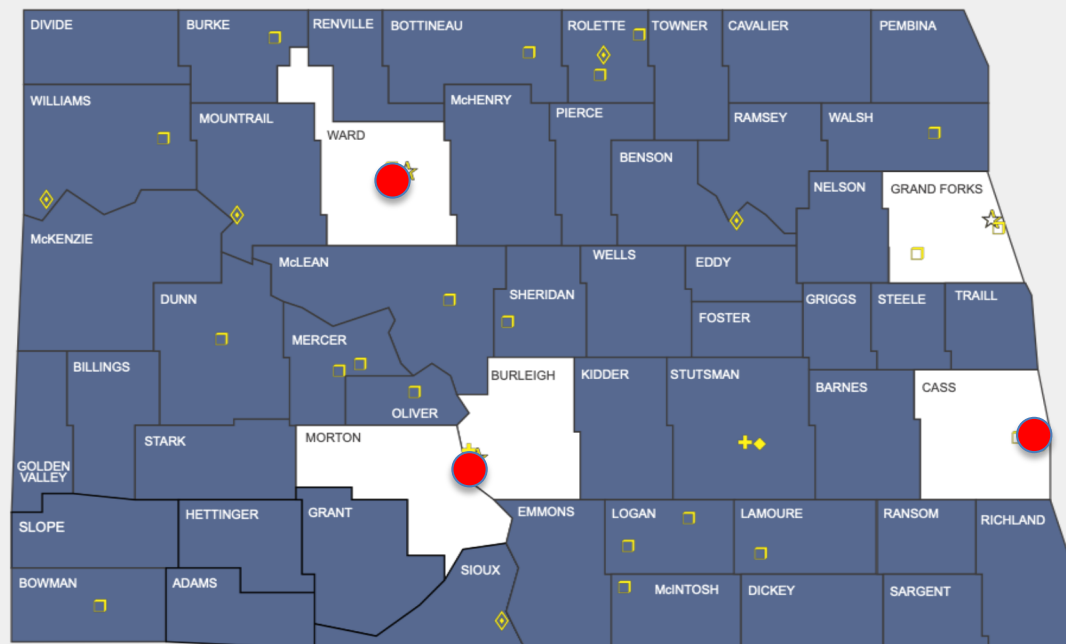


CACs in North Dakota



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North Dakota Mental Health Professional Shortage Areas



■ Mental Health Professional Shortage Area
★ Designated Health & Human Service Centers not located within current geographic area/region

□ Automatic designated mental health facilities
◆ Designated State Mental Health Hospital
◆ Automatic designated IHS facilities
✚ Designated Correctional Facility

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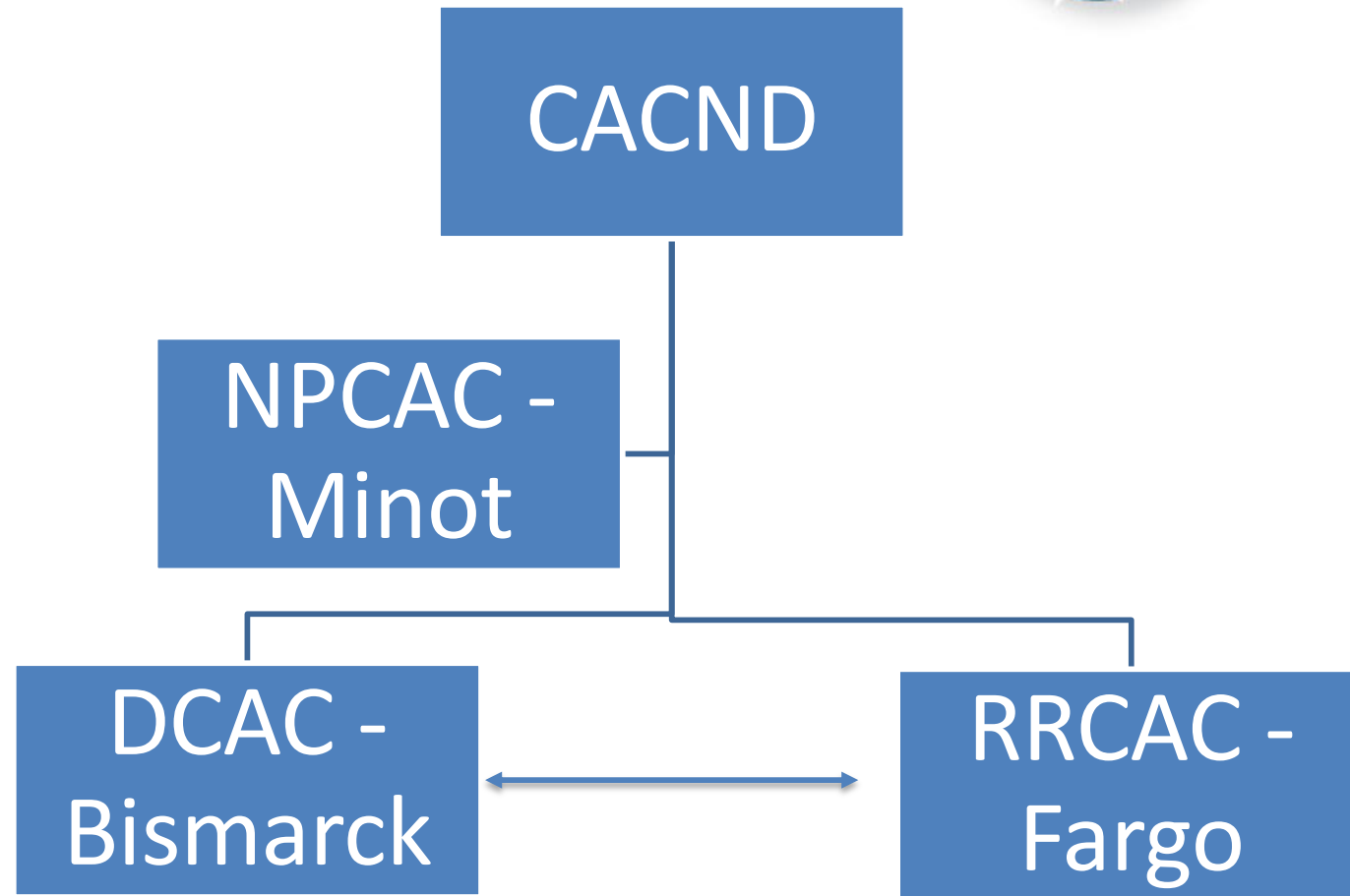
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State Telehealth Network



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Implementing Telehealth in CACs



1. Choose platform and equipment
 - Vsee, Laptops/Desktops, headphones with microphone
2. Determine if providing equipment and supplies to families
 - iPads, therapy boxes
3. Identify your eligibility criteria
 - Typically 7-18
 - Safety concerns
 - Privacy
 - Supervision



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Implementing Telehealth in CACs



4. Develop your policies, procedures, forms, and workflow
 - Telehealth consent, emergency protocol, loaner agreements
 - Step-by-step tip sheets for connecting and using the platform on different devices
 - Referral, Screening, Assessment, Treatment procedures
5. Educate team to ensure they understand this new model of service and can answer questions and engage families



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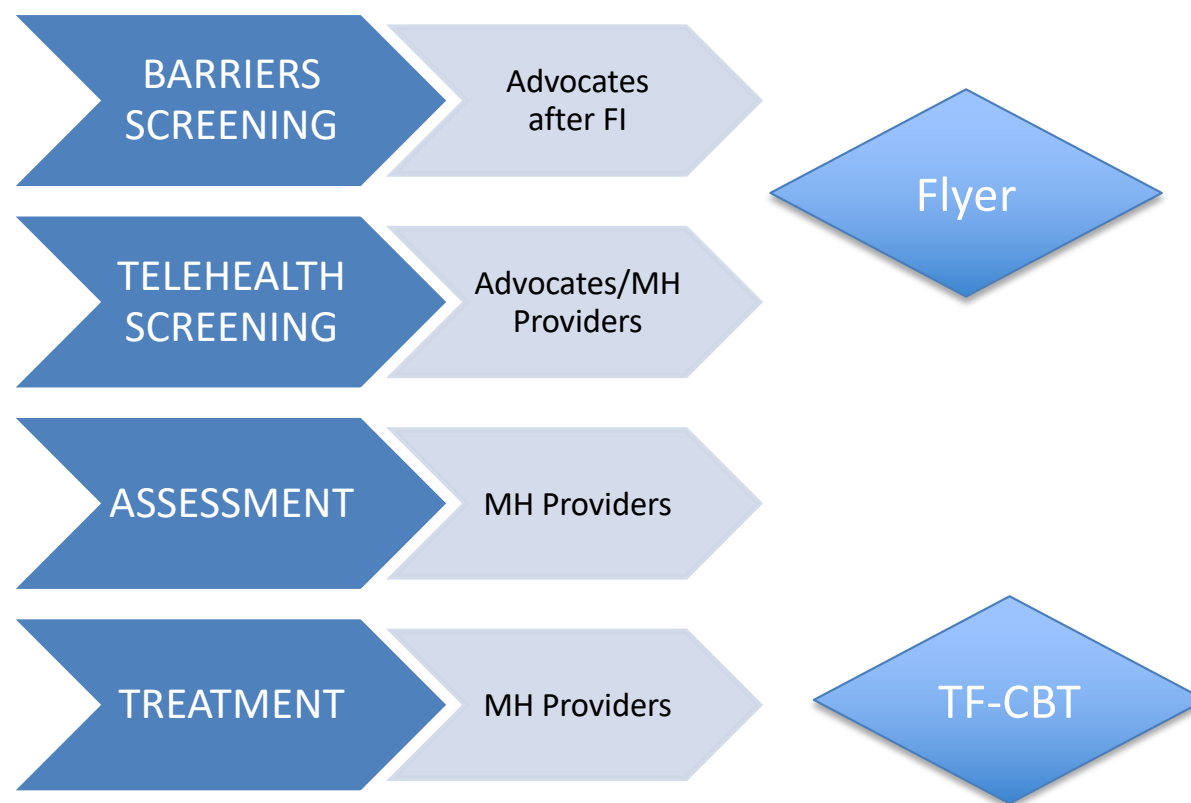


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Telehealth Workflow in CACs





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Telehealth Outreach Program

For Traumatized Youth



Most children who need mental health services do not receive them, particularly those children who have experienced trauma. The Telehealth Outreach Program's goal is to reduce barriers and expand access to trauma specific and evidence-based mental health services to children across the state of North Dakota.

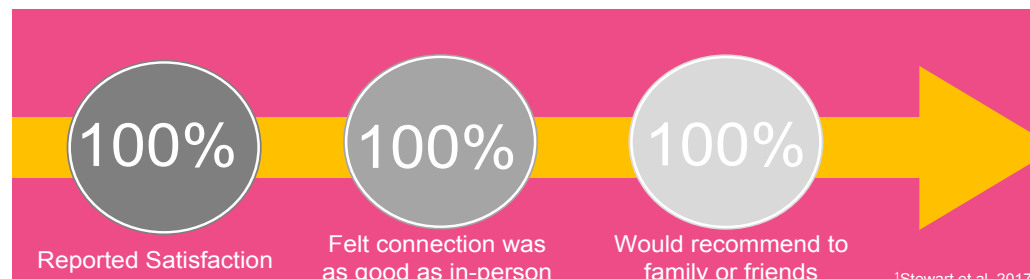
What Is Telehealth?

Telehealth is simply receiving mental health services through electronic means whereby the clinician and client are in two different locations. Sessions are accessed through a secure video conferencing platform. A telehealth screening and thorough assessment are conducted to determine if telehealth services are a good fit for a child and family.

ADVANTAGES OF TELEHEALTH

- Research shows that TF-CBT via telehealth is just as effective as in-person treatment¹.
- Allows for flexibility and accommodations for families with busy schedules.
- Decreased class time missed by children for mental health services.
- Decreased work time missed by caregivers for mental health services.
- Reduces common transportation and distance barriers to treatment.
- Allows for more regular and consistent treatment attendance which can improve outcomes and reduce length of treatment.

TELEHEALTH IS AS EFFECTIVE AS IN-PERSON TREATMENT¹





Reducing Barriers and Expanding Access to Mental Health Services

How Does It Work?

Mental health services are delivered through a secure video conferencing platform between the clinician, child, and family. This is set up by the CAC.

What Telehealth Services Are Available?

- Telehealth Screening
- Trauma Assessment
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

Who Is Eligible For Telehealth Services?

Telehealth services are available for children ages 7 -18. Eligibility for the program will be determined at assessment.

What are the Technology Requirements?

A laptop, computer, or tablet with internet connection is required to connect to telehealth services. If you do not have one, equipment may be available for loan from the CAC. The secure video conferencing system is cloud based, with point to point encryption which meets HIPAA criteria for privacy. Platforms such as Skype and FaceTime are not considered secure.

Where Do Telehealth Services Happen?

Telehealth services need to take place in a secure, private setting to ensure confidentiality. Services can take place in the home, at school, or another community agency. For safety, a designated adult is required to be available during the session and this may be verified.

Caregiver's Role in Treatment

One of the most important predictors of healing after trauma is support from caregivers. Caregivers play an integral role in helping a child heal and ultimately treatment works best when caregivers are involved. A caregiver is required to be present during home-based telehealth services and participate, as needed, in the session. This includes checking in with the clinician at each session, supporting the child, and encouraging practice of skills.

WHAT IS TF-CBT?

TF-CBT is a trauma specific and evidenced-based treatment for children who are having significant difficulties related to traumatic experiences.

Components include:

P Psychoeducation and Parenting

Psychoeducation about trauma and PTSD

R Relaxation Skills

Relaxation skills for the child and caregiver

A Affect Regulation

Emotion regulation skills adapted to the child, family and culture

C Cognitive Coping

Connecting thoughts, feelings, and behaviors

T Trauma Narrative

Assisting the child in the sharing of their story and trauma experiences

I In Vivo Exposure

Mastery of trauma reminders

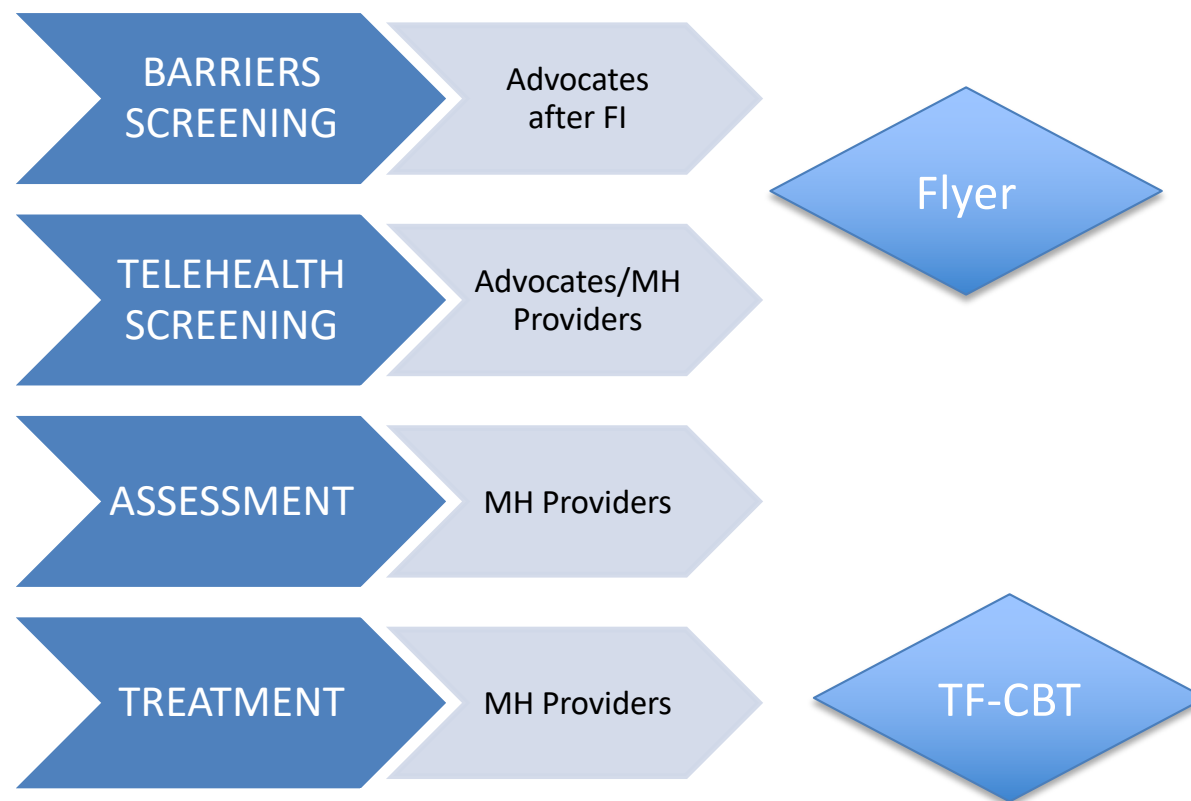
C Child-Caregiver Sessions

Practice skills and enhance trauma-related discussions

E Enhancing Safety

Enhancing future safety with safety planning and social skills training

Telehealth Workflow in CACs



Screening

- Over the phone
- Completed by MH provider or advocate
- Purpose to quickly screen for appropriateness for telehealth
 - Vision or hearing difficulties
 - Safety/Self-harm/SI concerns
 - Impulsivity, attention problems, destructive behaviors
 - Privacy at home
 - Adult available during session
 - Equipment needs
- Start process to obtain signed consents, loaner agreements, emergency protocol



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Assessment



Trauma Exposure
and Symptoms

THQ

CPSS-5

Anxiety and
Depression

RCADS

TIPS

- Put measures on PowerPoint
- One question per slide
- Use a pictorial rating scale



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Implementing Telehealth in CACs



6. Allow extra time for clinician preparation
 - Develop resources to use over telehealth to conduct treatment with similar interaction and activities as in-person
 - Powerpoint, kindle books
7. Use a dropbox within your chapter or CAC to share resources



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Implementing Telehealth in CACs



9. Space appointments out to allow for
 - Moving, stretching
 - Troubleshooting tech issues
10. Takes time for it to feel natural and work smoothly ... patience 😊



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Conducting EBT with children and adolescents via Telehealth



- Position camera to ensure you are looking at the child so they know you are focused
- More animation and excitement
- Build connection and engagement with interactive activities and props and creating opportunities for them to give input
- Convert your worksheets to PowerPoint games and editable documents
- Set ground rules
- Allow for adjustment to new modality, but continue with treatment to maintain fidelity
- Mail stickers or a note in-between sessions



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THANK YOU



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