



# You, your child & telehealth

## What you need to know about remote therapy for your child

At the Children's Justice Center (CJC), your child's therapist or advocate may recommend telehealth, or tele-mental health services delivered remotely through a device like a tablet or computer. It's a relatively new way of delivering treatment, but the latest science shows it's just as effective as in-person therapy. Plus, it can help make your life easier, offering treatment at home or school instead of traveling to an appointment. You won't need to miss work or coordinate childcare and transportation!

Here are a few facts that every caregiver needs to know about telehealth as an option for their children, and how it may expand opportunities to work with qualified therapists in your community or even across your state.

### Telehealth is as effective as in-person therapy and even easier for you

In a pilot study reaching underserved kids in South Carolina, the most common CJC treatment for kids, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), delivered through telehealth proved just as effective as in-person therapy.<sup>1</sup>



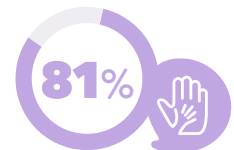
**97%**  
**OF CHILDREN**  
no longer had PTSD  
after receiving treatment  
through telehealth



**89%**  
**OF CHILDREN**  
completed all  
components of  
treatment



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



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



- 100%**  
**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 can be fun for kids! (And even parents!)

Part of what makes therapy engaging for kids is the addition of purposeful activities like playing games, reading, making art, and practicing relaxation. These can be done over telehealth, so kids have the same engaging experience. It's not just talk therapy. Telehealth can be easy, effective, and maybe even something to look forward to.



## Telehealth is convenient

Whether it's weather, school and work schedules, childcare, or other barriers, offering sessions through telehealth helps keep kids on the path to recovery even when life gets in the way. Your child can join telehealth from home or from many schools.

Plus, you and your child don't have to choose between telehealth and in-person treatment; your child's therapist can add a telehealth component to an in-person course of treatment; some sessions in person, some remote.

## Telehealth makes specialized care for your child easier to access

No matter where you live, telehealth can provide access to the best professionals in your state with the most specialized training and therapeutic models to help get your child the tailored care they deserve. It also means that you can access a bigger menu of services made for your child's age, background, and experiences. By reaching a bigger network, telehealth helps you find the right professional to help your kid go back to being a kid!



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>

