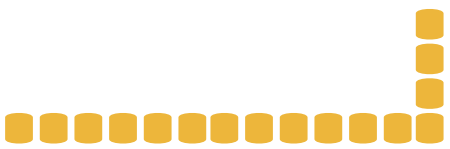


# Telehealth Outreach Program

*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 treatment<sup>1</sup>.
- 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 TREATMENT<sup>1</sup>



Reported Satisfaction



Felt connection was as good as in-person



Would recommend to family or friends

<sup>1</sup>Stewart et al. 2017

# 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



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