

# **Behavioral Health Institute (BHI)**

## **Training, Workforce and Policy Innovation Center**

### **201 Training Series**

Behavioral Health Telehealth Resource

Visit our [website](#)

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# **Behavioral Health Institute (BHI)**

## **Training, Workforce and Policy Innovation Center**

The Behavioral Health Institute is a Center of Excellence where innovation, research and clinical practice come together to improve mental health and addiction treatment.

BHI established initial priority programs which include:

- **Improving care for youth and young adults with early psychosis**
- **Behavioral Health Urgent Care Walk in Clinic**
- **Expanded Digital and Telehealth Services**
- **Behavioral Health Training, Workforce and Policy Innovation Center**

# WEBINAR LOGISTICS

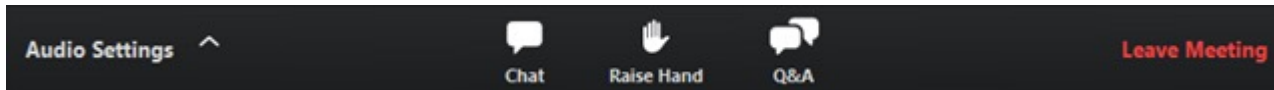
## CHAT Box

- We'll share info about logistics
- Let us know if you are having tech issues
- To you: from our training team
- From you: only visible to hosts/panelists
- NOT for content-related questions (see next slide)

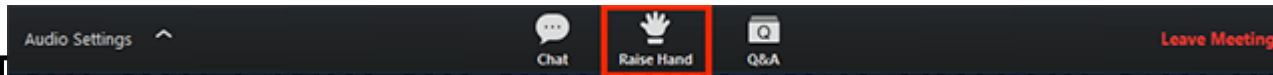
# WEBINAR LOGISTICS

## Q & A

1. Type question into Q&A Window



2. Raise hand (*will be called on/unmuted in order*)  
Click **Raise Hand** in the Webinar Controls.



The host will be notified that you've raised your hand.

Click **Lower Hand** to lower it if needed.



# Speaker Disclosures

- ✓ No conflicts of interest

## Planner disclosures

The following series planners have no relevant conflicts of interest to disclose:

Brad Felker MD

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Cara Towle MSN RN

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# DISCLAIMER

Any information provided in today's talk is not to be regarded as legal advice. Today's talk is purely for informational purposes.

Always consult with legal counsel.

We gratefully acknowledge the support from



and




# BUILDING TELEHEALTH CAPACITY for BEHAVIORAL HEALTH:

## TeleBehavioral Health 201 SUD IN COMMUNITY BASED SETTINGS: CHALLENGES AND OPPORTUNITIES

Derek P. Murphy, M-RAS, SUDP, CSC  
Director of Clinical Services  
Olalla Recovery Centers

BEHAVIORAL HEALTH INSTITUTE

HARBORVIEW  
MEDICAL CENTER

UW Medicine  King County



# Quick review of Telehealth Basics:

- Best practice is to orient the individual to your Telehealth platform before you begin regular services
- Consider offering a “dry run”
- Using a HIPAA compliant program (password protected with a “waiting room” option)
- How to use the tools in your program (e.g., mute, raise hand, chat box if allowed, etc.)
- Privacy expectations
- Safety and security

# Safety in the virtual setting

- Set it up from the very beginning
- Agreements around safety and security
- How to notify instructor if you have a change in agreements
- How much time to dedicate to safety/crisis planning in each session?  
Different for group vs individual session

# What do your “group norms” look like?

- Appropriate dress
- Quiet, private, preferably indoor, location for session
- Expect to participate in the whole group – breaks may be offered based on length of session
- Be on time and prepared to start on time
- NO other devices while in group (e.g., TV, cell phone, video games)
- No sleeping or lying down – just like in a regular group
- Please participate and pay attention – wait your turn and be mindful of crosstalk and interruptions

# Challenges!

- Group vs individual session: ‘Going around the room’
- Remote living – cell phones – data plans
- Cameras – do you require them on? Allow for them to be off? Why?
- “I can’t help but notice you appear to be driving...”
- “Who’s that?” (walking around in the background of your screen)
- The conversation monopolizer
- Sharing your screen
- Updating screeners, ISP reviews, UA policies, and list goes on...

# Questions?

Thank you for taking the time to participate in this offering with me – I appreciated your time and input.

Behavioral Health Institute (BHI)  
Training, Workforce and Policy Innovation Center

**BEHAVIORAL HEALTH TELEHEALTH RESOURCE**

For more information including upcoming training  
& additional resources:

Visit us online:

<https://bhi-telehealthresource.uwmedicine.org/>

Email us:

[melmckee@uw.edu](mailto:melmckee@uw.edu)

Slides & resources will be posted after the session

<https://bhi-telehealthresource.uwmedicine.org/>

# After today's session:

- Registration at [Pre-Registration \(iths.org\)](https://iths.org)
- Post-webinar email:
  - Evaluation - required for each session to obtain a Certificate of Completion.
  - Certificate of Completion - no cost.
    - May be able to use Certificate of Completion to meet CE requirements.
  - CME information – nominal cost.

April 8

# TELEBEHAVIORAL HEALTH 201 SERIES

**Monthly series: 3<sup>rd</sup> Friday of each month, 11am-12pm PST:**

- **10/23/20 – TELEHEALTH POLICY – THE CHANGING FEDERAL AND STATE LANDSCAPE**
- **11/20/20 – PREPARING PATIENTS & TECHNOLOGY for TELEHEALTH**
- **12/18/20 – DOING GROUPS over TELEHEALTH**
- **01/15/21 – MOBILE HEALTH (mHEALTH) FOR SERIOUS MENTAL ILLNESS**
- **02/19/21 – PROVIDER SELF-CARE & WELLNESS in the ERA of TELEHEALTH and COVID**
- **03/19/21 – BEHAVIORAL HEALTH APPS**
- **04/16/21 – CHILDREN and TELEBEHAVIORAL HEALTH**
- **05/21/21 – APPLYING TELEHEALTH to SUD TREATMENT in COMMUNITY-BASED SETTINGS**
- **06/18/21 – CULTURAL COMPETENCE & HUMILITY in TELEBEHAVIORAL HEALTH**
- **07/16/21 – APPLYING TELEHEALTH to MEASUREMENT-BASED CARE**
- **08/20/21 – SUICIDE RISK ASSESSMENT over TELEHEALTH**
- **09/17/21 – COUPLES & FAMILY THERAPY over TELEHEALTH**

**A CERTIFICATE OF COMPLETION WILL BE ISSUED FOR EACH SESSION ATTENDED**

## **CME Accreditation**

Register at: [https://uw-phi.zoom.us/webinar/register/WN\\_6GBzJWGXRE6yNM9N\\_fRljA](https://uw-phi.zoom.us/webinar/register/WN_6GBzJWGXRE6yNM9N_fRljA)

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of **12 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (Each session is 1.0 credits)



# TELEBEHAVIORAL HEALTH 101

- **6-module Online Self-Study\***

<https://NRTRC.catalog.instructure.com/programs/telebehavioral-health-101-series>

- Introduction to TeleBehavioral Health and Policy Overview\*
- Getting started: Facts & Myths, and Security & Privacy
- Digital Health Do's & Don't's, Workflows, and Safety planning
- Billing and Reimbursement for TeleBehavioral Health
- Clinical Engagement over Telehealth
- Clinical Supervision in Telehealth

**\*Session 1 will meet the requirements for telehealth training as established by Washington SB6061, effective January 2021. A certificate will be issued for each module completed.**

Please see next slide for CME information....

# TELEBEHAVIORAL HEALTH 101

## CME Information

### ▪ **6-module Online Self-Study\***

<https://NRTRC.catalog.instructure.com/programs/telebehavioral-health-101-series>

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this enduring material for a maximum 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Learners have the opportunity to complete up to 6 modules, with each module accredited for 1 *AMA PRA Category 1 Credit™*.

### ▪ **6-session Interactive Webinar**

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of **6** *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (Each session is 1.0 credits)

**\*\*\*\*\*Learners may obtain CME credits from the online self-study module OR the webinar series, but not both.\*\*\*\*\***

# TELEBEHAVIORAL HEALTH 101 and 201 SERIES

## Continuing Education for Social Workers

This series has been approved for CEUs by the Washington Chapter, National Association of Social Workers (NASW) for Licensed Social Workers, Licensed Marriage & Family Therapists and Licensed Mental Health Counselors. Our Provider number is #1975-433. (Each session is 1 credit)