

Behavioral Health Institute (BHI)
Training, Workforce and Policy Innovation Center
TeleBehavioral Health 301 Training Series

Behavioral Health Telehealth Resource

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December 16, 2022

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
- Behavioral Health Training, Workforce and Policy Innovation Center
- Expanded Digital and Telehealth Services

Speaker Disclosures

None of the series speakers have any relevant conflicts of interest to disclose.

Planner & Staff disclosures

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

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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



BUILDING TELEHEALTH CAPACITY for BEHAVIORAL HEALTH


TeleBehavioral Health 301

Reimagining practice: integration of AI, digital
therapeutics and automation in behavioral health

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DECEMBER 16, 2022

HARBORVIEW
MEDICAL CENTER

UW Medicine  King County

Learning Objectives:

1. Participants will be able to identify 2-3 popular digital therapeutics that offer stand alone care.
2. Participants will be able to identify 2-3 technology enabled interventions that augment behavioral health care.

Presenter

- Career telehealth evangelist
- VA Telemental Health
- Industry (Free & Clear, 98point6, others)
- Telepsychology guidelines
- No conflicts

Agenda

- Operational definitions
- Digital Therapeutics
- AI in telehealth
- Practice implications

Definitions

- Traditional telehealth
- Videoconferencing
- Evidence, scale

Definitions

- Digital Health
- Digital Medicine
- Digital Therapeutics

Definitions

- **Artificial Intelligence:** performance of tasks requiring human intelligence
- In medicine, critical thinking and clinical judgement
- **Automation:** the controlled operation of a diagnostic or therapeutic process or system by mechanical or electronic means that augments human capabilities for observation, effort, and decision.

Context

- Provider shortage
- National crisis
- Improve efficiency of provider time
- Potential to offer stand alone care

Digital Health and Digital Medicine

- Familiar mechanisms to gather/ disseminate information
- MyChart
- HeadSpace (HeadSpace Health = HeadSpace + Ginger)
- Integrated AI
- They are already transitioning

Digital Therapeutics

- Evidence based therapeutic intervention driven by software to prevent, manage, or treat medical problem
- Augment or stand alone care
- Strong trend promoting governmental regulation (e.g. FDA Approval, Digital Health Center for Excellence)
- Coverage by insurance when prescribed

Digital Therapeutics

- Somryst for chronic insomnia: digital prescription (FDA approved)
- MindMotion GO for neurorehabilitation: augment/ wearable
- Deprexis for depression: FDA approved as augment (also stand alone)

Digital Therapeutics: Augment

- reSET/ reSET-O: augment clinical work in SUD
 - For patients currently enrolled in outpatient care
 - Provides client-facing and provider-facing data/ dashboard
 - Offers informative lessons, captures reports of use, provides UA results

Digital Therapeutics: Stand Alone

- Vorvida: 6-month digital program to assess alcohol use, mood
 - Not diagnostic
 - Use tracking, psychoeducation, goal setting tools, daily messaging

AI/ Automation in Practice

- Supporting decision-based medical tasks through knowledge- and/or data-intensive computer-based solutions that support and improve the performance of a human care provider.
- Extension, expansion of this mission

OpenAI API Beta

AI/ Automation in Practice

- Widely implemented in EHRs already
- Remote implementation of psychometrics
- Interactive AI
 - Training – Google & The Trevor Project Crisis Contact Simulator (“Riley”)
 - Direct patient contact

AI Direct Patient Contact

- Text interaction
 - Woebot – fully automated digital therapist
- Wearable integration
 - Sentio Solutions (Feel Therapeutics) – monitors diverse physiological, clinical data from wearables, apps, mobile device (e.g., thermometer, glucometer, blood pressure, heart rate)

Implications for Practice

- Scale, service
- New avenues of care
- Efficiency of clinical time
- Role of human decision making

Implications for Practice

- Integration into institutional, individual practice
- Critical role of research (*good* research)

Implications for Practice

- Ethics of assigning control away
- Maintaining clinical standards
- Maintaining safety
- These were once the questions for videoconferencing

Implications for Practice

- What will this mean for you
 - Reimbursement (payors, time efficiency, others)
 - Hybrid models of practice
 - How will you interact with technology

Implications for Practice

- You will determine how technologies are leveraged
 - Where/ when human judgement
 - Oversight/ regulation
 - Practice standards/ safety
- But you will not be the only one
 - Integrated professional roles

- QUESTIONS & DISCUSSION

Additional Free Resources for Washington State Behavioral Health Providers

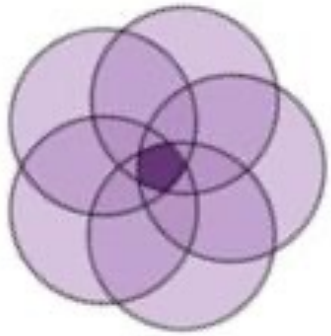
EDUCATIONAL SERIES:

- UW Traumatic Brain Injury – Behavioral Health ECHO
- UW Psychiatry & Addictions Case Conference ECHO
- UW TelePain series

PROVIDER CONSULTATION LINES

- UW Pain & Opioid Provider Consultation Hotline
- Psychiatry Consultation Line
- Partnership Access Line (pediatric psychiatry)
- Perinatal Psychiatry Consultation Line





project
SARAH
sexual assault recovery & hope

R01 AA027499

ClinicalTrials.gov Identifier: NCT04124380

Website: uwprojectsarah.org
Email: projectsarah@uw.edu
Phone: 206-685-3617

Free therapy for female-identifying individuals who experienced a sexual assault in the past year

Eligible participants:


- ❖ Reside in **WA State**
- ❖ **Trauma related symptoms** (i.e., intrusive thoughts, avoidance, anxiety)
- ❖ **Alcohol misuse**

All participants receive up to **12 sessions of individual therapy** (trauma focused, alcohol focused, or supportive) and **6 months of assessments**

All services delivered **virtually**

Compensation is also provided (**up to \$247**)

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