Telehealth Resources for Mental Health Practice

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Northeast Telehealth Resource Center Available at: [https://netrc.org](https://netrc.org/)

SAMHSA-HRSA Center for Integrated Health Solutions. Telebehavioral Health.

## ***Telebehavioral Health Training and Technical Assistance*.** Available at:

<https://www.integration.samhsa.gov/operations-administration/telebehavioral-health>

American Psychiatric Association, American Psychological Association and the American Telemedicine Association. ***Best Practices in Videoconferencing Based Telemental-Health*** (2018). Available at: [https://www.psychiatry.org/File Library/Psychiatrists/Practice/Telepsychiatry/APA-ATA-Best-Practices-in-Videoconferencing-Based-Telemental-Health.pdf](https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/Telepsychiatry/APA-ATA-Best-Practices-in-Videoconferencing-Based-Telemental-Health.pdf)

American Psychological Association's **Guidelines for the Practice of Telepsychology** (2013). Available at: <https://www.apa.org/practice/guidelines/telepsychology>

***American Psychiatric Association's Practice Guidance for COVID-19.*** (Updated April 10, 2020). Available at: <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus/practice-guidance-for-covid-19>

***American Telemedicine Association’s*Practice Guidelines for Video-based Online Mental Health Services.** (May 2013). Available at: <https://www.integration.samhsa.gov/operations-administration/practice-guidelines-for-video-based-online-mental-health-services_ATA_5_29_13.pdf>

Behavioral Health Workforce Research Center. University of Michigan, School of Public Health, Michigan. Shannon Mace, JD, MPH, Adriano Boccanelli, Megan Dormond, MPH. (March 2018). ***The Use of Telehealth Within Behavioral Health Settings: Utilization, Opportunities, and Challenges.***

Available at:

<http://www.behavioralhealthworkforce.org/wp-content/uploads/2018/05/Telehealth-Full-Paper_5.17.18-clean.pdf>

***National Association of Social Workers'*Technology in social work practice.** (2017). Available at: <https://www.socialworkers.org/includes/newIncludes/homepage/PRA-BRO-33617.TechStandards_FINAL_POSTING.pdf>

National Council for Behavioral Health. Mental Health First Aid. ***Best Practices for Telehealth During COVID-19 Public Health Emergency*** (Updated March 23, 2020).Available at: [*https://www.thenationalcouncil.org/wp-content/uploads/2020/03/Telehealth\_Best\_Practices.pdf?daf=375ateTbd56*](https://www.thenationalcouncil.org/wp-content/uploads/2020/03/Telehealth_Best_Practices.pdf?daf=375ateTbd56)

Positive Psychology. Courtney E. Ackerman, MSc. (March 18. 2020). ***16 Telemental Health Resources for Practitioners and Patients.*** Positive Psychology.Com. Available at: <https://positivepsychology.com/telemental-health/>

University of Redlands, CA. ***Resources for Mental Health Practice During the Current Pandemic*** Compiled by Rod Goodyear and Carol Falender. Available at: <https://www.redlands.edu/study/schools-and-centers/cape/telehealth/>

# Resources for Mental Health Practice During the Current Pandemic

#### Compiled by Rod Goodyear and Carol Falender

Downloaded at: <https://www.redlands.edu/study/schools-and-centers/cape/telehealth/>

Mental health professionals are adjusting to the changing circumstances caused by corona virus and the measures to reduce its impacts.  As a service to them, we are compiling on this page information that will help them respond to the technological and treatment challenges this is posing.  We will continue to update the page as new resources emerge.

Spanish language resources are  highlighted in a green font and bulleted with a special character (♦).

**TECHNOLOGY-RELATED ISSUES AND RESOURCES**

**COVID-19  Inspired Changes to State and Federal Healthcare Policies Concerning Telehealth**

•  HHS Office for Civil Rights (OCR) will waive potential HIPAA penalties for good faith use of telehealth during the COVID-19 nationwide public health emergency.   [click here](https://www.hhs.gov/hipaa/for-professionals/special-topics/emergency-preparedness/index.html)

•  Expansion of telehealth benefits for Medicare beneficiaries during the COVID-19 outbreak [click here](https://www.cms.gov/newsroom/press-releases/president-trump-expands-telehealth-benefits-medicare-beneficiaries-during-covid-19-outbreak)

•  For psychologists: ASPPB Licensure Related Matters and COVID-19 [click here](https://www.asppb.net/page/covid19)

**Technology-Related Resources**

•   Comcast offers free Xfinity WiFi nationwide amid COVID-19 pandemic [click here](https://www.fox13now.com/comcast-offers-free-xfinity-wifi-nationwide-amid-covid-19-pandemic)

•   Free, HIPSS-Secure Online Therapy Software for Solo and Group Practices (Roy Huggins) [click here](https://personcenteredtech.com/2016/02/16/free-online-therapy-software-compared-usefulness-ease-security-support-hipaa/)

•   Telemental health software comparisons [click here](https://telementalhealthcomparisons.com/)

**Practice Related Issues and Resources**

•   APA:Informed consent checklist for telepsychological services[click here](https://www.apa.org/practice/programs/dmhi/research-information/informed-consent-checklist)

♦  Consentimiento informado para servicios psicologicos por video llamada [click here](https://drive.google.com/file/d/1smseOE0gq1XKs9AxAzqNYB6bOFoChDhv/view?usp=sharing)

•   Informe d Consent Library, Telebehavioral Health Institute  [click here](https://www.naadac.org/assets/2416/marlene_maheu_ac17ho2.pdf)

•   University of North Texas:  Telepsychology Clinician and Supervisor Manual   [click here](https://drive.google.com/file/d/1J2jSWfLFNpCrblTyeZ9GKBy6vzs7UPmL/view?usp=sharing)

•   How to Set Up Your Office for Teletherapy Sessions [click here](https://www.theraplatform.com/blog/255/how-to-set-up-your-office-for-teletherapy-sessions)

•   The Trust: Guidance For Practitioners: Coronavirus  [click here](https://www.trustinsurance.com/Resources/Articles/guidance-for-practitioners-coronavirus-covid-19)

•   COVID-19 Tips:  Building Rapport with Youth via Telehealth (van Dyke, et al., UCLA Pediatric Psychology Consultation Liaison Servic)  [click here](https://drive.google.com/file/d/1oGjTD8BO5aeADSb8yvPm6ZnBu-j7f4LZ/view?usp=sharing)

•   Making Eye Contact Over Video in Telemental Health Services (Roy Huggins) [click here](https://personcenteredtech.com/2016/11/02/making-eye-contact-over-video-in-telemental-health-services/)

•   Advice for psychology supervisors and trainees on caring for patients during the COVID-19 crisis [click here](https://www.apaservices.org/practice/news/psychology-training-covid19)

•   Telehealth information sheet (a very comprehensive list of links and resources compiled by Jonathan Perle) [click here](https://drive.google.com/file/d/1Yrvnu0MdhIwbR5hq3eB16Sk5KRfeIo1j/view)

•   Video:  A Primer on Technology and Telemental Health for Supervisors (presented by Jeffrey Barnett; moderated by Carol Falender) [click here](https://youtu.be/emvmInN7uN0?t=6)

•   Barnett, J. E., & Kolmes, K. (2016). The practice of tele-mental health: Ethical, legal, and clinical issues for practitioners. Practice Innovations, 1(1), 53.  [click here](https://sci-hub.se/https%3A/doi.org/10.1037/pri0000014)

•   Luxton, D. D., Sirotin, A. P., & Mishkind, M. C. (2010). Safety of telemental healthcare delivered to clinically unsupervised settings: A systematic review. Telemedicine and e-Health, 16(6), 705-711. [click here](https://sci-hub.se/10.1089/cap.2015.0013)

•   Palomares, R. S., Bufka, L. F., & Baker, D. C. (2016). Critical concerns when incorporating telepractice in outpatient settings and private practice. Journal of child and adolescent psychopharmacology, 26(3), 252-259. [click here](https://sci-hub.se/10.1089/cap.2015.0013)

•   Brenes, G. A., Ingram, C. W., & Danhauer, S. C. (2011). Benefits and challenges of conducting psychotherapy by telephone. Professional Psychology: Research and Practice, 42(6), 543 - 549 [click here](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3256923/)

**RESOURCES FOR CLINICIANS AND THEIR CLIENTS**

**General COVID-19 Information and Updates**

•   CDC page on corona virus (COVID 19) [click here](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

•   US Department of Education: COVID-19 ("Coronavirus") Information and Resources for Schools and School Personnel [click here](https://www.ed.gov/coronavirus)

•   COVID-19 related free articles from APA [click here](https://www.apa.org/pubs/highlights/covid-19-articles)

**Compilations of Resources by Organizations or Individuals**

**•**American Psychiatric Association:  APA Coronavirus Resources [click here](https://www.psychiatry.org/psychiatrists/covid-19-coronavirus)

**•**Trust Practice and Risk Management Association (TrustPARMA): COVID-19 Resources for Practitioners  [click here](https://parma.trustinsurance.com/Resource-Center/COVID-19-Resources)

•   Society of Clinical Psychology: COVID-19 Resources for Clinical Psychologists (an exceptional list of references, organized by symptom or disorder) [click here](https://www.div12.org/telepsychology-resources/)

**•**National Institute of Drug Abuse:  COVID-19 Resources [click here](https://www.drugabuse.gov/related-topics/covid-19-resources)

**Resources for Parents and Children**

**•**National Association of School Psychologists: Talking to kids about COVID 19 [**click here**](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource)

**•**InfoAboutKids.org:  Children and COVID 19 [**click here**](https://infoaboutkids.org/blog/parents-and-covid-19-helping-your-children/)

**•**The Alliance for Children Protection in Humanitarian Action:  Protection of Children during the Coronavirus Pandemic [click here](https://drive.google.com/file/d/1vsHPMa4qkRpy7RQdW3djq2zV1dxf0Rgk/view?usp=sharing)

**Mental Health-Related Issues and Strategies**

•   World Health Organization:  Mental Health Considerations during the COVID-19 Outbreak  [click here](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2),)

•   Seven crucial research findings that can help people deal with COVID-19 [click here](https://www.apa.org/news/apa/2020/03/covid-19-research-findings)

•   APA: Keeping your Distance to Stay Safe (insights on how to separate yourself from others, while still getting social support) [click here](https://www.apa.org/practice/programs/dmhi/research-information/social-distancing)

•   McLean Hospital: Caring for your Mental Health Despite the Coronavirus [click here](https://www.mcleanhospital.org/news/caring-your-mental-health-despite-coronavirus)

•   CDC on Managing COVID 19-related anxiety and stress [click here](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)

•   A guide for managing stress in crisis response professions [click here](https://store.samhsa.gov/system/files/sma05-4113.pdf)

•   UCLA meditations and mindfulness app [click here](https://www.uclahealth.org/marc/mindful-meditations)

•   Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). [The psychological impact of quarantine and how to reduce it: rapid review of the evidence](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2820%2930460-8/fulltext). The Lancet.

**TELEMENTAL HEALTH PRACTICE GUIDELINES**

•   AAMFT Best Practices in the Online Practice of Couple and Family Therapy click here

•   American Psychological Association's Guidelines for the Practice of Telepsychology [click here](https://www.apa.org/practice/guidelines/telepsychology)

•   American Psychiatric Association's Practice Guidance for COVID-19 [click here](https://www.psychiatry.org/psychiatrists/covid-19-coronavirus/practice-guidance-for-covid-19)

**♦** Guía para la práctica de la Telepsicología [click here](https://drive.google.com/file/d/1YEdZIFtFirnxbF4VGTBastNCkDh9xV-M/view?usp=sharing)

**♦** Lineamintos del Colegio de Profesionales en Psicología de Costa Rica para el Uso de la Psicología en Línea  [click here](https://drive.google.com/file/d/1fVo4h3h6pBlHngnzgIbr7ggcawbekxoj/view?usp=sharing)

•   American Telemedicine Association’s Practice Guidelines for Video-based Online Mental Health Services [click here](https://www.integration.samhsa.gov/operations-administration/practice-guidelines-for-video-based-online-mental-health-services_ATA_5_29_13.pdf)

•   National Association of Social Workers' Technology in social work practice [click here](https://www.socialworkers.org/includes/newIncludes/homepage/PRA-BRO-33617.TechStandards_FINAL_POSTING.pdf)

•   Ken Pope's Links to 20 Sets of Professional Guidelines Focusing on Telepsychology and Internet-Based Therapy [click here](https://kspope.com/telepsychology.php)

**STATEMENTS BY PROFESSIONAL ASSOCIATIONS**

•   American Psychological Association's General Resource Page on Pandemics [click here](https://www.apa.org/practice/programs/dmhi/research-information/pandemics)

•   National Association of Social Workers on COVID 19 [click here](https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus)

•   COAMFTE Message regarding COVID-19 [click here](https://www.aamft.org/COAMFTE/News_and_Actions/COAMFTE_Statement.aspx?WebsiteKey=8e8c9bd6-0b71-4cd1-a5ab-013b5f855b01)

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