

SbVC Consultation Group

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Mountain Plains ATTC (HHS Region 8)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration





Today's Agenda – Session 9, Welcome !!

- 20-25 minutes reviewing power point slides and discussion regarding use of technology with adolescents and children in a therapy setting .
- Special considerations with this population
- ATA (American Telemedicine Association) and APA Guidelines on best practices for telemental health with adolescent's and children
- Last 10-15 minutes reserved for case consultation for those who wish to present issue or questions.

ADOLESCENT GUIDELINES

Week 9



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Special Populations Deserve Special Considerations

- How are they different?
- How is the use of social media different?
- Best practice guidelines for adolescents.





How familiar are clients with technology and the internet?

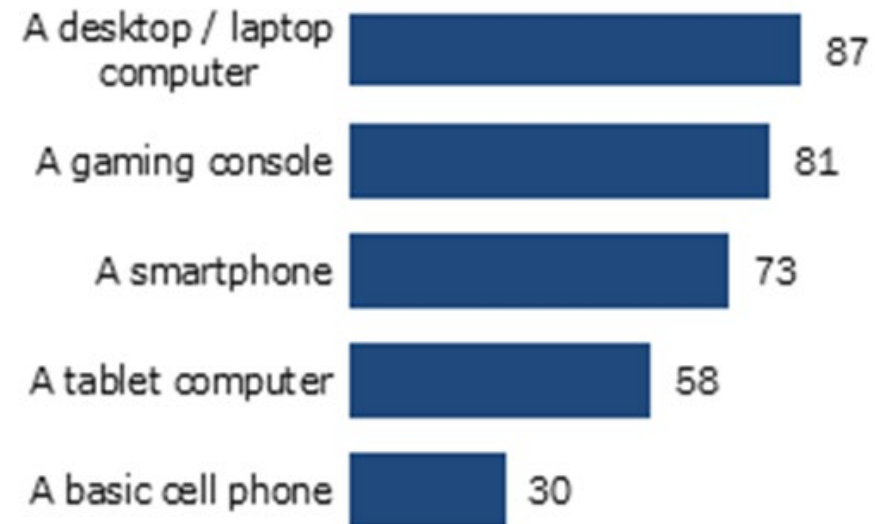




A Typical Teen Sends and Receives 109 Texts a Day

Teens' Phone, Computer & Console Access

% of all teens who have or have access to the following:



Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015 (n=1,060 teens ages 13 to 17).

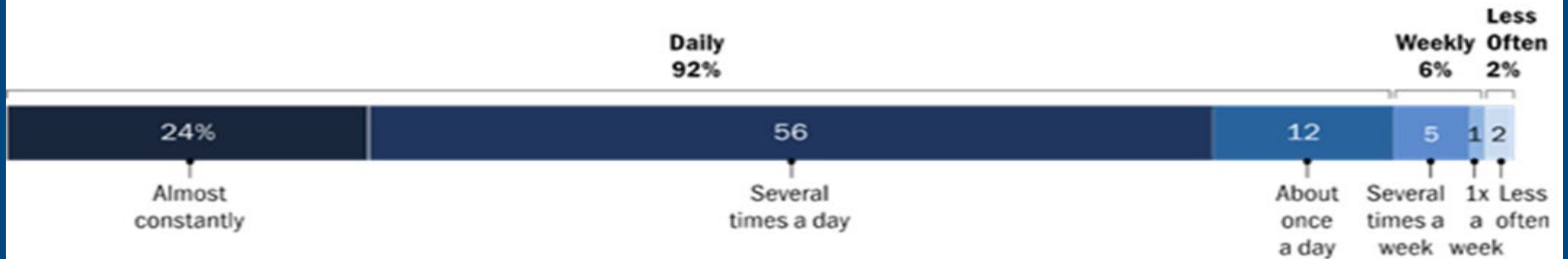


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11% of Cell-Owning Teens Use Anonymous Sharing or Question Apps, i.e. Whisper, YikYak

Frequency of Internet Use by Teens

% of teens ages 13 to 17 who use the internet with the following frequencies



Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. (n=1,016 teens ages 13 to 17).

PEW RESEARCH CENTER

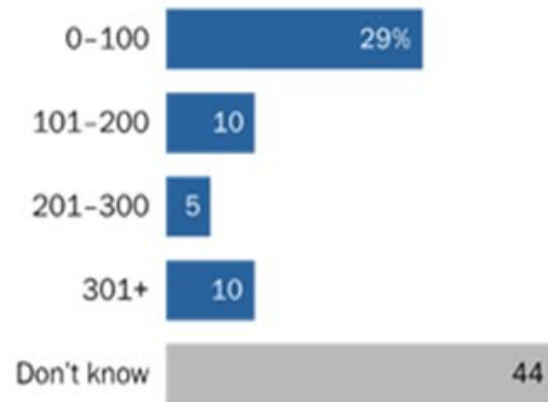


What are friends?

Typical Twitter-using Teens Have 95 Twitter Followers

% of teen Twitter users who have a network of followers of this size

NUMBER OF FOLLOWERS



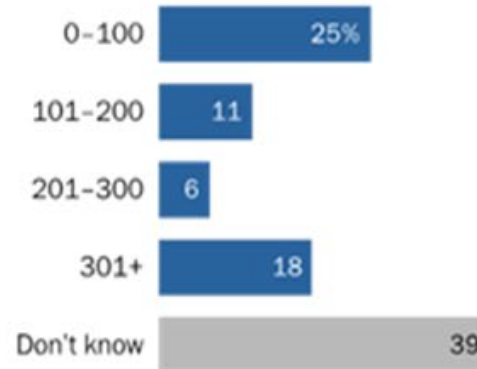
Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and February 10-March 16, 2015. (n=349 teens ages 13 to 17).

PEW RESEARCH CENTER

A Typical Instagram-Using Teen Has 150 Followers

% of teen Instagram users who have a network of followers of this size

NUMBER OF FOLLOWERS



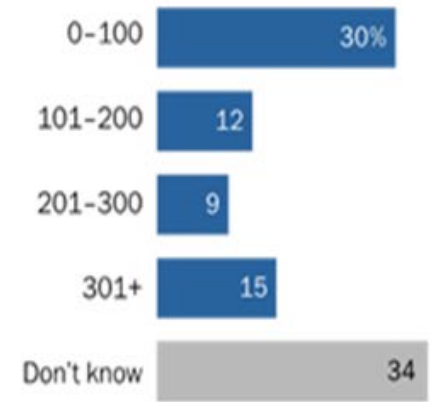
Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and February 10-March 16, 2015. (n=534 teens ages 13 to 17).

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A Typical Facebook User Has 145 Facebook Friends

% of teen Facebook users who have a friend network of the following size

NUMBER OF FRIENDS



Source: Pew Research Center's Teens Relationships Survey, September 25-October 9, 2014 and February 10-March 16, 2015. (n=737 teens ages 13 to 17).

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<http://hub.americantelemed.org/resources/telemedicine-practice-guidelines>



**PRACTICE GUIDELINES FOR
TELEMENTAL HEALTH WITH
CHILDREN AND ADOLESCENTS**

MARCH 2017





Special Population Considerations

- Different diagnoses for youth
- Assessments include adult input
- Interventions include the caregiver
- Providers are more varied, behavior analyst, special education teachers, etc.



Special Population Considerations

Workforce Issues

Youth trained providers are few in comparison to the need

Location of Services

Youth are at home, school, treatment centers, juvenile justice centers



Special Population Considerations

Medication Management:

- Ryan Haight Online Pharmacy Consumer Protection Act of 2008
- Requires in-person evaluation prior to prescribing online
- Review your state and federal DEA guidelines!



Assessing Appropriateness

- Always assess for youth AND parent preferences
- Developmental and diagnostic considerations
- Does parent have resources to deal with risks
- Can child follow instructions without local adult involvement



Assessing Your Style of Therapy

- Space for parents and others
- Play therapy?
- Drawing space for diagnostic work
- Good cameras for diagnostic work



Assessing Appropriateness

Safety Measures:

If offsite is there someone there to monitor the child and family -
example – child runs out, anger management group acting out



Questions to Ponder

- **When would telemental health services with youth be contraindicated ?**
What would tell you that ?
- **What stands out to you today regarding using technology when working with youth?**
- **What needs to be different for you for risk management when providing telehealth services to youth ?**





It's Consultation Time !





Helpful resources and links

- <https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/Telepsychiatry/APA-ATA-Best-Practices-in-Videoconferencing-Based-Telemental-Health.pdf>
- https://www.aap.org/en-us/Documents/ATA_Pediatric_Telehealth.pdf



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Acknowledgments

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Mountain Plains Addiction Technology Transfer Center (MPATTC)

THANK YOU and SEE YOU NEXT TIME !

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