SbVC Consultation Group

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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.
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:

- A desktop / laptop computer: 87%
- A gaming console: 81%
- A smartphone: 73%
- A tablet computer: 58%
- A basic cell phone: 30%


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

- 0-100: 29%
- 101-200: 10
- 201-300: 5
- 301+: 10
- Don’t know: 44


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A Typical Instagram-Using Teen Has 150 Followers

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

NUMBER OF FOLLOWERS

- 0-100: 25%
- 101-200: 11
- 201-300: 6
- 301+: 18
- Don’t know: 39


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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

- 0-100: 30%
- 101-200: 12
- 201-300: 9
- 301+: 15
- Don’t know: 34


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http://www.pewinternet.org/2015/04/09/methods-teens-tech/
http://hub.americantelemed.org/resources/telemedicine-practice-guidelines
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!

Questions:
- What?
- Who?
- Where?
- How?
- When?
Helpful resources and links


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THANK YOU and SEE YOU NEXT TIME!

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