Telepsychiatry as a Key Component of School-Mental Health for Youth Classified with Serious Emotional Disturbance

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Telepsychiatry in Schools

- School-based mental health programs at the University of Maryland are implementing telepsychiatry services.
- BSMHI, PG County, Howard County, School Mental Health Program.
- Connects more students in more areas with psychiatry.
- Consultations provided to school clinicians and other school staff.
Current Research

- Limited research around telemental health, but common outcomes around studies conducted

- **Benefits:** improved access to care, financially effective, prevents ER/pediatric visits

- **Barriers:** issues with technology, student/parent engagement and availability, may be more difficult to build rapport

- **Outcomes:** studies found telemental health treatment comparable to face-to-face treatment
Planning and Implementation

- **Forms:**
  - **Request Forms**
    - Diagnostic information
    - Outside agency involvement
    - Family dynamics
    - Medical history
    - Questions about the case
Planning and Implementation (cont.)

Forms (continued)

- Consent to release information
  - Is telepsychiatry included in initial consent to treatment forms for your agency?
- Evaluations
- Consult form (to be completed by psychiatrist)
Planning and Implementation (cont.)

- Psychiatrists and Clinicians
  - Identify psychiatrists to collaborate with and clinicians who have a need for this service

- Schedules
  - Flexibility is needed depending on location of clinicians

- Location/Space
  - Confidential space

- Software
  - Equipment options can include televisions with cameras, iPads, laptops
Outcomes

○ Case examples
  ▪ 12 y/o female presenting with paranoia, anxiety, possibly visual hallucinations, physical aggressions, fabricates events
  ▪ Recommendations included building rapport with parent, behavioral modification plan, completion of SPENCE and CES-DC, possibly referral for psychiatric care if symptoms persist

○ Lessons Learned

○ Evaluations
References


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Questions or Comments?