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**

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Questions or Comments?