

Telebehavioral Health

The TA Tidbit is an online publication of the TA Network highlighting resources developed or provided in response to requests from SAMHSA SOC grantees on various topics.

This edition focuses on the **telebehavioral health**.

Telebehavioral health utilizes telecommunications and related technologies to meet the emotional, mental and behavioral health needs of populations at a distance by extending providers' reach. Telebehavioral health has two main aims, which focus on direct services to consumers and continued workforce development for providers. The diversity in delivery service models makes telebehavioral health an asset for providers and communities in rural, frontier, and other hard to reach areas. Via the use of video-teleconferencing systems, mobile telephones, remote patient monitoring, etc. behavioral health providers have the ability to evaluate, treat, and receive consultation for consumers.

Benefits of telebehavioral health include:

- Expansion of services to geographic areas that have limited clinical capacity
- Expansion of workforce development opportunities;
- Increased access to consultation;
- Timely service and reduced wait times;
- Reduction in travel time and expense for engaging in treatment

Policies and practice strategies required for the support telebehavioral health services are:

- Strong understanding of state Medicaid reimbursement policies;
- Commitment to workforce development;
- Individualized array of services for children, youth, young adults, and their families across developmental phases;
- Ensuring capacity for reliable, secure, and private service opportunities
- Ongoing assessments of service/geographical needs for program implementation



See below for resources on telehealth and telebehavioral health:

- U.S. Department of Health and Human Services: [Telehealth: Mapping the Evidence for Patient Outcomes from Systematic Reviews](#)
- SAMHSA-HRSA Center for Integrated Health Solutions: [Telebehavioral Health Training and Technical Assistance Series](#)
- Indian Health Service: [Telebehavioral Health Center of Excellence](#)
- Public Health Institute Center for Connected Health Policy:
 - [State Laws and Reimbursement Policies](#)
 - [State Telehealth Laws and Medicaid Program Policies: A Comprehensive Scan of 50 States and the District of Columbia](#)
- American Telemedicine Association: [Practice Guidelines for Telemental Health with Children and Adolescents](#)
- California Telehealth Resources Center: [Telehealth Program Developer Kit](#)