

# Future of TeleMental Health

---



**Raymond Barrett, LMHC**

**Founder of Telehealth Certification Institute**

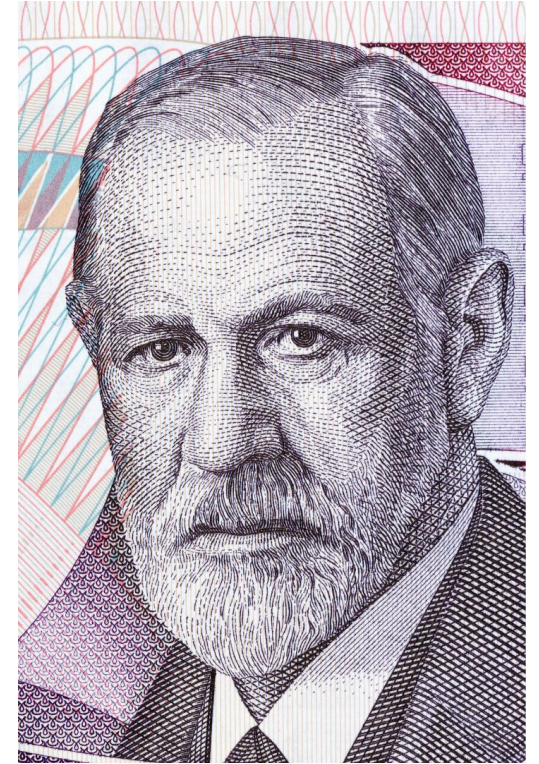
# TeleMental Health

Mental Health Treatment From Afar

**Licensed /  
Insurance**

# Sigmund Freud

1959, the University of  
Nebraska Medical  
Center



1964 ELIZA

2004 CCE's DCC

Pandemic

**Medium of  
Communication**

**Technology Assisted  
Treatment**

**Technology Provided  
Treatment**





# Restrictions

- Training
- Reimbursement
  - Location
  - In-person requirement
  - Audio-only
- Licensure

- **Telehealth**
- **Parity Laws**
- **Pandemic**
- **Education**







- **Google's Project Starline**
- **Logitech's Project Ghost**
- **Doxy.me**



# Other Technologies Used for TeleMental Health

- **Avatar Programs**
- **VR**
- **Mobile Apps**
- **RPM**
- **Bots**
- **Digital Therapeutics**

# When Technology Is Used

- Prevention (Lifebuoy and Oui)
- Assessment
- Diagnosis
- Treatment Planning (Vibe Up)
- Documentation
- Treatment



# Avatar Programs

**Second Life (2003)**

**Mursion**

**Voki**

**Kognito**



# AR and VR





# References

- Niznik Behavioral Health - SUD treatment
- Flynn A, Healy D, Barry M, Brennan A, Redfern S, Houghton C, Casey D Key Stakeholders' Experiences and Perceptions of Virtual Reality for Older Adults Living With Dementia: Systematic Review and Thematic Synthesis JMIR Serious Games 2022;10(4):e37228

# Apps

- Information
- Assessments
  - Minder
- Crisis Response
  - Lifeguard
  - Brave
- Self-Care and Treatment Tools

# Evaluation of apps

The adapted Mobile Application Rating Scale (A-MARS)

Validation study of MARS

APA: The App Evaluation Model

PsyberGuide

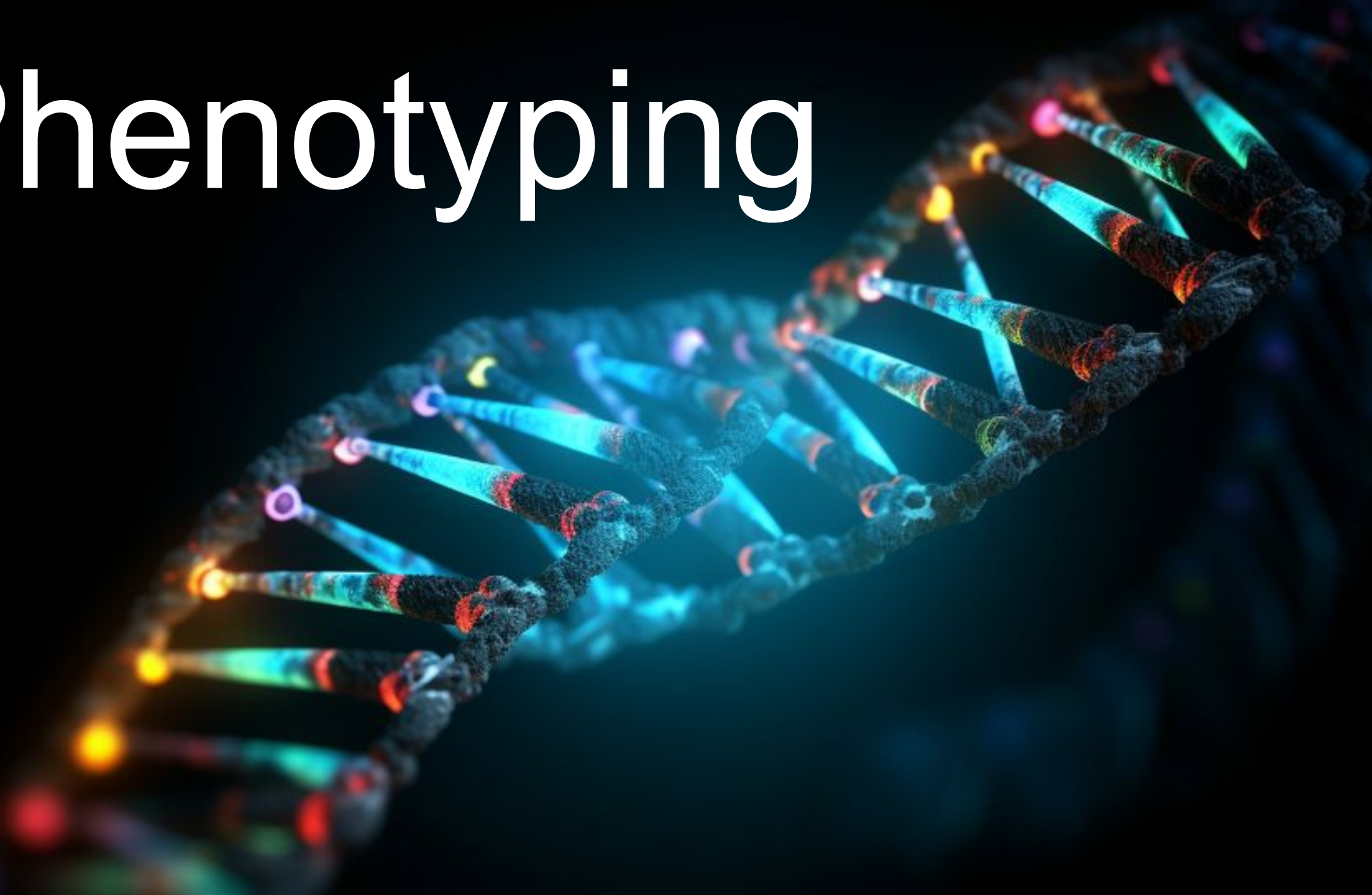
AHRQ, Effective Health Care Program Technical Brief

#41: Evaluation of Mental Health Mobile Applications

# Remote Monitoring



# Phenotyping



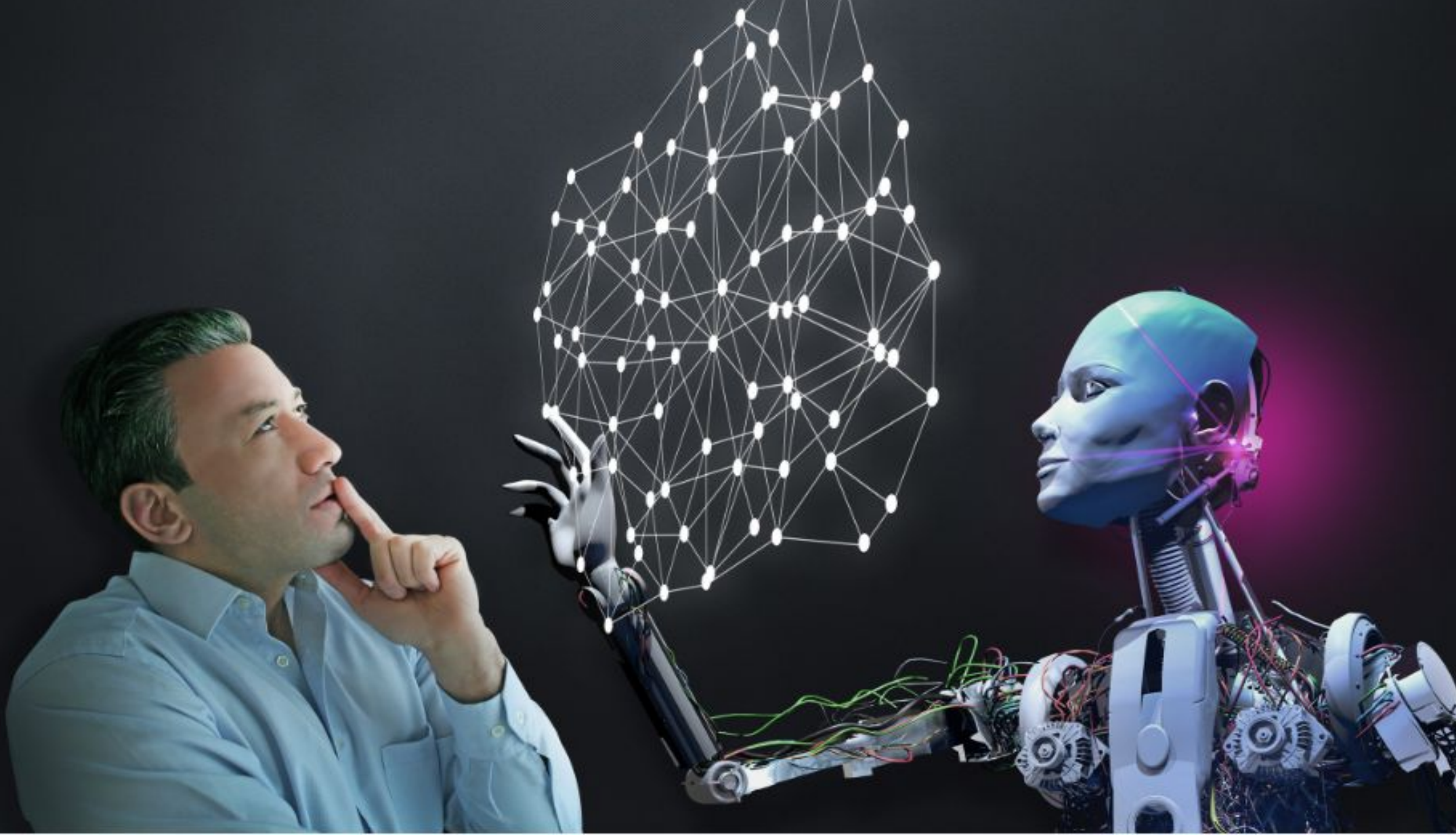






# Examples

- Esteem Therapeutics
- EndevorRx by Akili Interactive Labs
- The reSET & reSET-O by Pear Therapeutics





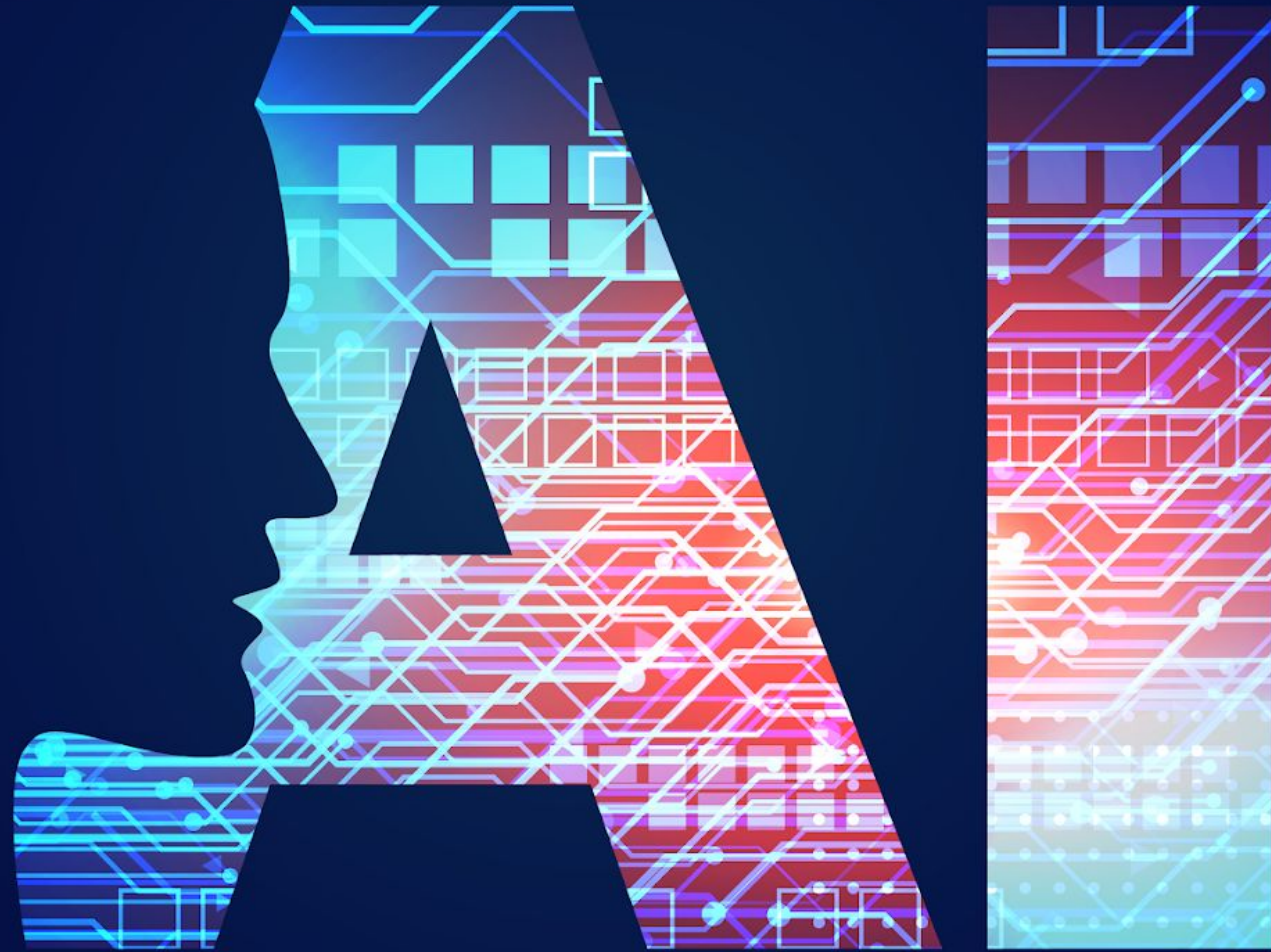
**PATIENT  
PORTAL**  
CONNECT  
WITH  
YOUR  
PROVIDER  
HERE

CLICK AND JOIN



# Drug Testing RecoveryTrek / PROOF





# Resource and Examples

- Evaluation of AI: CHAI Coalition for Health AI
- LYSSN - analyze sessions
- Write notes:
  - Mentalyc
  - Nuances' Dragon Ambient Experience (DAX) technology



# Examples

- **Microsoft LLaVA-Med - responds to free-form inquiries about biomedical images**
- **Google Med-PaLM 2 - large language model for the medical field**
- **Epic is integrating GPT-4 into its EHR**

# Social Media

## Videos and Testimonies

- Alex M. Russell, Brandon G. Bergman, Jason B. Colditz, John F. Kelly, Plangkat J. Milaham, Philip M. Massey, Using TikTok in recovery from substance use disorder, Drug and Alcohol Dependence, Volume 229, Part A, 2021, 109147, ISSN 0376-8716
- [Recovery Dan on YouTube](#)



TELEHEALTH

CERTIFICATION INSTITUTE

# What is Needed

- Careful Evaluation
- Training

# Training

## Telehealth Certification Institute

[Support@telehealthcertificationinstitute.com](mailto:Support@telehealthcertificationinstitute.com)

585-687-8837



TELEHEALTH

CERTIFICATION INSTITUTE