Future of TeleMental Health

Raymond Barrett, LMHC
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TeleMental Health

Mental Health Treatment From Afar
Licensed / Insurance
Sigmund Freud

1959, the University of Nebraska Medical Center

1964 ELIZA

Pandemic

2004 CCE’s DCC
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

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
Digital Therapeutics
Examples

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

PATIENT PORTAL
CONNECT WITH YOUR PROVIDER HERE
Drug Testing
RecoveryTrek / PROOF
Artificial Intelligence
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

- Recovery Dan on YouTube
What is Needed

• Careful Evaluation

• Training
Training

Telehealth Certification Institute

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