

Telebehavioral Health

What is it?

Sometimes referred to as telemental health, telebehavioral health is more wide reaching in practice than telemental health, including care for substance use and other physical health disorders related to behavior, as well as mental health care for anxiety, depression and other related disorders; it is the practice of providing remote behavioral therapy, psychotherapy and patient education.

1 in 5



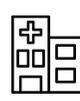
people in the U.S. population have a diagnosable behavioral health condition

1 in 3



of those people are not currently having their psychiatric needs met

< 4%



rate of psychiatric consultations for medical inpatients



stigma //

The negative views and stigma around mental and behavioral health keep many from seeking help. Telebehavioral health helps to reduce that stigma by giving people more ways to receive care.



preference //

It allows users to choose how to interact with their provider (text messaging, phone services, video calling, apps etc.) in order for them to receive the most appropriate care that suits their health and situational needs.



access //

Some disorders can make it a challenge to leave the house and this allows patients to receive help even on days when it is difficult. It is useful for follow-ups and check-ins and gives better access to people in rural areas.

28%

of those not receiving care for a substance use disorder believe they need care but avoid it because of stigma.

35%

no show rate for mental health appointments is the highest of all health care fields.

60% of all counties and 80% of rural counties in the U.S. do not have a psychiatrist readily available for patients.

460,000

beneficiaries receiving care for mental health services with a psychiatrist or psychologist received this care through telehealth. That is 60% of the Medicare mental health population. Telehealth for mental health care is showing great promise for continued use with the Medicare beneficiary population. A population who may not have sought out this care due to being stigmatized.

Is the Quality of Care the Same?

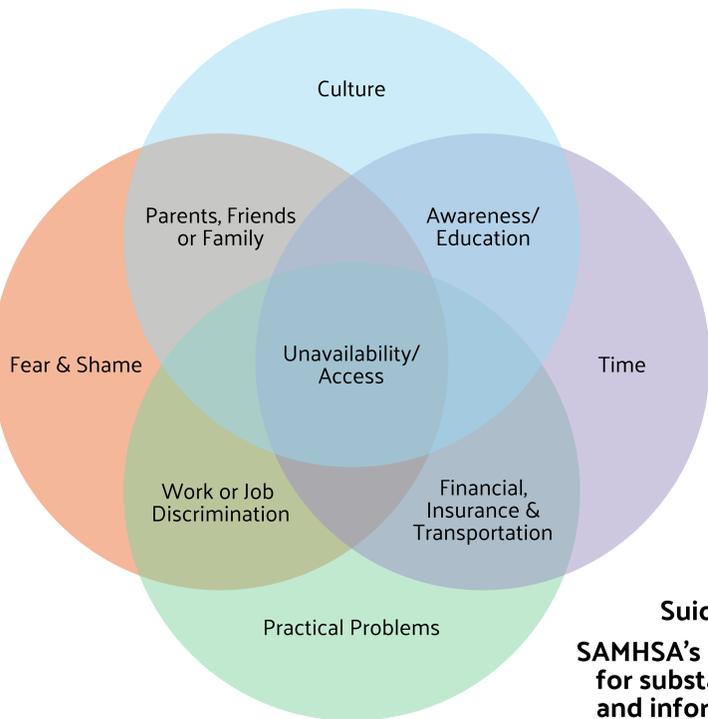
A systematic review of data and Telemental Health services found care through Telemental Health portals to be an effective form of care. It's quality was found to have no difference in outcomes than in-person care. Individual plans for each patient still need to be made as every person has unique needs, desires and will benefit from care in different ways.

What Does This Mean?

1. Connecting patients to provider becomes much easier which helps to alleviate the demand for more psychiatrists and other mental health professionals. Meeting this growing demand allows more patients to be seen and reduces the strain on providers.
2. Much of the care that is normally provided does not require provider-patient contact. Care can continue to be provided the same digitally as it was in person.
3. Patients are able to get the care they need with increased privacy and in an easy and timely manner, reducing the obstacles to receiving treatment.
4. Its use as an extension treatment option to those struggling with substance use and other behavioral disorders helps give patients in remote or rural areas more options in their recovery.

- Patient demand is met
- High consumer satisfaction
- Improved access to the appropriate level of care
- Increased patient privacy
- Reduced waits
- Readily available care
- Reduced risks to facility
- Reduced contact spread of COVID-19
- Apps self-managed can increase autonomy, helps those seeking to live more independently

Obstacles to Behavioral Health Care from One Touch Telehealth



COVID-19

Maintaining access to behavioral health services is important during the pandemic. This importance is amplified by the potential addition of more psychological challenges for people dealing with a mental or behavioral health disorder. This is a result of fear, anxiety, stress and other factors related to the COVID-19 crisis altering people's daily life, recovery or treatment.

Your mental and physical health is extremely important. If you are struggling with your mental or behavioral health please seek help. Your life is important and you matter.

[MentalHealth.gov Click Here](https://www.mentalhealth.gov)

[Suicide Hotline: 1-800-273-8255](https://www.suicidehotline.org)

[Suicide Prevention Lifeline Click Here](https://www.suicidepreventionlifeline.org)

[SAMHSA's National Helpline: 1-800-662-4357 for substance use and mental health help and information Click Here](https://www.samhsa.gov)