WHAT’S A SOCIAL WORKER DOING...

... offering tele-behavioral therapy/counseling to their clients?
About the speakers

A 2007 graduate from the Columbia School of Social Work, **Amelia Ortega, LCSW,** is now a lecturer for its online campus, teaching courses on human behavior. She also works as a clinician providing trauma informed psychotherapy for Latinx individuals, families and couples. Amelia utilizes technology to facilitate both the instruction of online courses and also in her clinical practice. She is constantly exploring the potential for technology to lower barriers for accessing therapy and other mental health support systems. Her website is [http://www.amanecercounseling.org/](http://www.amanecercounseling.org/)

**Elisabeth (Beth) Counselman-Carpenter, LCSW, PhD,** is a full-time professor of clinical practice at Columbia School of Social Work, teaching courses on (among other topics) clinical interventions, evaluation, and the application of risk and resilience theories and research to at-risk populations. This past semester, with the help of a grant from the Provost’s Office, Counselman-Carpenter developed a “flipped classroom” model for Advanced Clinical Practice with Children and Families, for which her students designed innovative technologies for their final projects. In addition to her role as educator, she has her own private practice, providing individual, group, and family therapy for children, adolescents, and adults.
Telehealth Resources

Training
The National Institute for TeleMedicine offers training opportunities and certification to provide Telebehavioral Health services:

http://www.telehealth.org/

Free telehealth platform
Doxy is a free telehealth platform that is HIPPA compliant.

http://doxy.me/

Telemedicine models
For an example of telemedicine interventions for rural women, check out Rural Health Access Network:

https://www.ruralhealthinfo.org/community-health/project-examples/topics/women

Rural Health Access Network has an evidence-based program called Women to Women Online Support Network:

https://www.ruralhealthinfo.org/community-health/project-examples/394

Regulations and Guidelines

Information on Telehealth Parity Laws, State by State
For a comprehensive list of state policies, here is information on telehealth parity laws, state by state:


The National Association of Social Workers (NASW) has compiled resources that address the legal and ethical considerations for telehealth. They can be found here:


For a general guide to technology and social work, the NASW has created this pamphlet, which is in the process of being updated. The pamphlet can be downloaded here:

http://www.socialworkers.org/practice/standards/technology.asp
Data on the Digital Divide

The Pew Research Center has several reports on the digital divide, found here:

http://www.pewinternet.org/topics/digital-divide/

The FCC also has its own reports:

CONTRACT FOR TELEHEALTH SESSIONS

Date:
This contract indicates consent for distance-oriented behavioral health sessions, otherwise known as telehealth which may take place over a variety of platforms including phone sessions, FaceTime and Skype.

Should sessions take place over Skype, although it is uses federally recognized encryption, it is not considered to be HIPAA compliant. By signing this contract, I acknowledge that Beth Counselman Carpenter, PhD, LCSW cannot guarantee that the information shared during our session will kept confidential as per HIPAA laws.

By signing this contract, I also agree to the following:
- To find a quiet and protected space for our virtual sessions.
- That during our session time, no one else will be present in the room (unless indicated to the therapist and discussed prior to session).
- That no phone calls, texts, emails or web-surfing will occur.
- That if there is a loss of connection, the therapist will initiate the call back.
- Sessions are scheduled for 60 minutes to account for any connection disruption, but the session shall last 45-50 minute as per residential session protocol.
- The session and the chat will not be recorded nor will screen shots be taken unless expressely discussed prior to session and with clinical goals in mind.
- All rules regarding mandated reporting and reporting harm to self or others remain the same as residential sessions as per NASW ethical standards and legal protocol.

By signing this contract, I indicate my compliance with the above stated expectations. I reserve the right to revoke my consent, in writing, at any time. This consent will be valid for 1 year following the date of signature.

Client Name (Printed):

Client Signature: