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How to get started in telebehavioral health - a practical guide to starting and sustaining a legal, ethical and profitable behavioral health practice on the internet

Peer-reviewed, multidisciplinary, and focused on best-practices, this seminar is a quick-start guide derived from extensive research and applies to international audiences. The same author created the Board Certification in Telemental Health (BC-TMH) for the Center for Credentialing and Eduction in the United States that launched in 2018. This practical seminar was created from the most comprehensive study to date of international laws, ethics, best practices and efficacy research on the topic of telebehavioral health and the collective experience of 20 telebehavioral health experts. The extensive literature review included the 46 related terms for mental and behavioral health services delivered over the internet that are found in the research and popular literature. The professions included are (in US terms) medical doctors, nurse-practitioners, psychologists, social workers, professional counselors, addictions therapists, and marriage and family therapists.

Telebehavioral Health solves many provider shortage and access problems for mental and behavioral health services around the world. Developing safe, effective, and sustainable services requires knowledge in a wide range of areas in addition to mental and behavioral health training. with this in mind, a specific process is presented for efficiently creating or improving a telebehavioral health program and can be applied to a small single clinic or an extensive multi-hospital network. The process is flexible enough to be applied to most all scenarios. Areas of focus include efficient program development, funding, selecting settings, selecting and setting up service offerings (psychiatry, medication-assisted therapy, psychological assessment, counseling, peer-coaching, clinical supervision, self-help, etc.), internet security selecting secure video software, setting up online workflows, provider and patient adoption strategies and how to prevent the most common program failures. Particular attention is paid to differences between clinic-to-clinic work and direct-to-consumer (in patient home) work where setup, security, software and best practices differ.

Jay Ostrowski
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Biography

Jay Ostrowski is the Director of the TeleBehavioral Health Center of Excellence and the CEO of Behavioral Health Innovation, creators of Adaptive Telehealth software. Jay is as a subject matter expert on Telebehavioral Health for the United State Federal Government. He's pioneered research on the laws/ethics of telemental health, founded the Board Certification in Telemental health, created 9 peer-reviewed courses in telemental health, created 10 software applications for telehealth, and continues Telebehavioral health research with Harvard University and the University of Virginia. Jay holds a Master's degree in Counselling Psychology and is a Licensed Professional Counselor and Licensed Supervisor.

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