

# International Conference on Psychiatric & Geriatrics Nursing and Stroke

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## Telehealth as a model to reduce social stigma for mental health services for the urban and underserved communities

The use of telehealth is rapidly changing; how one interfaces with healthcare including mental health services. A model is proposed specifically for reaching and servicing clients in the urban and underserved communities via the use of telehealth to reduce the social stigma of mental health care. Considerations of the use of telehealth including the ethical and legal ramifications of mental health for this population are elucidated. Multicultural and interdisciplinary perspectives are also visited. Both the advantages as well as the challenges of telehealth are discussed.

### Biography

Vernita Annette Marsh has completed her PhD in Clinical Psychology from Michigan State University and her Pre-doctoral and Post-doctoral training from Harvard Medical School, Beth Israel Hospital. Following this training, she has completed a Fellowship at Massachusetts General Hospital. Currently, she is the Founder of a group clinical practice, Dr. Vernita Marsh & Associates and she is also the Founder of The Marsh Clinics®, an organization to address the disparities concerning mental health care. Most notably, she has served as a Consultant, Supervisor, and Mentor for clinicians. She has published, presented, and offered several trainings in the various topics of Mental Health.

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