The National Telehealth Webinar Series
February 16, 2017

Presented by
The National Consortium of Telehealth Resource Centers
Webinar Tips & Notes

- Your phone &/or computer microphone has been muted
- Time is reserved at the end for Q&A
- Please fill out the post-webinar survey
- Webinar is being recorded
- Recordings will be posted to our YouTube Channel
  https://www.youtube.com/channel/UCOzpvd1OZ221AWBSF3QK-yg
TWITR
Telemedicine Wellness, Intervention, Triage and Referral Project

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TWITR Project Team

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Objectives

- Access to Mental Health Care In Rural West Texas
- Purpose of TWITR
- Benefit of Telemedicine
- Goals of TWITR
- TWITR Referral Process
- Effectiveness of TWITR
Out of 2,848 board certified psychiatrists in Texas, only 151 (5.3 percent) are located in West Texas.

94 West Texas counties have no psychiatrist as the majority of psychiatrists are concentrated in Lubbock, Amarillo, El Paso, and Wichita Falls.

Only 5.9 percent of the states Psychologists work in West Texas (441 out of 7,452).

Only 9.8 of the states Licensed Professional Counselors are located in West Texas (2,093 out of 21,271).
The TWITR Project is a demonstration project grant funded by the Office of the Governor of the State of Texas and is a proposed cooperative effort between the F. Marie Hall Institute for Rural and Community Health at TTUHSC and public school entities in Lubbock and surrounding counties.

The primary purpose of the project is to promote school safety by providing assessment and referral services to students who may be struggling due to behavioral and mental health issues.

In addition to assessment procedures, the grant also embraces the importance of mental health training for educators to promote student success.
Goals of the TWITR Project

- Form a collaborative network with mental health professionals, ISD faculty and staff, and school resource officers.
- Help ISD faculty and staff understand mental health symptomology, and possible classroom interventions.
- Provide faculty and staff a mechanism for referring students at-risk for mental health problems to the TWITR Project for possible psychiatric evaluation and treatment.
- Provide at-risk students access to psychiatric evaluation via telemedicine (if needed).
- Help develop accessible community resources.
Why Telemedicine?

- Provides easier access to mental health services not available in rural areas.
- Convenient for parents to make appointment(s) at school rather than traveling.
- Reduces the amount of time student(s) is(are) out of class.
- Often more comfortable for students to discuss issues online rather than face to face.
- Quick and easy set-up of equipment.
- Provides opportunity for simultaneous appointments.
- Provides attending physician the opportunity to provide services to more patients within a given amount of time.
The Referral Process

- Follow-up Care
- Telemedicine Appt. (if needed)
- Triage/Recommendations – sent to school/family
- Assessment – administered by LPC
- Staffing – among LPCs and Department of Psychiatry
Reasons for Referral

Imminently dangerous to self/others

- Anger/violence
- Anxious behavior
- Problems with attention
- Decline in academic performance
- Frequent or intense mood changes

- Low self-esteem
- Non-compliance with staff
- Multiple disciplinary referrals
- Substance abuse
- Truancy
- Self-harm
- Suicidal Ideation
Assessments

- Child Mania Rating Scale
- CRAFFT
- Mood and Feelings Questionnaire
- Screen for Child Anxiety Related Disorders (SCARED)
- National Stressful Event Survey
- Vanderbilt ADHD Assessment Scales
- Hopelessness Scale for Children (HSC)
- Children’s Loneliness Questionnaire (CLQ)
- Structured Assessment of Violence Risk in Youth (SAVRY)
Understanding TWITR Students’ Development

**Exosystems**

**Mesosystems**

**Microsystems**

**TWITR Student**

**Home/Guardians**
- Domestic violence
- Single Parents
- Transient Families
- Language Barriers
- Incarcerated Parents
- Early Caregiver Disruptions
- Not being raised by Parents
- Siblings

**Neighborhood**
- Absence of community Activities
  - crime
  - drugs
  - gangs
  - poverty
- Delinquent peers
- Bullies
- Apathetic Peers
- Social Media
- Rejection

**School**
- Teachers
- Principals
- Counselors
- School Officials

**Religious Settings**

**Local Government**

**Parent’s Workplace**

**School**

**Mass Media**

**Home**

**Parent’s Workplace**

**School Board**

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Telemedicine Services

- If a student needs psychiatric evaluation, TWITR project staff will notify the school and the guardian of the appointment time.

- Prior to telemedicine appointment, the student’s Parent or Legal Guardian must sign Department of Psychiatry consent and authorization for services forms.

- The student’s Parent, Legal Guardian, or approved representative must be present during the telemedicine appointment.

- Following the telemedicine appointment, a determination will be made as to whether and additional telemedicine appointment is necessary, and/or the necessity of other services.
There are typically four disposition types:

- Medication recommendation and follow-up telemedicine scheduled.
- Medical recommendation and follow-up telemedicine scheduled.
- Recommendation for non-medical therapies with no telemedicine follow-up.
- Recommendation for medication and non-medical therapies with telemedicine follow-up.
Reports of truancy, discipline, academic performance are obtained for the six weeks prior to referral and each six weeks following to insure maintenance of behavior change or need for re-screening.

Additional data are collected related to demographics.

Following final disposition of a student’s case, TWITR Project staff will re-administer all screening instruments to assess for changes or continuation of a need for some type of service.
Evidence reported

- hopelessness, 83.3%
- anxiety 55.2%
- separation anxiety 48.3%
- loneliness and school avoidance  44.8%

Outcomes

- Reduction in truancy (17%)
- Reduction in student discipline referrals (25%)
- Increase in student overall GPA (3.6%)
Questions
The National Telehealth Webinar Series

3rd Thursday of every month

Next Webinar:

Telehealth Topic: Telehealth Insurance Considerations
Presenter: Northwest Regional Telehealth Resource Center
Date: Thursday, March 16, 2017
Times: 9:00AM HST, 10:00AM AKST, 11:00AM PST, 12:00PM MST, 1:00PM CST, 2:00PM EST
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