

# Telehealth and Telepsychiatry in Iowa

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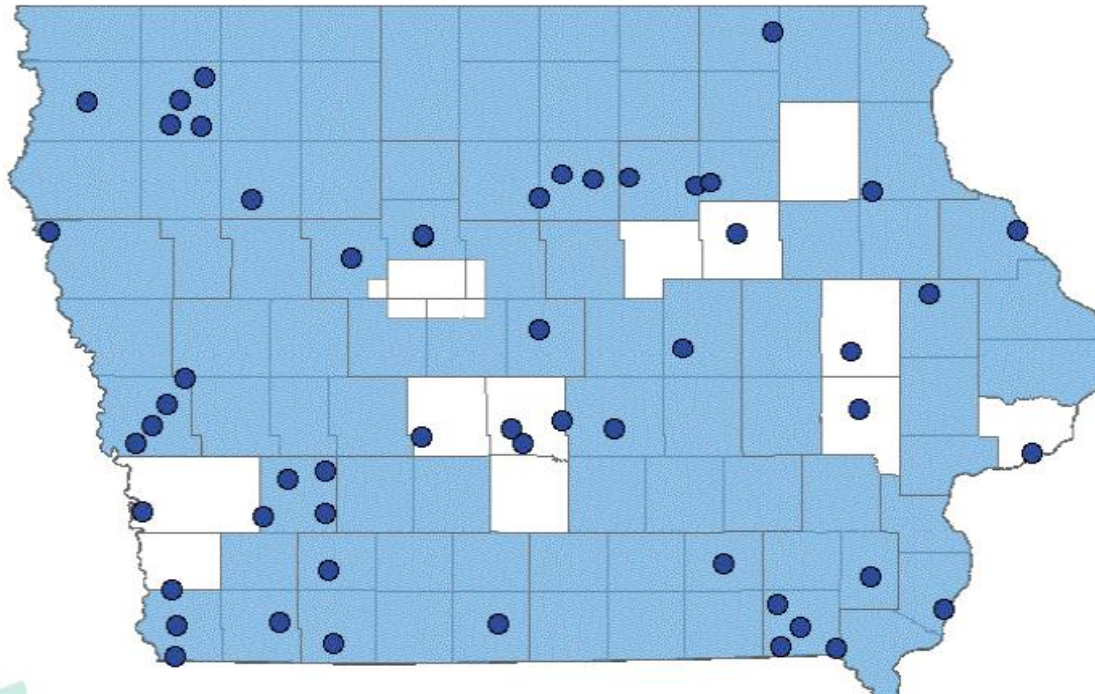
# Telehealth improves access to care

- Geographical and transportation barriers can be mitigated
- Enhanced access to pediatric specialty, subspecialty, and ancillary providers
- Promotes integrated, team based approaches
- Other applications including workforce development and education



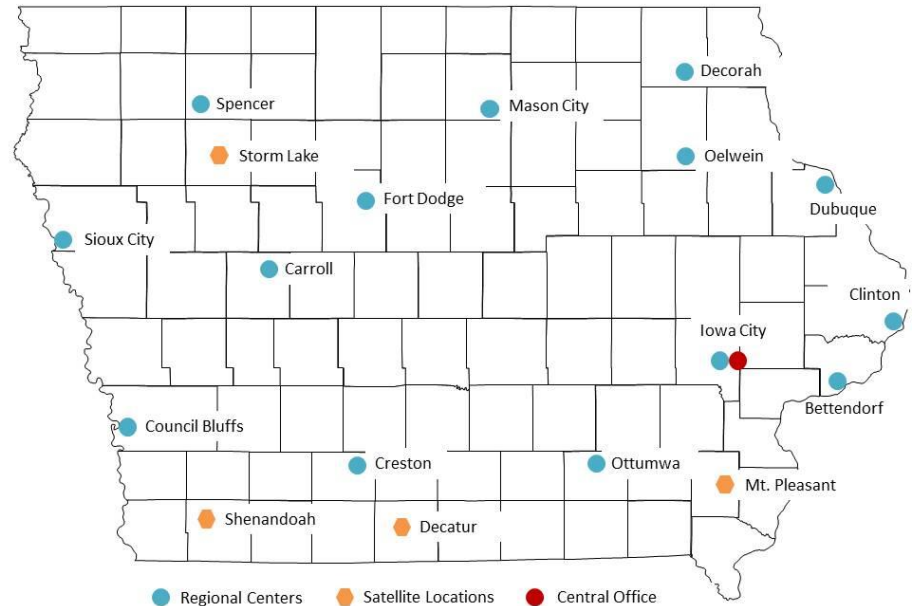
# Mental Health Shortage in Iowa

- Mental Health Professional Shortage Area
- Mental Health Professional Shortage Points



# Child Health Specialty Clinics: Telehealth Network

- Child Health Specialty Clinics (CHSC) started a telehealth program in 2005 in 14 regional centers.
- In 2017, CHSC completed over 1100 telepsychiatry visits for families from 58 counties.
- CHSC's telehealth program offers additional clinical care in pediatric specialties.



# CHSC Regional Centers

- Each Center is equipped with an HP desktop computer
- Sony PTZ Camera
- HIPAA compliant Vidyo teleconference software
- The technology is flexible to adapt to different settings
- Easy to use



# Telehealth – Regional Center Staffing

Each CHSC Regional Center has a team of staff to support telehealth visits.

- Secretarial staff conducts patient scheduling and check-in/check-out process
- Registered Nurses conduct vitals (height, weight etc.) as requested by the provider, and care coordination
- Systems navigation and emotional support is available through our Family Navigation Team



# Child and Adolescent Telepsychiatry Services

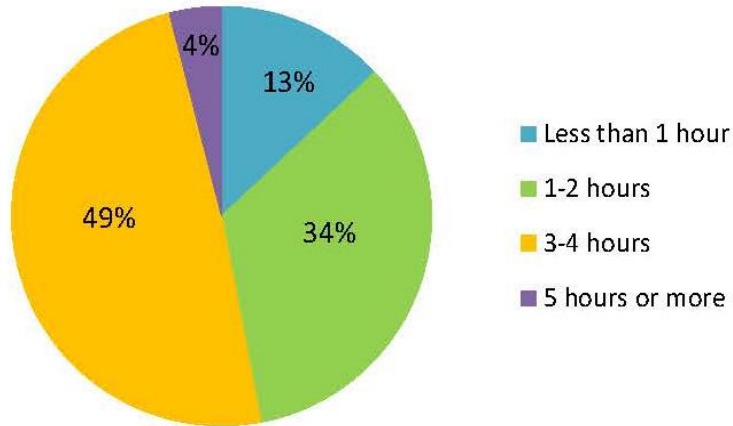
- Comprehensive psychiatric evaluation
- Medication management
- Review of behavioral therapies
- Treatment planning and follow up care
- Consultation with Primary Care



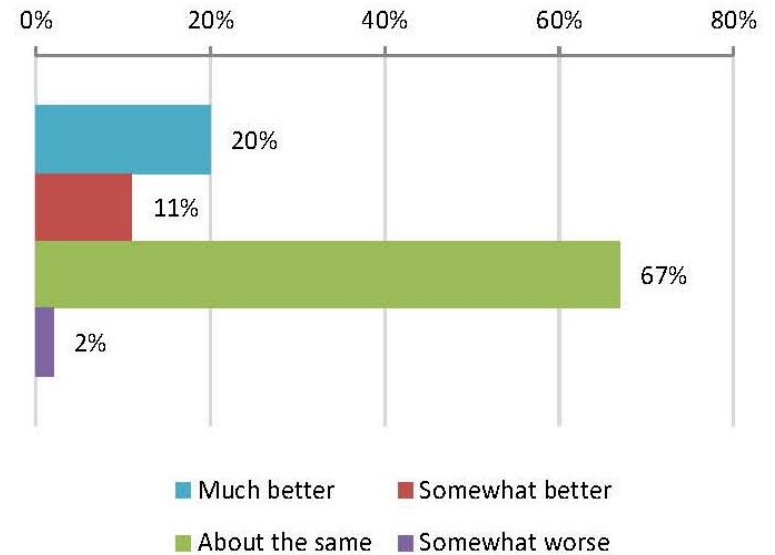
# Telehealth at CHSC – Parent Survey

## Travel Time without Telehealth

49% of families said they would have had to travel 3-4 hours (round trip) if they didn't have access to telehealth



## Comparison to similar in-person appointment





# Telehealth – Supporting the Service

## Infrastructure:

- Some Federal USDA rural health funds
- UI Stead Family Children's Hospital

## Operational:

- Billing for health care direct services
- Title V CYSHCN program infrastructure building dollars
- State Appropriation for Child Health Specialty Clinics



# Child & Youth Psychiatric Consult Project of Iowa- CYC-I

- CYC-I provides free consultative services for Primary Care Providers caring for children and youth with mental and behavioral health needs from birth- 21 years
- The mission is to increase capacity among PCPs to treat children and youth with mild to moderate emotional and or behavioral challenges
- The project uses a “curbside” consultation model to create access to Psychiatry providers



# What is needed to support Telehealth

- Continued funding to retain CHSC infrastructure across the state
- Reimbursement for remote staff, including check-in/ nursing staff
- Reimbursement for facility at remote site
- Funding to guarantee up-to-date technology to support telemedicine
- Full parity reimbursements, including developmental/behavioral assessments completed at remote site but interpreted and summarized by consulting provider
- Funding sources for training
- Funding for educational webinars using telehealth resources to provide primary care providers with information re caring for patients with mental health needs.



# Staff Contacts

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# Questions?

