

Questions Asked During Live Webinar Broadcast on 5/20/2020



Telehealth During COVID-19 and Beyond: Integrative Treatment for Co-Occurring Disorders

Presenter: Fredrick Dombrowski, PhD, LMHC,
MAC, CASAC

How do you keep the informed consent for your records?

A: Usually the informed consent with the agencies I worked with would be modified and applied to telehealth. When the patient agrees to it via telehealth, I document the patient's agreement with the informed consent.

How can I use these techniques just using the phone without a video?

A: You can use mindfulness by asking the patient to describe objects that you can't see. Also, you can create a CBT worksheet or mail a CBT worksheet to the patient and do it together over the phone.

How did the presenter deliver the informed consent, tx plan, and emergency services information to the client? Is the informed consent done orally through the video?

A: This was shown in the presentation. However, for the video, the video was long so we needed to take that part out.

How do you know for certain that the technology you are using is in compliance with 42 CFR part II?

A: Some technology isn't. There are agencies technologies that advertise as being compliant. Within this, we need to have verification as to how it is in alignment. Usually, it is the director's job to assure this.

Can certified peer support workers conduct telehealth within their scope or is there a different name for this? Is there a definition for telehealth? A required license?

A: What was provided in the video was from a mental health/ substance use counselor perspective. The peer support worker can use this by asking the patient to share what they did with their counselor, and replay certain mindfulness techniques. Also, the peer support worker can ask the patient (if they have done CBT) to reflect on ways that they have challenged their cognitive distortions with their counselor.

Any suggestions for a virtual group therapy platform? How can you do these activities in a telehealth group? Especially if you have clients at different levels of anxiety?

A: In a virtual group, a CBT worksheet can be used with everyone by sharing the screen. For example, one person can use the CBT worksheet while others reflect on this. We then then apply this to each individual or ask everyone to complete this while being focused on their triggers, thoughts, feelings, and actions. We can use mindfulness techniques by asking group members to describe objects which are only accessible to them.

When trying to complete mental status with a new patient via the telephone, what recommendations do you have for assessing orientation?

A: Orienting to time, place, date. Also, we can ask them to count backwards by 7 from 100. We can also ask them to draw on a separate piece of paper what 10:25 looks like on a traditional clock. Additionally, collateral contacts are helpful.

What mindfulness technique would you use with a group of clients that are all recently formerly incarcerated?

A: I like to do fun mindfulness techniques such as techniques involving food (skittles or other small snack) or sports (having people review sports plays and identify things they have never noticed before). You would need something that the group shares in common.