

Telehealth Outreach Program for Child Traumatic Stress: Strategies for Sustainability

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BACKGROUND

- Underserved youth experience higher rates of traumatic events yet have lower rates of access to mental health care
- Trauma focused cognitive behavioral therapy (TF-CBT) is effective for addressing mental health issues related to traumatic events
- TF-CBT delivery via telehealth can decrease access to care barriers
- Training program for TF-CBT telehealth delivery developed by clinical interdisciplinary team has been presented 7 times; participants at more than 20 sites
- This study describes variation in implementation of TF-CBT via telehealth among trainees, barriers and facilitators to implementation, and strategies for long term sustainability

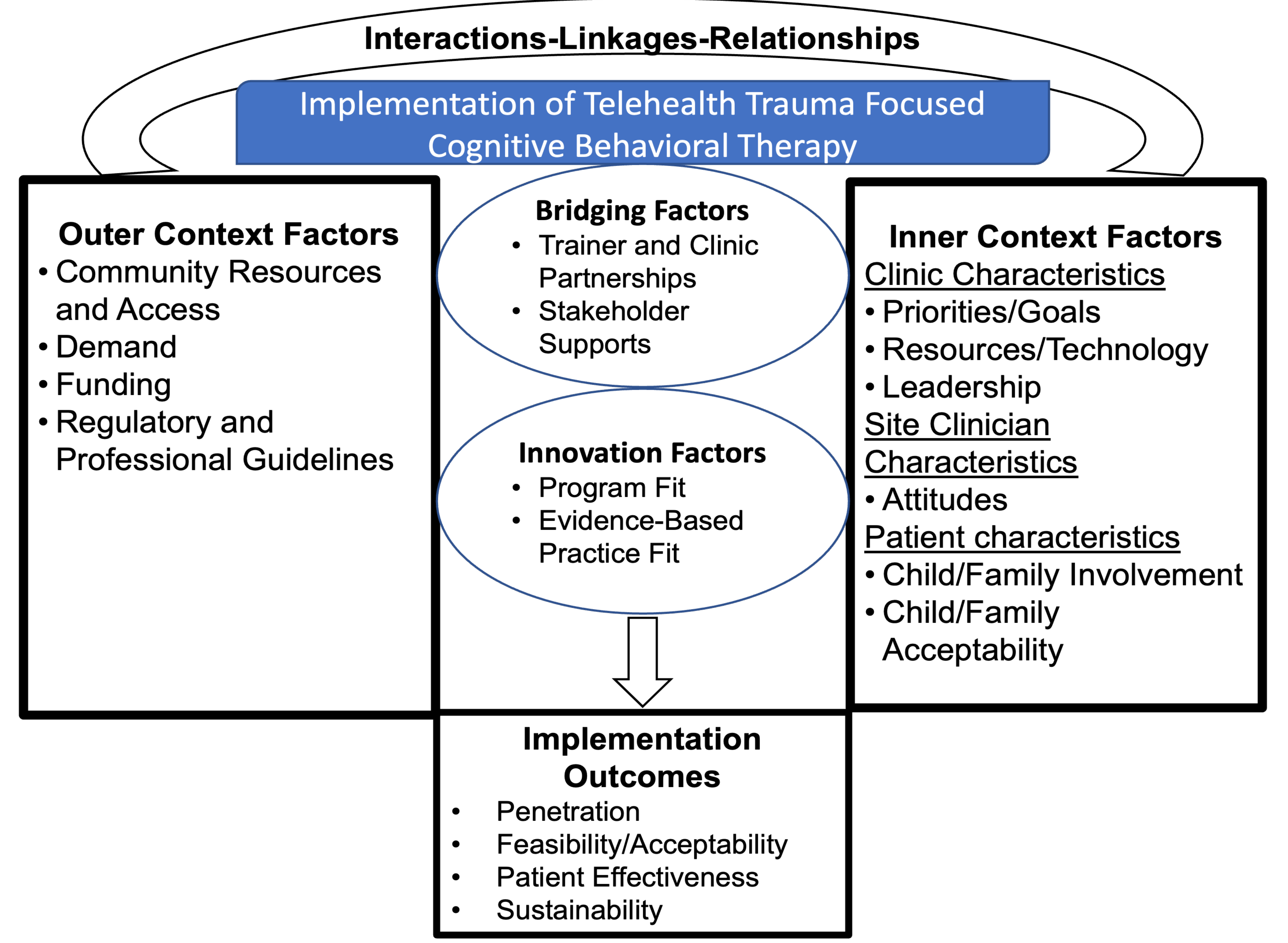
METHODS

- Mixed methods implementation evaluation of the Telehealth Outreach for Child Traumatic Stress Training program
- Eight rural behavioral health clinics
- Guiding framework-Exploration, Preparation, Implementation, Sustainment (EPIS) model-outer and inner context 1,2
- Data Collection
 - Exploratory survey (n=15)
 - Interviews (n=8)

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RESULTS

Figure 1: Adapted EPIS Telehealth Outreach for Child Traumatic Stress Implementation Framework



RESULTS: FACILITATORS

- *Community Need
- *Training and Clinic Partnerships-ongoing support and leveraging of resources
- *Leadership and Staff Attitudes

RESULTS: BARRIERS

- *Funding
- *Regulatory/Professional Guidelines
- *Community Resources and Connectivity
- *Child and Family Involvement

RESULTS: KEY QUOTATIONS

"We get to access communities we couldn't if we didn't have telehealth ...breaks barrier of not getting services."

"The trainers were excellent...very knowledgeable... top in their field, had a lot of good insights, even clinically some tools of what to do, how to help kids, how to get them to open up...how to continue to focus on the TF-CBT."

"Connection piece is the biggest piece. it's easier to do things together when you're in the room together, than to be on a screen together."

CONCLUSIONS

- Address barriers to TF-CBT delivery via telehealth by developing implementation strategies for long term sustainability
- Continued education and peer support that takes into account special needs and culturally diverse populations
- Ongoing interactive support
- Innovative treatment methods for adaptability

SUMMARY

- TF-CBT offered via telehealth can decrease access barriers for underserved populations; improve mental health outcomes
- Adapt program to fit site/patient needs
- Address staff & leadership attitudes about telehealth
- Offer ongoing support and education for sustainability

REFERENCES

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- 2 Aarons GA, Hurlburt M, Horwitz SM: Advancing a Conceptual Model of Evidence-Based Practice Implementation in Public Service Sectors. *Adm Policy Ment Health* 2011, 38:4-23.