



Mental Health America of Greater Houston's Integrated Health Care Initiative Telehealth Resource List

The Integrated Health Care Initiative is working hard to provide our behavioral health provider base with information and resources during the COVID-19 pandemic. Below is a compiled list of tele-behavioral health resources we have gathered so far.

Please be sure to keep an eye on mhahouston.org for our most up-to-date information and additional resources



Crisis Resources:

TexLa Website: www.texlatrc.org

Telehealth Resources: www.telehealthresourcecenter.com

Telehealth Policy: www.cchpca.org

Telehealth Technology: telehealthtechnology.org

The Harris Center (Chronic anxiety and stress): [833-251-7544](tel:833-251-7544)

Harris County Triage (COVID-19 Symptoms; 9 AM – 7 PM Daily): [713-634-1110](tel:713-634-1110)

The Steve Fund (culturally competent counseling): [Text STEVE to 741741](tel:741741)

Boys Town (Family Crisis): [800-448-3000](tel:800-448-3000)

Dept. of Health and Human Services Texas (General COVID-19 Questions): [211, Option 6](tel:211)

United Way of Greater Houston (Food, Childcare, Transportation): [211](tel:211)

Disaster Distress Helpline (Crisis Assessment and Intervention): [1-800-985-5990](tel:1-800-985-5990)

Families Empowered (School Closures and Food Distributions):
<https://familiesempowered.org/for-parents/covid-19-resources>

Telehealth Resources

AACAP: Useful Telepsychiatry Websites (Each title is hyperlinked)

Telehealth Resource Centers

In 2006, the federal Office for the Advancement of Telehealth initiated a regional telehealth resource center (TRC) grant program to provide support and guidance to telehealth programs. The twelve regional TRCs have a mission to serve as a focal point for advancing the effective use of telehealth and support access to telehealth services in rural and underserved communities. The TRCs have extensive telehealth experience and can provide services, resources and tools to both developing and operating programs. They offer webinars and many tools to assist in program development and success. Additionally, a National Telehealth Policy Resource Center and National Telehealth Technology Assessment Resource Center provide assistance to all of the regional TRCs.

American Telemedicine Association (ATA)

The American Telemedicine Association (ATA) is an international resource and advocate promoting the use of advanced remote medical technologies. ATA has a diverse membership of medical and mental health providers, healthcare systems, technology companies, and other entities interested in telehealth. The ATA and its membership work to fully integrate telemedicine into transformed healthcare systems to improve quality, equity and affordability of healthcare throughout the world. The ATA website provides comprehensive information on developing standards, technology, applications, vendors, and other needs for telehealth providers. It also provides updates on the status of telemedicine across the states including policy and reimbursement.

American Psychiatric Association Telepsychiatry Web Page

The APA's telepsychiatry web page contains their toolkit with multiple videos addressing general issues in the practice of telepsychiatry. It also has a monthly vlog (video blog) that updates members on timely issues from leaders in the field. The web page also allows members to pose questions to the Telepsychiatry Committee members for clarification.

Center for Medicare and Medicaid Services (CMS)

This website is managed by the Centers for Medicare and Medicaid Services (CMS). Telemental health providers should review information at the CMS website prior to any billing to determine any state-specific guidelines. Some client sites are eligible for Medicare/Medicaid's originating site fees related to the videoteleconferencing (VTC) coordinator assistance. This site provides the definition of telemedicine, telemedicine terms, provider and facility guidelines, reimbursement and approach to reviewing telemedicine. It provides covered telehealth services for 2018 and 2019. This information is also helpfully summarized by the Center for Telehealth and e-Health Law (CTeL). The site also has a link to the Medicare Claims Processing Manual regarding "Medicare payments for Telehealth Services" (<https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/Downloads/clm104c12.pdf>).

Center for Telehealth and e-Health Law (CTeL)

Licensure requirements are particularly important, both for interstate and international practice. CTeL's mission is to overcome the legal and regulatory barriers that impact the utilization of telehealth and related e-health services. It has established itself as the "go-to" legal and regulatory telehealth organization – providing vital support to the community on topics such as: physician and nurse licensure; credentialing and privileging; Medicare and Medicaid reimbursement; and private insurance payment policies. CTeL provides a summary of findings regarding malpractice and telemedicine. CTeL advocates at the national and federal levels for telehealth practice, including reimbursement.

Center for Connected Health Policy

The Center for Connected Health Policy is a nonprofit, nonpartisan organization working to maximize telehealth's ability to improve health outcomes, care delivery, and cost effectiveness. CCHP actively researches and analyzes important telehealth policy issues, engages influential public and private sectors through analyses and reports, and provides key telehealth policy resources nationwide. CCHP acts as a catalyst for change by providing non-partisan, unbiased, researched-based policy analyses and bringing policy makers together with the private health care sector, health plans, academic researchers, and consumer health advocates to create successful models of connected care, that lead to more transparent systems of communication between providers and patients which can lead to better health outcomes and greater efficiencies in the delivery system.

Northern Arizona Regional Behavioral Health Authority (NARBHA)

This website focuses on Arizona but contains some training modules that are helpful to providers. For example, a slideshow presents the following topics: provisions of real world telepsychiatry, the practical considerations and of getting organized, telemedicine challenges, how telemedicine works and diagnostic instruments and exams. The website also has a demonstration of conducting the Abnormal Involuntary Movement Scale (AIMS) through videoteleconferencing (<http://www.rbha.net/presentations/AIMSDemo/player.html>).

Project ECHO® (Extension for Community Healthcare Outcomes)

This website provides information on the development of Project ECHO®, its rationale, its reach and opportunities for training. Project ECHO® uses videoconferencing to link specialists at academic medical centers in weekly virtual clinics, or teleECHO™ clinics, with primary care providers and other clinicians in multiple sites. Project ECHO® shares knowledge and expands treatment capacity with increased patient access and better care for more people. Project ECHO® programs in psychiatry have developed in multiple states and are growing globally

Federation of State Medical Boards

This website addresses multiple issues related to the practice of telemedicine including state regulations, prescribing, and license portability for those seeking to practice telemedicine across states.

Telemental Health Institute

This is a commercial website owned by the Telebehavioral Health Institute (TBHI). TBHI provides state-of-the-art in-person and online training in telebehavioral health. The TBHI offers courses in a variety of delivery methods i.e. webinars, individual courses, and group courses that cover a range of topics such as theory and practice, legal/ethical issues, reimbursement and advanced clinical telepractice models for success.

Telemedicine: How to do it Right!

David E. Roth MD, FAAP, FAPA

National Consortium of Telehealth Resource Centers Webinar

This webinar describes issues in developing an authentic doctor-patient relationship when delivering care through videoconferencing. Practical steps in setting up the videoconferencing sites and establishing a therapeutic rapport are addressed.

Adapting to Daily Life in the Wake of COVID-19

The National Child Traumatic Stress Network

COVID-19 Family and Parent Guide

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

The National Child Traumatic Stress Network developed this packet around best practices related to stopping the spread of the virus, behaviors expected from different age groups around the virus and having to stay home, and some self-care ideas for families

- Families
- Parents

NAMI Texas

People with mental illnesses and their love ones' support groups

[Join a Support Group Here](#)

NAMI Texas is offering free, virtual support groups for people experiencing mental health disorders and groups for families and friends to those with a mental illness. Create an account at the link above, then register for a meeting under the 'Our Meeting Calendar' link

- Adolescent and adult groups
- Virtual

Houston Immigration

Updated List of Available Harris County Services and Resources Relating to Immigration

<https://www.houstonimmigration.org/>

<https://www.houstonimmigration.org/covid19-resources/#tab-id-3>

Houston Immigration, a project of the Legal Services Collaborative, has resources available to connect people with reliable immigration representation (first link) along with a site specifically dedicated to keeping an up to date running list of services offered in Harris County and how COVID-19 has affected/shifted their operations (second link)

- Harris County population
- Immigrants
- Individuals
- Families

Community Design Resource Center

Houston Resource Packet

<https://www.cdrchouston.org/resources>

The Community Design Resource Center (CDRC) based out of the University of Houston, has created Houston focused resource packets in both English and Spanish. The guidebook includes free testing sites (can only be tested if actively showing symptoms), food distributions, online education resources, and free Wi-Fi resources

- All age groups
- Virtual
- Families
- Educators

Mental Health America

Mental Health and COVID-19 Resources

<https://mhanational.org/covid19>

Mental Health America has a webpage dedicated to supporting individuals with mental health concerns during the coronavirus outbreak. It includes resources for individuals with substance use disorders, stress and anxiety management, financial support, and tools for immediate crisis interventions

- Educators
- People living with a mental health disorder
- Individuals
- Families

Nationwide Children's On Our Sleeves

<https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/tools-for-you/coronavirus>

On Our Sleeves has resources around talking to children about COVID-19 as well as podcasts on separating fact from fiction information wise about COVID-19. They also have great free resources on how to set good routines for children while at home, staying mentally healthy, and boredom related to being indoors

- Parents/Caregivers
- Families
- Older siblings

The National Association of School Psychologists

Talking to Children About COVID-19: A Parent Resource

[Talking to Children About COVID-19](#)

The National Association of School Psychologists developed a resource to help parents navigate discussing the virus with children. It includes tips on how to discuss the virus with different age groups, how to avoid excessive blaming, how to support new hygiene practices, and additional resources.

- Families
- Parents
- Older siblings

Active Minds

COVID-19 Resources for Families

<https://www.activeminds.org/about-mental-health/be-there/coronavirus/>

Active Minds has a variety of resources related to mental health and the virus, including digital access to information geared towards young adults who have a friend in need, schools and parents on how to support young adults during this time, and resources dedicated to those working from home. They will also be hosting regular live webinars and have a list of referrals for anyone who needs extra support

- Families
- Caregivers
- School Admin
- Young Adults

Prevent Child Abuse America

COVID-19 Resources for Families

<http://preventchildabuse.org/coronavirus-resources/>

Prevent Child Abuse America has resources around how to help families cope with COVID-19; resources range from how to re-connect with your family through fun and helpful around the house activities to resources for children around COVID-19.

- Families
- Caregivers
- Older Siblings