Telemental Health: Expanding the Digital Frontier

Telemental Health
For Whom, What and When?

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Another Question...

Why Telemental Health?
A mother whose child is sick, requiring her to cancel her appointment with me because she can't leave home.
A frail, elderly physician lives alone, retired, and struggles with grief and depression. He has Parkinson's Disease and can no longer drive to my office. His Medicare Advantage plan will not pay for telecare.
A hospital-based physician who left work for a psychiatry appointment 15 miles away led his service chief to threaten his job.
A child whose mother has to leave work to pick her child up at school and drive her to her therapist’s office. The mother loses income, the child loses classroom instruction and misses afterschool activities.
A young woman with persistent depression unsuccessfully uses a self-guided program for depression she found on the Internet to self-manage her condition because she cannot find a therapist who could provide CBT, the treatment recommended by her PCP who prescribes her antidepressant.
A high school senior, a popular athlete, screens positive for depression at the pediatrician and is referred to a therapist. He refuses to go because he is worried he will run into classmates in the waiting room.
Why? What are the Drivers?

- Epidemiology
- Quality
- Outcomes
- Costs
- Access
- Payers
- Integrated care
For Whom?

- Target populations
  - Military/VA
  - Isolated environments
  - Prisons
  - Primary care
  - Homebound
  - Employers
- Providers: career opportunities
- Payers (commercial, public, ACOs)
What?

- Types of approaches
- Technologies
- Interventions
- Mobile health (mHealth)
- Guided self-care
- Games and gamification
- Clinicians
- Training
Types of Approaches

• Guided self-care
• Listservs
• Chatrooms and support groups
• Online coaching
• Referral sites
• Teleconsultation: clinicians
• Telemedicine services: consumers
• Integrated, collaborative care
What?

• Types of approaches
• Technologies
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When?

- New technologies → opportunities
- Barriers to care
  - Access
  - Stigma
  - Reimbursement
  - Licensing
  - Regulatory (Boards, CMS, FDA)
  - Legislation (state, federal)
  - Liability (statutory vs. case law)
When?

- Telemental health across the lifespan
  - Children
  - Adolescents
  - Students
  - Adults
  - Seniors
  - End of life
When?

- The Future: Moving the Ball
  - Avatars
  - Virtual Reality (VR)
  - Virtual worlds (Second Life, Whyville)
  - Integration with wearables
  - Speech and voice analytics
  - Simulations, serious games
  - Analytics and machine learning
  - Psychogenomics
Mental Health in Second Life

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Second Life

How We Work in Second Life

Kate and DeeAnna have office space in Second Life. We conduct monthly Open Office Hours from our Conference Room and the direct link is http://maps.secondlife.com/secondlife/Tranquil/63/35/501.
Mental Health in Whyville

Bullying includes actions such as name-calling and teasing, making threats, spreading rumors, hitting, kicking, or pushing someone, leaving someone from a group on purpose or telling other children not to be friends with someone. Bullying can happen in the school building or after school, in places like the playground or on the bus. It can also happen online or through text messages or emails. Kids who bully use their power to control or harm others. Kids can play different roles in bullying: some can bully others, they can be bullied, or they may see someone else being bullied. Sometimes kids may be a part of all these things.
What’s Next?

- Legislation
  - State
  - Federal
- Regulatory changes
  - Eliminate origination site restrictions
- Licensure
  - Interstate compacts
- Lobbying efforts
- More research to prove clinical and cost effectiveness