

Telemental Health



What Providers Need to Know

There is a shortage of psychiatrists and mental health professionals in your area and there is a growing need for psychiatry to help our youngest patients. Telemental health is an important option for your patients, focusing on treatment and medication management.

What is telemental health?

Telemental health is the application of telemedicine to the specialty field of psychiatry. The American Psychiatric Association (APA) reported that a study in the Psychiatric News found that telepsychiatry doubled between 2010 and 2017. The term typically describes the delivery of psychiatric assessment, therapy and care through telecommunications technology, usually videoconferencing. Using telemental health will reduce the amount of time primary care providers spend on patients with mental health needs. According to the APA, benefits of telepsychiatry include:

- Improved access to mental health specialty care that might not otherwise be available (e.g., in rural areas)
- Bringing care to the patient's location or their doctor's office
- Helping integrate behavioral health care and primary care, leading to better outcomes
- Reducing the need for trips to the emergency room
- Reducing delays in care
- Improving continuity of care and follow-up
- Reducing the need for time off work, childcare services, etc. to access appointments far away
- Reducing potential transportation barriers, such as lack of transportation or the need for long drives
- Reducing the barrier of stigma



How does it work?

You patients may have their telemental health visit from another location (usually home) but in some instances, they are co-located in doctor's offices.

Learn More

American Academy of Pediatrics
www.aap.org

American Academy of Child & Adolescent Psychiatry
www.aacap.org

American Psychological Association
www.apa.org

TeleHealth Alliance
www.marylandtelehealth.org/

Maryland Department of Health
bha.health.maryland.gov/pages/index.aspx

Please refer to the family and youth fact sheets for information for families.

How does telemental health get reimbursed?

Please encourage the families you work with to talk with Medicaid or their insurance provider for information on coverage. Doctors may be required to provide a referral for treatment.



Information brought to you by:



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