What are telehealth competencies?
CTiBS TBH
Interprofessional Framework for Telebehavioral Health Competencies

- 7 Domains
- 5 Subdomains
- 49 Telebehavioral Objectives
- 146 Telebehavioral Practices
- Novice, Proficient & Authority
7 CTiBS TBH Competency Domains

- Clinical
- Telepresence
- Technical
- mHealth & Apps
- Ethical & Evidence-Based
- Legal & Regulatory
- Practice Development
1. Assesses client/patient use of mobile health technologies
2. Selects a technology with client/patient for a purpose, documents and monitors
3. Practices with evidence-based technology and approach
4. Attends to legal, regulatory and ethical issues, and develops new ones if indicated
Why would apps be a relevant technology topic for psychologists across APA?
In the CTiBS Telebehavioral Health Competency Framework’s clinical domain, an identified objective is thinking about how to incorporate mHealth into client treatment planning. How do you think about treatment planning with apps?
Treatment Planning

• Bottom line: **Technology is not the Treatment**

• Considerations
  • Patient interest
  • Contraindications
  • Ability/logistics
Aspects of treatment planning that can include health technology

• Self-care
• Assessment
• Education

• Tracking
• Homework
• Maintenance
Clients will sometimes tell us they have found an app that they find useful, or we hear about an app that we haven’t used. How can psychologists effectively evaluate and select apps for use in practice?
Selecting Apps

• Rely on reviews by subject matter experts (PsyberGuide; Division 56, 46, 2, 1 Mental Health Mobile App Review Database; iMedicalApps.com)

• APA App Evaluation Model


Torous et al.(2018). Psychiatric Services
The APA App Evaluation Framework sounds practical and useful. Can you walk through a brief example to demonstrate its use?
Example: PE Coach

• VA app to assist Prolonged Exposure treatment of PTSD
App Evaluation Model

• **Step 1: Gather Background Information**
  • What is the business model? Who is the developer? Does it claim to be medical? What is the cost? What platforms is it available for? When last updated?

• **Step 2: Risk/Privacy & Security**
  • Is there a privacy policy? What data are collected, are data de-identified? Can you opt out of data collection and can you delete data? What security measures are in place?

• **Step 3: Evidence**
  • What does it do vs. claim to do? Is there peer reviewed evidence/science behind it? Is there feedback that supports claims? Does content appear to be reasonable?

• **Step 4: Ease of Use**
  • Is it easy to access? Does it need an active connection to the internet? Is it accessible for those with disabilities? Culturally relevant?

• **Step 5: Interoperability**
  • Who owns the data? Can it share with an HER? Can you print/export data? Can you share data across devices or tools?
Does a provider need to keep up to date with all new apps?
What are practical ways to recommend an app to a client, once you have identified one that you would like to recommend?
Clinical Administration

- Discuss
- Demonstrate
- Prescribe
- Follow-up
What should a provider do if a client or patient isn’t interested in technology like apps?
Documentation of telebehavioral health is an important CTiBS TBH competency. Are there particular considerations for documentation of mHealth use in practice?
Documentation

• Informed consent

• Homework and Follow-up
Resources

APA Divisions 18, 19, 29, 31, 32, 37, 42, 46, 53, & 56

CTiBS.ORG

References
Reading List (1/4)


Reading List (2/4)


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