

Telehealth Counseling Clinic

**PROVIDING MENTAL HEALTH SERVICES
IN THE BRAZOS VALLEY**

Timothy R. Elliott, Ph.D., ABPP
Counseling Psychology Program

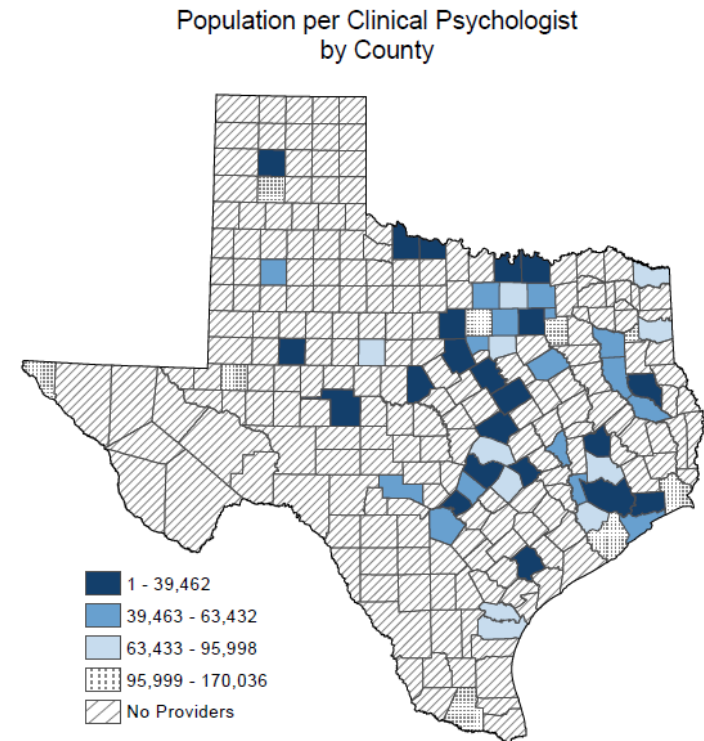
- ✓ Academic psychology doctoral programs have the unique potential to address these disparities through interdisciplinary collaborations and community partnerships.
- ✓ Collaborate with colleagues at the School of Public Health and stakeholders in local communities to address mental health disparities in Texas
- ✓ Preparing students in our accredited counseling psychology doctoral program to provide expert service and conduct policy-relevant research

Rural Mental Health

Texas has the highest proportion of counties designated as mental health provider shortage areas

In 2013, over 67% of licensed “clinical” psychologists practiced in Texas’ five most populous counties -- the rest had a ratio of 1:86,277 persons

Geographic Designation	Population per Clinical Psychologist
Metropolitan, Non-Border	40,031
Metropolitan, Border	159,193
Non-Metropolitan, Non-Border	123,622
Non-Metropolitan, Border	-
Texas	47,111



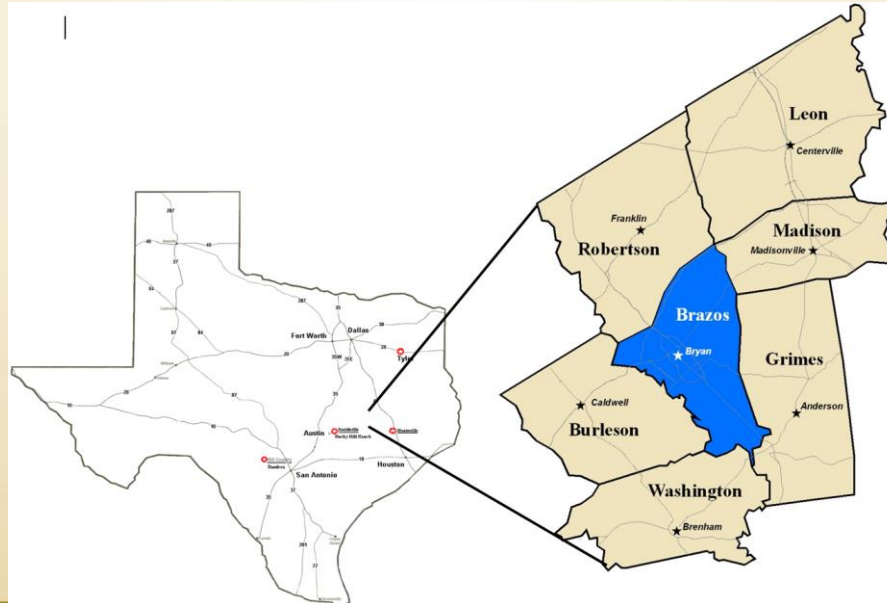
Brazos Valley Health Partnership

Mental health services a priority

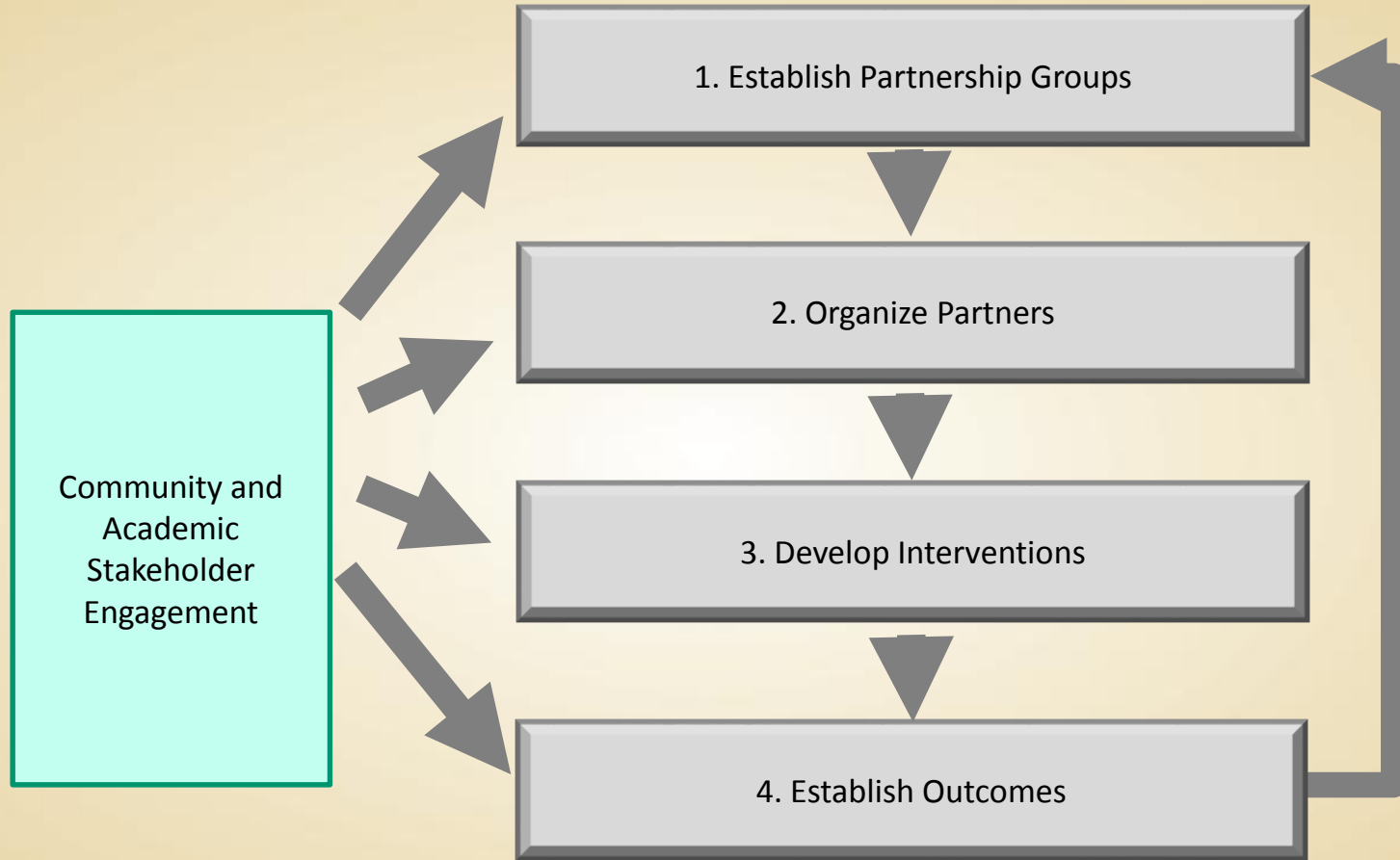


• Brazos Valley Health Status Assessments (2006, 2010, 2013)

- *18.1% reported being diagnosed with depression, and 15.8% reported being diagnosed with anxiety*
- *50% of adults report concerns about their mental health*
- *One in four (25.6%) who needed mental health services did not receive them -- 41.7% in the counties other than Brazos County*
- *Of those needing drug and alcohol abuse services, 51.9% did not receive those services*



Partnership Approach to Develop Local Solutions



Developing the “Town-and-Gown” Partnership

- BVHP identified the *Counseling Psychology program* as a potential solution
- First Site: **Centerville**
- Our Counseling and Assessment Clinic *dedicated a therapy room*



Using Videoconferencing to Provide Psychological Services to a Rural Clinic:

A Unique Town and Gown Partnership

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Use of Technology to Increase Access to Mental Health Services in a Rural Texas Community

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Manuel A. Diaz, MA*

Obtained a Rural Health Network Development grant *HRSA*
Procured videoconferencing technology to provide long-distance therapy from the CAC to Centerville

- Using students as therapists, faculty as supervisors
- T1, high-speed connections
- Services began in 2009, regular reports to the LHRC



funded by the
Federal Office
of Rural Health
Policy, HRSA

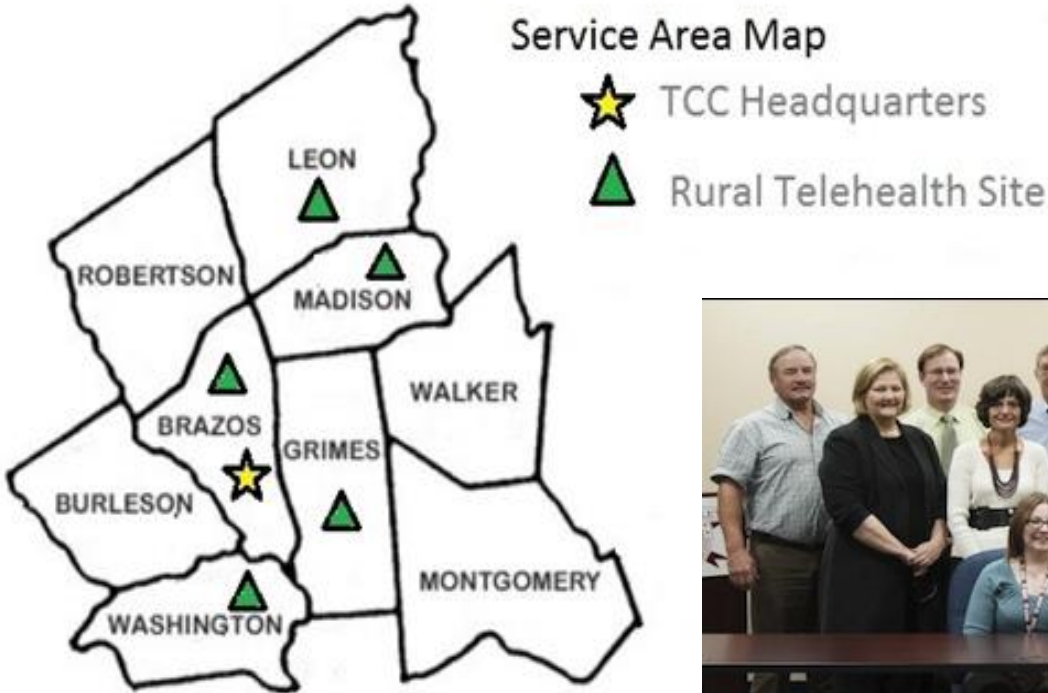


THE MADISONVILLE METEOR WEDNESDAY, APRIL 24, 2013

Health Resource Commission announces new mental services



The Texas 1115 Medicaid Waiver Program







Increased Access to Mental Health Services

- Provide individual, couples, and group counseling using videoconference and phone technology to ages 13 and up in English and Spanish
- 4700 sessions since the start; 1900 in the last calendar year

Innovative Training

- the TAMU Counseling Psychology doctoral program is the only accredited psychology doctoral program in the nation operating a telepsychology clinic

Training the next generation of counseling psychologists in the practice of telepsychology

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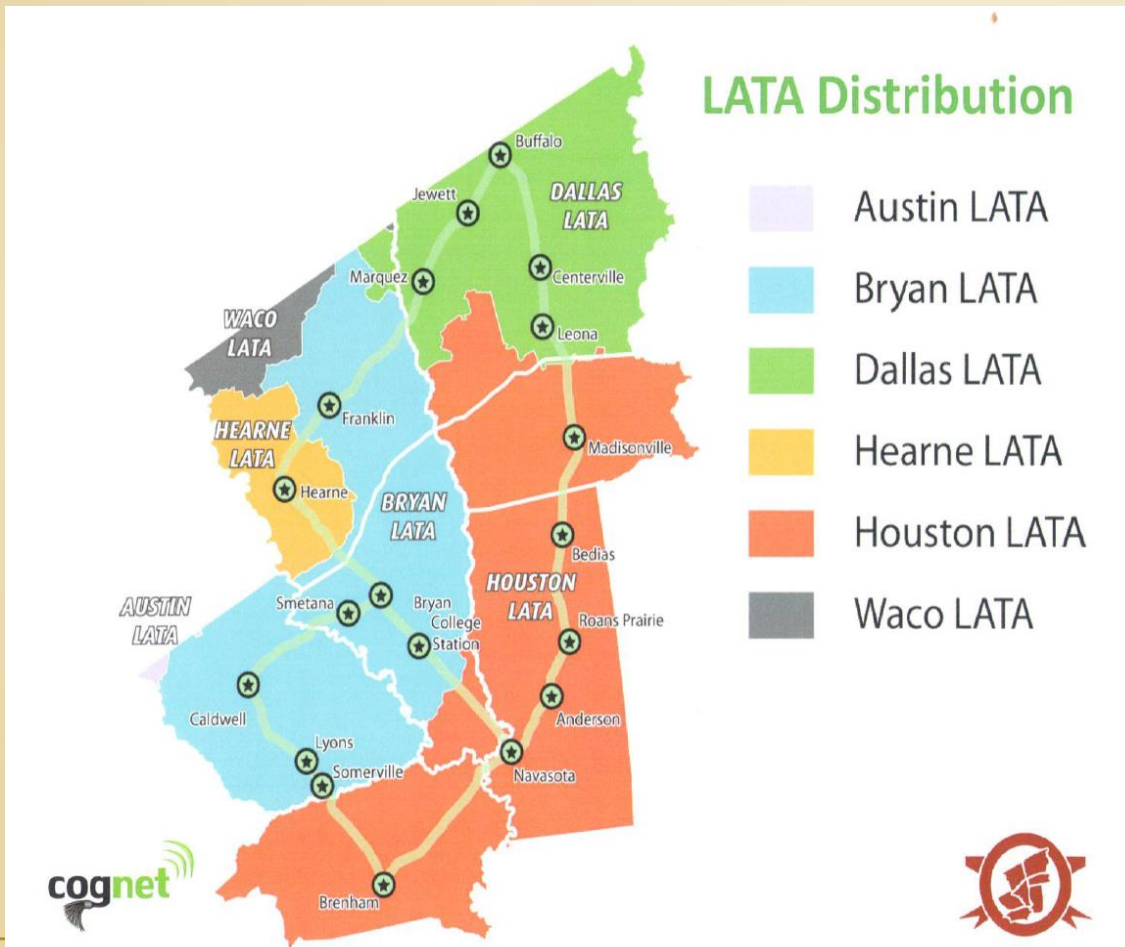
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Ongoing Challenges

Connectivity

- Began in 2009 with T1 lines *at a cost of 7K per year per site*



Federal Deregulation Increased Costs for Counties Up To 1000%

- Counties Could No Longer Afford the Cost
- Recently Transitioned to “Business Class”
- Costs approximately \$100 a month
- Paying the bill (approved by each Executive Director, then to Commissioner’s Court....)
- Issues with “peak times” (slowed signal, audio/visual problems, weather outages)

Meeting Metrics *“Quantifiable Patient Impact”*

- Number of Sessions Projected Per Year
- Demonstrating Effectiveness
 - Use the PHQ-9 Depression scale to assess response to treatment
 - Clients with several co-morbid chronic health conditions less responsive to treatment

<http://telehealthcounseling.org/>