

MUSC Telehealth Outreach Program for Traumatic Stress

<https://www.hrsa.gov/library/telehealth-coe-musc>

Author: Regan Stewart, Ph.D

Overview

The Telehealth Outreach Program for Traumatic Stress (TOP-TS) supports wide-scale knowledge, implementation, resources, and sustainability of a telehealth service delivery model for Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for underserved youth (i.e., racial/ethnic minorities, rural, low SES) in the mainland US and Puerto Rico. TOP-TS provides clinical services for youth across the state of South Carolina. In addition to clinical services, the TOP-TS team provides education, training, and technical assistance (TTA) services and resources to the mental health workforce delivering TF-CBT via telehealth in Child Advocacy Centers, Community Mental Health Clinics, schools, hospitals, juvenile justice, and other child-serving agencies targeting rural and underserved trauma-exposed youth and families in the mainland US and Puerto Rico. **TOP-TS promotes equitable access to care for racially, ethnically, and linguistically diverse children and families through the use of a telehealth service delivery model.**

The TOP-TS is one of the nation’s leading centers focused on telehealth delivery of TF-CBT. We have published some of the first and only studies in the area of telehealth delivery of trauma treatment for youth¹⁻⁵. The TOP-TS curriculum, resources, website, and scientific publications have paved the way for the rapid implementation of TF-CBT before and during COVID-19. **The TOP-TS team trained over 1600 individuals in telehealth delivery of evidence-based trauma-informed practices in 13 states and 3 countries in 2019 and 2020.** Through SAMHSA-National Child Traumatic Stress Initiative supplemental funding, we expanded our training and technical assistance to Puerto Rico and have trained over 1,000 providers in trauma-informed practices. In response to COVID-19 and the exponential increase in demand for telehealth TTA and resources, TOP-TS created a website www.telehealthfortrauma.com to provide free webinars, tip sheets, and electronic therapy resources to facilitate telehealth delivery of trauma-focused treatment for community clinicians.

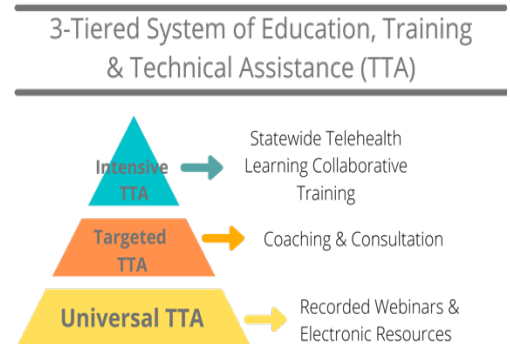
Clinical Services

TOP-TS provides evidence-based trauma-focused treatment services via telehealth for children and adolescents across the state of South Carolina. The program is dedicated to improving access to trauma-focused treatment for traditionally underserved populations, especially rural populations and racial/ethnic minorities. Services are provided through school-based and home-based telehealth. The program offers therapy services and psychiatric medication management. For families who do not have internet access and a computer or tablet at home, the program loans cellular data enabled iPads for the duration of treatment in order to increase equity in access to care.

Education, Training, and Technical Assistance

Our team provides a three-tier system of education, training, and technical assistance (TTA) to support long-term sustainability of telehealth delivery of trauma-focused interventions for children and adolescents.

- 1. Universal TTA** provides education and resources through recorded webinars and electronic resources available on our website www.telehealthfortrauma.com and posted on other national websites such as the National Children’s Alliance Website and the National Child Traumatic Stress Network website. Webinars provide psychoeducation on what telehealth is, how it can potentially meet provider/agency needs to



reach underserved youth, best practices, and answers to frequently asked questions. Resources include electronic therapy materials to increase engagement and tip sheets for providers and families around telehealth best practices and ways to support families with low digital literacy.

2. **Targeted TTA** provides individualized on-demand coaching and consultation for agencies and providers by request.
3. **Intensive TTA** targets sustainability of trauma telehealth practices via telehealth through Statewide Learning Collaboratives (LCs) and ongoing consultation. The LCs not only provide clinical training for providers, but also **whole agency implementation support** starting with a top-down approach. For each agency receiving TTA through an LC, our team first meets with agency leadership to conduct a **needs assessment to explore potential barriers and facilitators** for incorporating telehealth service-delivery into the agency's clinical practice. We also provide guidance on **programmatic considerations for successful implementation of a trauma-focused telehealth program** (i.e., equipment, workflows, emergency protocols, connectivity issues for clients, addressing limited digital literacy, etc.). Following this work with agency leadership, we provide in-person (or virtual) **clinical training** on the implementation of Trauma-Focused CBT via Telehealth for providers, followed by an action period in which providers implement TF-CBT via telehealth and receive biweekly consultation calls with their TOP-TS trainers for implementation support for 4 months. Providers then receive a second in-person (or virtual) learning session to provide additional technical assistance and consultation to promote sustainability of TOP curriculum. Throughout, our team is simultaneously providing ongoing TTA for agency leadership and supervisors to help facilitate successful telehealth implementation within the agency.

LCs are conducted in partnership with the National Children's Alliance and state chapters of Child Advocacy Centers (CACs) and include providers from multiple CACs within a State. To date, we have conducted Statewide LCs in North Dakota, South Carolina, Utah, and Massachusetts, with upcoming LCs in Spring 2021 in Washington, Montana, Colorado, and North Carolina.

References

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