

Pediatric Telepsychiatry

What Is Telepsychiatry?

Child and adolescent psychiatrists use telemedicine to connect with patients across the state to provide comprehensive psychiatric evaluation, medication management and collaboration with primary care doctors, termed telepsychiatry.

When should I consider these specialty services for my child?

▶ If symptoms of depression or anxiety, or other behavioral health concerns, are interfering with the child's ability to **have fun or focus at school** and haven't responded to therapy or counseling

▶ If there are any suicidal thoughts, attempts, or self-injurious behaviors

Who is telepsychiatry for?



Child and adolescent psychiatrists serve youth with mental, emotional, and behavioral difficulties. Treatment options are recommended to improve

patient's symptoms and quality of life. Through telepsychiatry, patients are followed over time and the psychiatric team collaborates with their local primary care providers to facilitate specific components of care, such as labwork and the prescription of certain controlled medications.

▶ If symptoms of depression and anxiety, or other behavioral health concerns, are interfering with the child's ability to **fall asleep at night and/or he/she is dreading school**

Why choose telepsychiatry?

The child telepsychiatry team uses secure videoconferencing technology to provide psychiatric services and consultation for children and adolescents outside the health system. Care is **provided at clinics, schools, and other child-serving sites** across the state. Research indicates that telepsychiatry services demonstrate similar outcomes to in-person care. In addition, telepsychiatry has been shown to be feasible and acceptable for a wide range of children and adolescents.