

TELEPSYCHIATRY EVIDENCE BASE

AACAP Guidelines

General Considerations

- Care should be consistent with established child & adolescent psychiatry guidelines
- Evidence for telepsychiatry with youth is based on systematic studies of adults and youth, as well as descriptive accounts from youth

Pharmacologic Care

- Models of telepsychiatric care include:
 - Direct service
 - Consultation to a primary care practitioner
 - Collaboration with mid-level mental health providers
 - Combination of all
- Telepsychiatrists should ensure that:
 - Site infrastructure supports the chosen model
 - There is effective communication between patient and psychiatrist sites and with other providers
 - Medical record documentation is appropriate
 - Compliance with regulatory guidelines is maintained
- Any modifications of best practices should be documented, including rationale

Psycho-therapeutic Care

- Psychiatrists should adapt best practices for theoretical approaches from in-person setting
 - Typically includes working with the youth as well as the parent
- Research indicates that teletherapy is acceptable, feasible, & well-tolerated for youth
- Teletherapy treatment outcomes appear comparable to in-person therapy