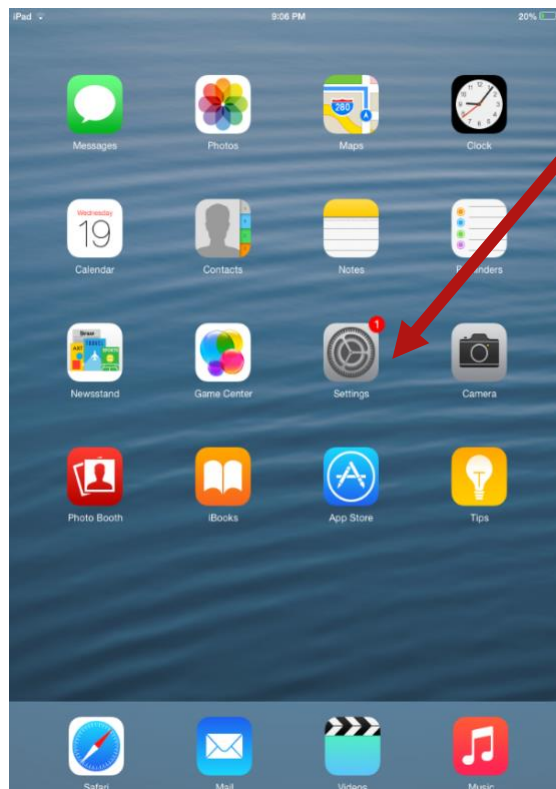


A Parent's Guide to Preparing for Internet-Based Therapy

Hello! We are very excited to continue to work with you and your family! You are receiving this guide because you are currently receiving therapy services through the Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program at the University of Miami, and you will be presented the option to continue therapy services via a telehealth platform, Zoom, should external circumstances prevent face-to-face interactions. The guide below provides step-by-step instructions that will teach you how to set up your account before your first session with your therapist.

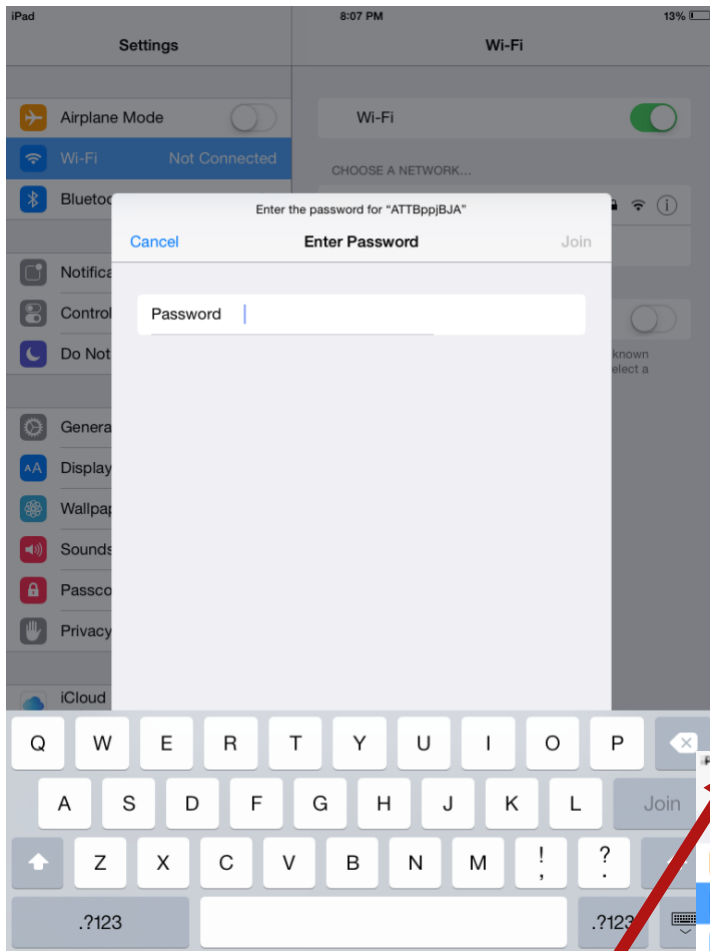
Step 1: Connecting to Wi-Fi

The first step is to ensure that your device is connected to Wi-Fi. First, click on the Settings application.

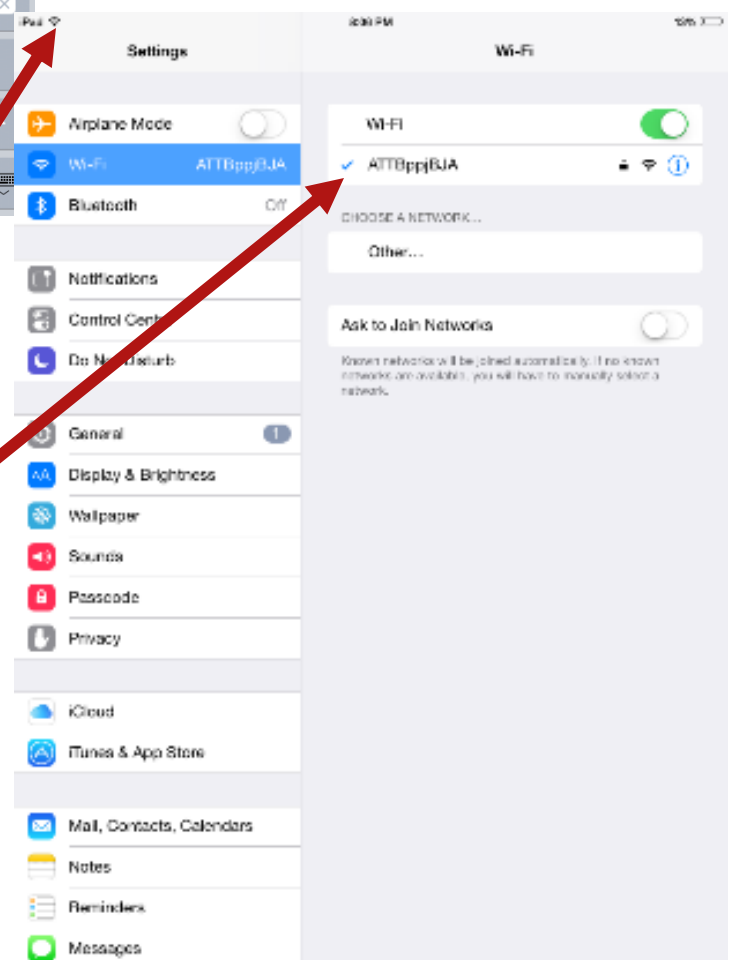


Then open the Wi-Fi section and select the Wi-Fi you are going to connect to.



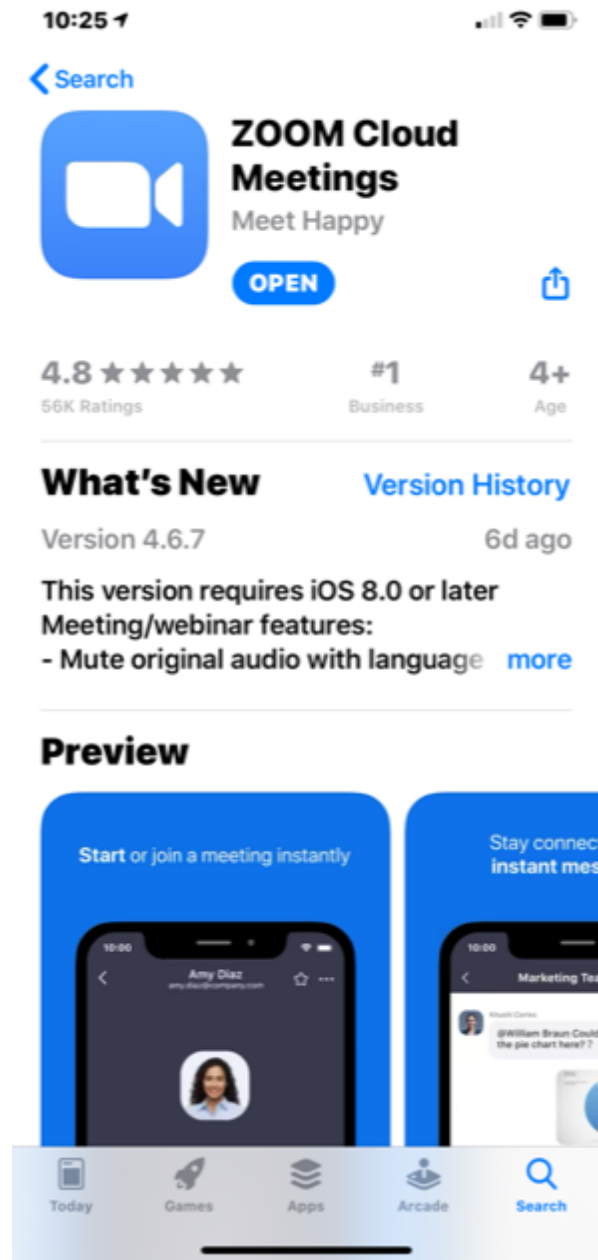


Enter the password for the network and click the join button when finished.



If the password is entered correctly, then the Wi-Fi will connect as shown. A blue checkmark will appear to the left of the Wi-Fi name and the Wi-Fi bars will appear on the top left-hand corner of the screen.

Step 2: Download the Zoom App/Software on your Device



Step 3: Starting your Zoom Session

Before your therapy session, you will receive a zoom link in your email. Open your email, look at your inbox, and find the Zoom link.

The Session Zoom Email Link will look like this once you have opened it in your email:

Karlovich, Ashley
Wed 3/11/2020 9:44 AM
Karlovich, Ashley

Child and Adolescent Mood and Anxiety Treatment Program is inviting you to a scheduled Zoom meeting.

Topic: CAMAT Test
Time: Mar 11, 2020 09:50 AM Eastern Time (US and Canada)

Join Zoom Meeting
<https://zoom.us/j/411444857?pwd=VEdYUj1NzBLOWtpUUk1SnE5UUk3dz09>

Meeting ID: 411 444 857
Password: 842981

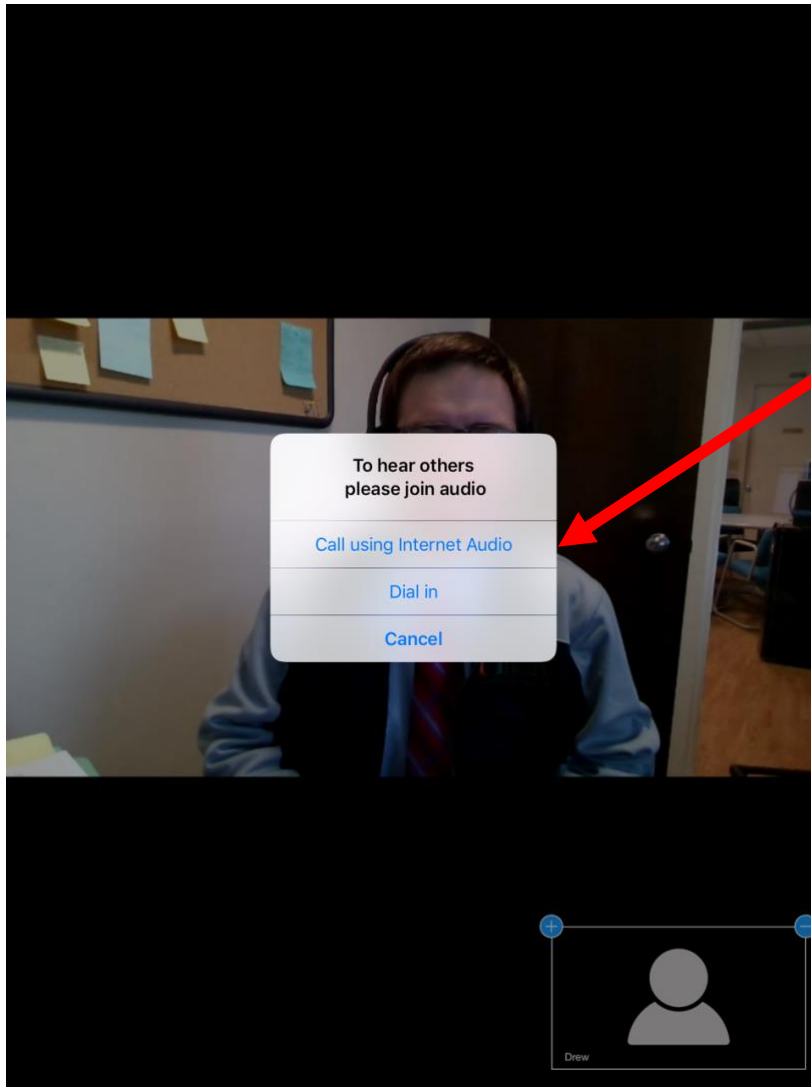
One tap mobile
+16465588656,,411444857# US (New York)
+16699009128,,411444857# US (San Jose)

Dial by your location
+1 646 558 8656 US (New York)
+1 669 900 9128 US (San Jose)
Meeting ID: 411 444 857
Find your local number: <https://zoom.us/j/411444857>

Ashley Karlovich
Research Coordinator
Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program
University of Miami
305-284-9852 ext 1

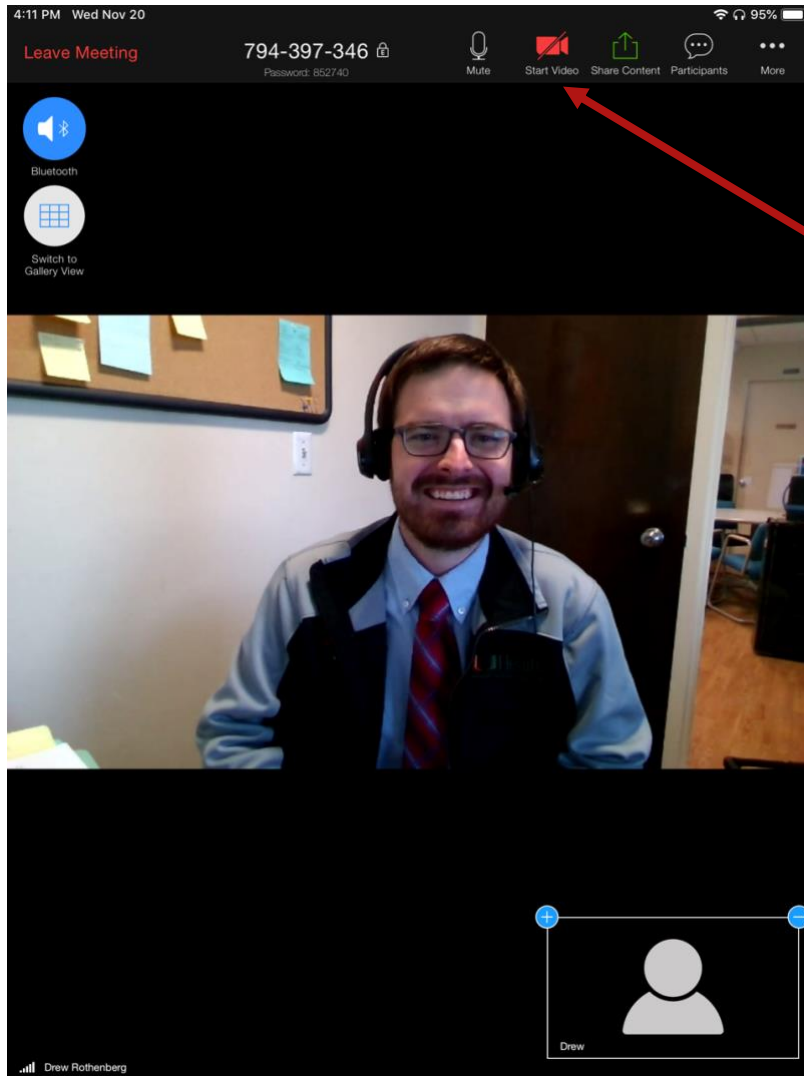
Click this link, listed under “Join Zoom Meeting” to join your therapy session.

Once you have clicked the Zoom link, the meeting will automatically open in the Zoom app. The next screen that you see will be this one. Select the “Call using Internet Audio” option:



Select the “Call using Internet Audio”

Now, you should see the following screen. Click on the red “Start Video” button to turn your video on so that your therapist can see you:



Click this “Start Video” button to turn on your video

Once you select the “Start Video” button, your screen should now look like this:



This is your video from your device that the therapist will now be able to see because you started your video

You should be able to hear your therapist and see your therapist on the screen. Your therapist should also be able to hear and see you too. You are ready to start session!

Step 5: Ending your Zoom Session

When your session is over, simply select the red “Leave Meeting” button in the upper left hand corner of the screen.



Then, one final notification will pop up. It will ask you “Are you sure that you want to leave the meeting?”. Select “Leave Meeting”. Then, you should automatically leave the meeting and your session is done!

