

# GUIDE FOR TRANSITIONING TO THE TELEHEALTH DELIVERY OF MENTAL HEALTH SERVICES

Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program  
University of Miami

Many clinics are transitioning to telehealth services as a way to continue clinical services during the COVID-19 outbreak. Telehealth is an approach that has demonstrated success in the administration of evidence-based treatments. This guide has been created for CAMAT parents in considering the “do’s” and “don’ts” of participating in assessments and therapy via telehealth.

## Considerations before participating in telehealth services:

1. Are you and your child willing to be seen via telehealth?
2. Do you have access to WiFi? (If not, ask your therapist for alternative options available)
3. Do you have access to a device with a webcam and speaker?
4. Are you willing and able to set up your child in a quiet, private place with minimal distractions?
5. Will you be in the home and available, should an emergency arise during the session?

## PREPARING FOR YOUR TELEHEALTH SESSION

### Upon deciding you’d like to participate, here are a few things to do to prepare your child for their telehealth session:

- Review the Parents’ Guide to setting up Zoom
- Establish a private, quiet location in your home
- Ensure your device is fully charged
- Work with your therapist to create a safety plan in case of an emergency

## TIPS FOR SUCCESSFUL TELEHEALTH SESSIONS

- Create a private, comfortable space for your child with minimal distractions
- Communicate openly with your therapist about your thoughts and concerns with telehealth
- Ensure that no siblings, pets, or other people are present in the room with your child
- Acknowledge and understand any difficulty or hesitation your child may have with telehealth

## A NOTE ON PRIVACY AND EMERGENCIES...

We are taking many steps to ensure privacy and confidentiality. However, during telehealth sessions, the therapist and child will be at different locations. Therefore, the same level of privacy and safety cannot be guaranteed. You should always be present in the home with your child during a telehealth session. Should a psychiatric emergency arise, note the location of your nearest hospital or emergency room.

**Suicide Prevention Hotline:** 1-800-273-8255

**Emergency:** 911

**Nicklaus Children’s Hospital:** 305-666-6511