

TELEBEHAVIORAL HEALTH SERVICES

CURRENTLY AVAILABLE

Connecting to Care provides
TeleBehavioral Health Services
to consumers in
Rural California

Our Behavioral Health
providers are:

Michael Johnson, PhD, LCSW

Sherie Abel, LMFT

Contact TeleHealth Coordinator,
Heidi Johnson in our Redding
office for additional
TeleBehavioral Health information
530-722-1156



Connecting to Care

*a non-profit (501c3)
TeleHealth organization that uses
innovative technology to help
people connect to care*



Connecting to Care Redding Office

1024 Mistletoe Lane Suite B
Redding, CA 96002
Phone (530) 722-1156
Fax (530) 722-1154

Executive Director
Suzi Coleman, M.A.

Manager of Assistive Technology
Geoffrey Barley, M.S.

Telehealth Coordinator
Heidi Johnson

Mission Statement

Connecting to Care exists to promote the health and well-being of individuals through comprehensive health care planning, integrated health care delivery systems, innovative use of health technologies, education, charitable programs and services.

*building health care
capacity within
communities serving
rural California*



Connecting to Care TELEBEHAVIORAL HEALTH SERVICES



NOW ACCEPTING NEW REFERRALS

Do you ever feel depressed, anxious, or angry? These are just some examples of feelings individuals can experience that interfere with living a fulfilled life. You are not alone.

Many people benefit from talking with a Behavioral Health professional. Talk to your primary care provider about making a referral for TeleBehavioral services.

There is no stigma and you will be connected by video to a specialty provider outside your community without having to travel.

WHAT IS TELEBEHAVIORAL HEALTH?

TeleBehavioral Health eliminates the need for expensive and time-consuming travel away from a patient's local community.

TeleBehavioral Health services were started due to the limited local resources of mental health professionals in rural communities. After the primary care provider makes a referral the patient will connect from their local clinic to a behavioral health provider at a distant location using the technology of secure, HIPPA compliant broadband and high definition video equipment.

After the first session, the Behavioral Health provider will develop a treatment plan that is shared with the referring local primary care provider. TeleBehavioral Health is a way for the primary care provider to refer patients for behavioral health services without leaving their community.

What is the cost?

In most cases this service is covered by the Affordable Care Act. Inform your primary care provider of your health plan to determine your eligibility.

Who is Connecting to Care?

Connecting to Care (CtoC) is a non-profit TeleHealth organization whose purpose is to provide health services to underserved populations using innovative technology.

- **CtoC** also offers TelePsychiatry services for dual diagnosis FNRC consumers who have developmental disabilities by providing psychotropic medication management with specialty psychiatrists from Southern California.
- **CtoC** also provides Assistive Technology to non-verbal, hearing and sight impaired individuals needing technology in order to communicate and function more independently.
- **CtoC** also delivers Comprehensive Diabetes Education.

HOW TO ACCESS TELEBEHAVIORAL HEALTH SERVICES

Let your primary care provider know you are interested in receiving services.

Referrals for TeleBehavioral Health services must come from a primary care provider at the rural site who completes and returns the TeleBehavioral Referral Packet to **CtoC**

Once **CtoC** has received the completed referral packet requesting TeleBehavioral Health Services, the TeleBehavioral Health Coordinator will process the necessary paperwork and schedule the initial appointment with the patient, and the Behavioral Health provider.

The primary care provider will also be notified of the appointment date and time if he/she would like to participate in any of the consultations. In any event, the Behavioral Health provider's case notes are sent to the primary care provider to keep him/her informed of the treatment progress.



WHAT ARE THE BENEFITS OF TELEBEHAVIORAL HEALTH?

TeleBehavioral Health is an easier and quicker way to see a specialist.

- ◆ Patients don't have to travel long distances to "see" a Behavioral Health specialist. The patient will receive services at the same clinic where they see their primary care provider.
- ◆ Using special cameras and equipment, the behavioral health provider can "see and talk" with the patient and care team.
- ◆ Patients receive greater continuity of care because the primary care provider stays involved.
- ◆ The primary care provider can send patients' medical information directly to the Behavioral Health provider for a second opinion.
- ◆ The Behavioral Health provider will assess, develop a treatment plan and begin treatment shortly after receiving the referral.

TeleBehavioral Health reduces time and distance barriers while saving costs and resources.

How long does it take?

The first visit may take up to an hour. After that, most visits take about 30 minutes.