



Telehealth Counseling Clinic

[WHO WE ARE]

The Telehealth Counseling Clinic works collaboratively with community and clinical partners to improve accessibility and quality of care to underserved populations.

\$1.2 million in free counseling provided to the Brazos Valley community

The clinic's mission is to lead in telebehavioral health service delivery, policy-relevant research and evaluation, and interdisciplinary training. Academic-community partnerships combine university expertise and local community capacity to provide quality mental health services to residents and valuable training opportunities for students.



The #1 HIPAA/
Telemedicine

[TRAINING THE NEXT GENERATION]

- Equipping psychology doctoral students for future roles in chronic and mental health care
- Promoting interdisciplinary collaboration and providing a venue for student disciplines outside of mental health to apply lessons learned in the clinical setting
- Continuing education for mental health professionals



Training the next generation of counseling psychology practice of telepsychology

Carly E. McCord^{a*}, Jeremy J. Saenz^b, Tey W. Armistr
Timothy R. Elford^c

^aSchool of Public Health, Texas A&M Health Science Center, Bryan, TX; ^b Educational Psychology, Texas A&M University, College Station,

THE WHY

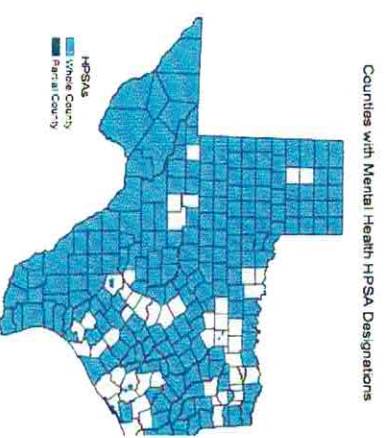
Texas Sized Disparities

Health care disparities exist in access, treatment and outcomes

Texas has the highest proportion of counties designated as mental health provider shortage areas

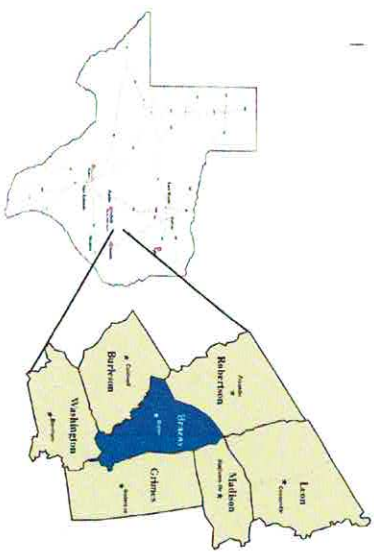
- In 2013, over 67% of licensed “clinical” psychologists practiced in Texas’ five most populous counties -- the rest had a ratio of 1:86,277 persons

Geographic Designation	Population per Clinical Psychologist
Metropolitan Non-Border	40,031
Metropolitan Border	159,193
Non-Metropolitan Non-Border	123,622
Non-Metropolitan Border	-
Texas	47,111



Barriers Identified in the Brazos Valley Health Assessment

- Lack of transportation
- Greater distance between them and providers
- Lack of specialty services, like mental health
- Lack of quality health care providers
- Lower SES
- Less educated

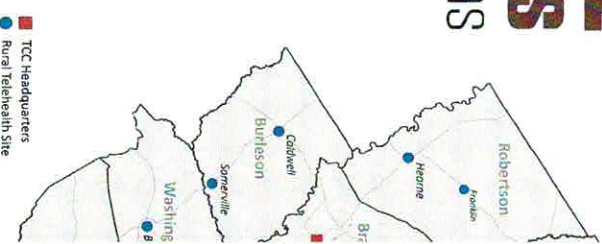
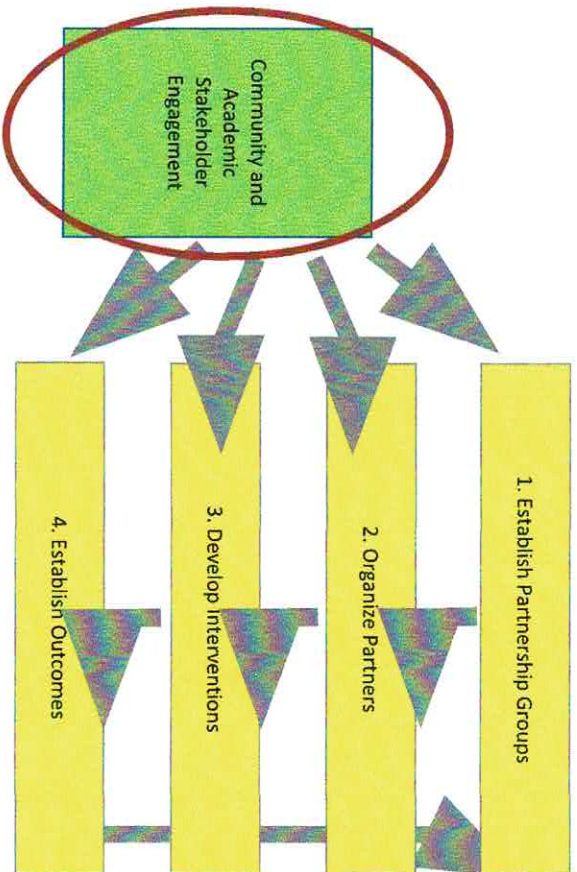


THE HOW

providing

TELEBEHAVIORAL HEALTH SERVICES

to Texas



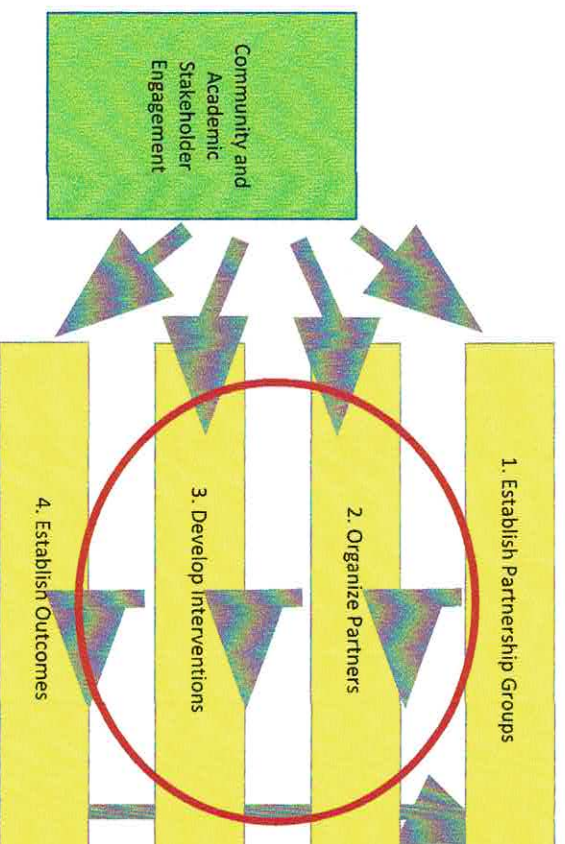
Community Engagement

- Build it and they will come is not enough
- Local resources, local knowledge, local wisdom
- Town and gown partnerships
- Driving tour, preachers prayer group meetings, outreach, responsiveness to community needs, mental health month proclamation and updates

Dimensions of Community Capacity

1. Participation and Leadership
2. Skills
3. Resources
4. Social and Interorganizational Networks
5. Sense of Community
6. Understanding of Community History
7. Community Power
8. Community Values
9. Critical Reflection

Partnership Approach to Develop Local Solutions



The Plan Comes Together

- BVHP identified the **Counseling Psychology program** as a potential solution
- First Site: **Centerville**
- Our Counseling and Assessment
 - Clinic *dedicated a therapy room*



Page Community Health
Vol. 34 No. 2 pp. 15-17 in
Copyright © 2013 Wellness, Behavior, Health, Epidemiology, Williams & Wilkins

Use of Technology to Increase
Access to Mental Health
Services in a Rural Texas
Community

*Monica L. Wendel, DrPH; Daniel F. Brossard, PhD;
Timothy R. Elliott, PhD; Garry McCord, MS;
Manuel A. Diaz, MA*



funded by the
Federal Office
of Rural Health
Policy, HRSA

Health Resource Commission announces new mental service

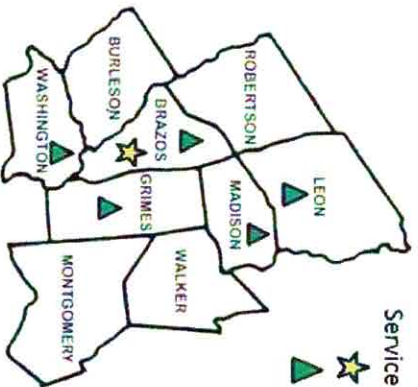
Be healthy!
Madison Health Resource Center

RHIHub

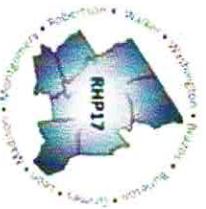


New Partnerships and New Growth

Telehealth Counseling Clinic



Service Area Map
 ★ TCC Headquarters
 ▲ Rural Telehealth Site



Medicaid.gov
 Keeping America Healthy



theagle.com
 Bryan College Station, Texas

NavasotaNews 1550
KWBC - AM

**Open house offers look at onl
 counseling service**

The Examiner
 Page 14A ★ July 29, 2015

Telehealth celebrates a year in Grimes County

BY ANGELO H. KOSKOVSKI

Telehealth in Navasota, Texas, is celebrating its first anniversary. The service, which allows patients to consult with a counselor via a computer screen, has been a success story since its launch in July 2014.

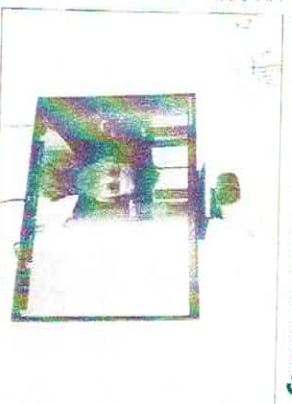
Typically, a patient would have to travel to a counselor's office for a session. However, telehealth allows patients to receive care from the comfort of their homes. This type of technology is becoming more popular, especially in rural areas where access to mental health services is limited.

Make an appointment or get more information by calling 979-436-0700.

Grimes County Health Services is offering a free telehealth service to its residents. For more information, call 979-436-0700.

For Counseling, Health Services, and Telehealth, contact the TCC at 979-436-0700.

Grimes County Health Services is offering a free telehealth service to its residents. For more information, call 979-436-0700.



Counselor, Ashley Smith, demonstrates how to use the telehealth service to a patient.

Grimes County Health Services is offering a free telehealth service to its residents. For more information, call 979-436-0700.

Innovative mental health program hailed as success



Dr. Cary McCard (center) leads a video conference with other mental health professionals from across the state. The program, a partnership between Texas A&M University and the Texas Health Care System, is designed to improve mental health care in rural areas. The program is a partnership between Texas A&M University and the Texas Health Care System. The program is a partnership between Texas A&M University and the Texas Health Care System. The program is a partnership between Texas A&M University and the Texas Health Care System.



Lanana

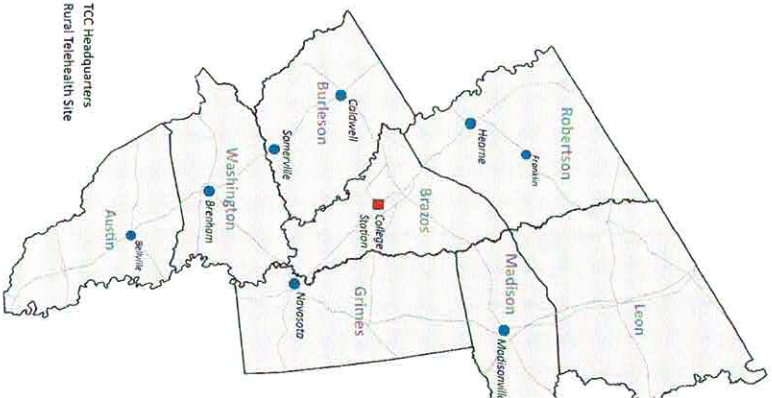
11:00AM-1:00PM 3-hour PD Symposium
Public Health, Primary Care, and Community Partners (PH)
 In the evolution of health care, the impact of collaboration among health disciplines is becoming increasingly important. This symposium will describe each member's involvement in the organization and continuation of this partnership between Texas A&M University and the counties in central Texas. Representatives from psychology, public health, and the community will share their perspectives on how to positively impact future of mental healthers. Attendees will:

- Review the history of the Health Care Reform Act and its implications for mental health professional shortage areas.
- Describe an integrative town-and-gown partnership between Texas A&M University and five rural counties.
- Discuss challenges best practice for meeting community mental health needs.
- Hear recommendations for meeting community mental health needs.

Presenters: Cary McCard, Ph.D., Arizona State University; Heidi Jerny, Sami, Heidi Knapp York, MEd, Whitney Conroy, MEd, Timothy A. Brien, PhD.



■ TCC Headquarters
 ● Rural Telehealth Site



Community Capacity and Teleconference Counseling in Rural Texas

Carly E. McCord and Timothy R. Elliott
Texas A&M University

Monica L. Wendt
Texas A&M Health Science Center

Daniel F. Brossart, Miguel A. Cano, and
Gerardo E. Gonzalez
Texas A&M University

James N. Burdine
Texas A&M Health Science Center

Using Videoconferencing to Provide Psychological Services to a Rural Clinic:

A Unique Town and Gown Partnership

Jessica E. Chang, MEd,
Chanel G. France, MS Ed,
Timothy R. Elliott, PhD, APPP
Texas A&M University



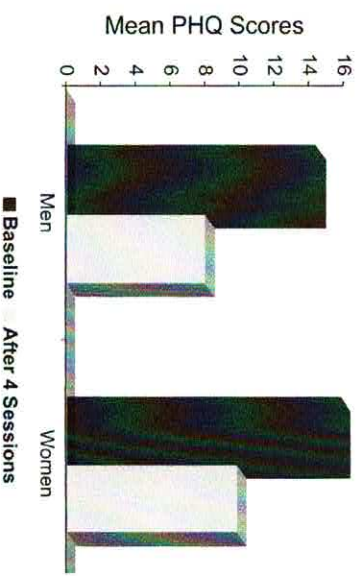
Health-Related Quality of Life of Rural Clients Seeking Telepsychology Services

Kevin R. Tarlow,¹ Carly E. McCord,² Timothy R. Elliott,¹ and Daniel F. Brossart¹

¹Texas A&M University, College Station, TX 77843, USA
²School of Public Health, Texas A&M Health Science Center, Sara Dighe, at Central Building 1,
Sack 1000, Bryan, TX 77801, USA

Journal of Rural Mental Health

© 2015 American Psychological Association
1075-942X/15\$12.00 http://dx.doi.org/10.1037/rmh00000157



Telehealth Videoconferencing Psychotherapy in Rural Primary Care

Gerardo E. Gonzalez Jr. and Daniel F. Brossart
Texas A&M University

Clinic Findings

- Statistically significant declines in depression scores and psychological distress as measured by the PHQ and Core-1 (McCord et al., 2009; Gonzalez, 2015)
- Mental health may improve, but without access to needed medical services, progress is limited (Tarlow et al., 2014)
- Trainees perceive improvements in telehealth competencies and working with rural residents and communities (McCo et al., 2015)
- 90%+
 - Believed services were as good as in-person
 - Were better able to cope with their problems
 - WOULD HAVE GONE WITHOUT SERVICES if not for TCC

Establish Outcomes

Research and Scholarship

- Publications in peer-reviewed outlets
- Student dissertations
- Over 50 conference presentations
- 50+ researchers involved in research program



Videconference Grief Group Counseling in Rural Texas: Outcomes, Challenges, and Lessons Learned

Jessica E. Chang
Alexandra Sequerra
Texas A&M University
Cathy E. McCord ●
Whitney R. Garney
Texas A&M Health Science Center

THE JOURNAL FOR SPECIALISTS IN GROUP WORK, 2016, 1
DOI: 10.1080/01933922.2016.1146376
© 2016 ASGW