

TeleBehavioral Health  
Track: Clinical

Telebehavioral Health: Past, Present, and Future

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**STEP 1** Telebehavioral Health is a fundamental resource to assist clients who are depressed or feeling suicidal.

**STEP 2** Understand the historical overview of the emergence of Telebehavioral Health.

**STEP 3** Understand the historical overview of the emergence of Telebehavioral Health.

**STEP 4** History of API's telebehavioral health project.

**STEP 5** Present Day Alaska Telebehavioral Health.

**STEP 6** Future opportunities

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STEP 1: Telebehavioral Health is a fundamental resource to assist clients who are depressed or feeling suicidal.

- Access to quality behavioral healthcare is available through live video-conferencing almost everywhere throughout the state.
- It has been a long historical journey to develop the technology to reach those in need and without local specialized care.

STEP 2: Understand the historical overview of the emergence of Telemedicine.

- Historically, the overarching goal has been to increase access to quality healthcare services for underserved remote rural Alaskans.
- Alaska was a federal priority. Federal government has provided assistance and funding throughout.
- Early attempts in Alaska.
- The emergence of the Alaska Federal Health Care Access Network (AFHCAN) to provide store and forward telemedicine for underserved Alaskans.

STEP3: Understand the historical overview of the emergence of Telebehavioral Health.

- Satellites opened the door for live two-way video in Alaska.
- So successful, Alaska began to fund.
- In telemedicine, live video only provides a slight edge over audio.
- Except for behavioral health. When the technology is provide high quality video, the outcomes for clients are consistently as good as or better than face-to-face services.

STEP 4: History of API's telebehavioral health project.

- Federal and state funding.
- Program expansion.
- Open access.
- Impact Model to treat depression highly successful.
- Use validated measures of suicidal risk and measures of suicide risk associates.

STEP 5: Present Day Alaska Telebehavioral Health.

## TeleBehavioral Health

### Track: Clinical

- Available almost everywhere in state.
- Three network providers
- We have provided 2602 encounters, primarily psychiatric evaluations and follow-up treatment. 950 this year.
- Numerous hospital diversions.
- Many patients present depressed, some suicidal. High co-occurrence substance abuse.

#### STEP 6: Future opportunities

- API's proposed ePsych Program to assist rural hospitals manage acute psychiatric patients in med/surge hospital beds.
- AFHCAN "tConsult"
- Primary Care and Behavioral Health care integration.