

AAP Adolescent Telehealth Care ECHO

Leveraging Telehealth to Effectively Care for Adolescents During and After the COVID-19 Pandemic

American Academy of Pediatrics
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HOUSEKEEPING

- The lecture will be recorded for educational and quality improvement purposes.
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Introduce Yourself



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Microphones



5 min: Introduction

25 min: Lecture

5 min: QI Review

20 min: Case/Discussion

5 min: Close

Agenda



LECTURE

Strategies for Utilizing Telehealth to Care for Youth Experiencing Homelessness, in the Juvenile Justice System, and Across the Education System

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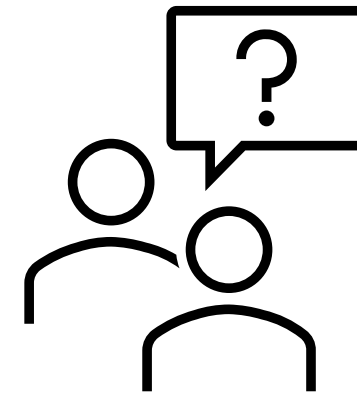
LEARNING OBJECTIVES

- Understand unique considerations for telehealth care for adolescents who may be experiencing homelessness or are involved in the juvenile justice system.
- Understand considerations and opportunities related to the use of telehealth in the education system, including to support access to care for adolescents who are homeless or involved in the juvenile justice system.



POLL QUESTION

- Does your practice have processes in place to connect with/care for the following populations of youth? Select all that apply.
 - Youth experiencing homelessness
 - Youth in the juvenile justice system
 - None of the above



YOUTH EXPERIENCING HOMELESSNESS

- Estimated 500,000-2.8 million homeless youth per year.
- High needs group: often with history of victimization/exploitation, trafficking, runaway, abuse, substance use or dependence, mental health diagnoses, LGB, transgender, gender diverse backgrounds.
- Youth experiencing homelessness may have significant health issues: malnutrition, sexually transmitted infections (STIs), high risk for HIV, oral health, contraception, pregnancy care.
- This population is often without their own means of communication.



TELEHEALTH FOR YOUTH EXPERIENCING HOMELESSNESS

- Pediatric clinicians can make alliances with youth shelters.
- Libraries can be used as access points for online care.
 - Consider confidentiality and advise the youth on how to find a private space for the visit.
- Youth will need email, at a minimum.
 - Consider assisting the youth with setting up an email account that is free, if they do not already have one.
- Youth can use cell phones, tablets, or even land lines.
- Identify safe spots for youth to receive counseling.
- Work with Child Protective Services (CPS) to provide safe places for youth.
- Interstate care is an obstacle – stay up to date on changing regulations.
 - Resource: [Federation of State Medical Boards – U.S. States and Territories Modifying Requirements for Telehealth in Response to COVID-19](#)
 - **Updated regularly!**



TELEHEALTH WITHOUT A SCREEN

- Some youth do not have access to certain technologies like smartphones, tablets, or Wi-Fi.
- Some youth have an aversion to being on screen.
- In these cases, there are some strategies that can be used to provide telehealth care:
 - Using a secure phone line appropriate for some visits
 - Using a secure text line or patient portal
 - Parental consent for minor visits still applies (unless it doesn't)
- Check your state/payer regulations for audio-only care.



YOUTH IN THE JUVENILE JUSTICE SYSTEM

- Around 2.1 million youth per year < 18 years old are arrested.
- Around 90,000 youth < 21 years old are detained or confined per year.
 - 57% of these are adjudicated or awaiting sentencing.
 - Offenses may be criminal or status.
 - Many are simply awaiting an appropriate placement.
- This population experiences a high number of adverse childhood events (ACEs), and high exposure to racism and exploitation.



YOUTH IN THE JUVENILE JUSTICE SYSTEM

- Standards of care have already been established for youth who are incarcerated.
- Changes during COVID-19:
 - Behavioral/mental health (B/MH) in-person less accessible
 - Decreased ability to socialize and exercise
 - Increased anxiety, depression, and isolation



YOUTH IN THE JUVENILE JUSTICE SYSTEM

Telehealth can be helpful for youth who are incarcerated as well as youth who are on probation or in-home arrest, by providing services such as:

Follow-up with B/MH needs and ongoing counseling; psychiatric consultation	Visits with PCP for ongoing health needs
Connecting families with resources	Continuing counseling to avoid substance use
Substance use evaluation and treatment	Managing ongoing anxiety/sleep problems
Managing chronic health issues: asthma, diabetes	Interprofessional communication and consultations

School can also be a venue for telehealth visits for these youth.



TELEHEALTH IN SCHOOLS

- Schools can be an important point of access and identification for youth experiencing disparities in access to care, including those who are within the juvenile justice system.
- Pre-pandemic: Schools were one of the fastest growing areas of telehealth use.
- 2016-2017 School-Based Health Alliance Census:
 - 1 million students at 1,800 public schools have access to School Based Health Centers (SBHC) using telehealth
 - 2% of students and 2% of public schools
 - Primarily rural communities, sponsored by health systems



TELEHEALTH IN SCHOOLS

- Services provided include:

Acute Care	Specialty Care/Sports Medicine
Behavioral/Mental Health Care	Occupational Therapy/Physical Therapy
Chronic Disease Management	Speech Therapy

- Evidence supports decreased absences, decreased use of emergency department for non-emergent issues and decreased use of emergency room for asthma care.



TELEHEALTH IN SCHOOLS: CONSIDERATIONS

- Establish connection to the medical home.
- Consent: who, when, how?
- Who is the medical provider/other provider?
- Who is the school-based collaborator/care coordinator?
 - School Nurse? Parent/caregiver, volunteer? Others?
- HIPAA/FERPA: What can be shared and who has access to records?



TELEHEALTH IN SCHOOLS: OPPORTUNITIES AND CHALLENGES

- Access for all students: uninsured, undocumented
- Understand state/payer regulations for medications and care
- Capacity limitations (school and practice)
- Venture capital and other for-profit entities
- Warm handoffs for higher level of care
- Many networks providing care to the home during pandemic



TELEHEALTH IN SCHOOLS: EVALUATION

- Limited research on outcomes, no multisite research
- [Rural Telehealth Research Center](#) Measures
 - 8 Domains, 27 Measures

Asthma	Behavioral Health
Diabetes	Healthy Weight
Oral Health	Access
Cost Savings	Other

SUMMARY

- Telehealth can be used to improve access to care for adolescents who are:
 - Experiencing homelessness
 - Are within the juvenile justice system
- The integration of telehealth within the education system can help to support access to care for several populations, including those who are experiencing homelessness or are within the juvenile justice system.



RESOURCES

AAP Related Programs and Resources

- [AAP Adolescent Health Care Toolkit](#)
- [AAP Telehealth Support Compendium](#)
- [Bright Futures National Center](#)
- [Coding Fact Sheets \(AAP\)](#)
 - [Coding Fact Sheet \(AAP\) – Adolescent Health](#)
 - [Coding Fact Sheet \(AAP\) – Telemedicine Services](#)
- [Screening and Technical Assistance Resource \(STAR\) Center](#)
- AAP's Telehealth Technical Assistance Email Address: distantcare@aap.org
- HealthyChildren.org Articles
 - [Telehealth 101: Get Plugged in to Your Child's Health](#)
 - [Telehealth Visits for Children with Hearing or Vision Problems](#)
 - [Teens & Telehealth](#)
 - [Telehealth Can Enhance Mental Health Care](#)
 - [How to Have a Telehealth Visit from College](#)

AAP Policy and Interim Guidance

- [AAP Clinical Report: Promoting Optimal Development: Screening for Behavioral and Emotional Problems](#)
- [AAP COVID-19 Interim Guidance: Responding to the Needs of Youth Involved with the Juvenile Justice System during the COVID-19 pandemic](#)
- [AAP Interim Clinical Guidance on the Necessary Use of Telehealth During the COVID-19 Pandemic](#)
- [AAP Interim Clinical Guidance on Providing Pediatric Well-Care during COVID-19](#)
- [AAP Interim Clinical Guidance on Supporting the Emotional and Behavioral Health Needs of Children, Adolescents, and Families during the COVID-19 Pandemic](#)
- [AAP Policy Statement: Mental Health Competencies for Pediatric Practice](#)
- [AAP Policy Statement: Unique Needs of the Adolescent](#)



RESOURCES

Selected External Resources

- [American Telemedicine Association – Operating Procedures for Pediatric Telehealth](#)
- [Adolescent Health Initiative at the University of Michigan](#)
 - Many helpful resources, including:
 - [Starter Guide: Providing Adolescent-Centered Virtual Care](#)
 - **New!** [Online Module: Adolescent-Centered Virtual Care](#)
- [Building Rapport with Youth via Telehealth](#)
- [Guttmacher Institute – State Policies on Teens](#)
- [Guidelines for Adolescent Depression in Primary Care \(GLAD-PC\) Toolkit](#)
- [Guidelines for Adolescent Depression in Primary Care \(GLAD-PC\): Part 1. Practice Preparation, Identification, Assessment, and Initial Management](#)
- [Leadership Education in Adolescent Health \(LEAH\) Programs](#)
- [US States and Territories Modifying Requirements for Telehealth in Response to COVID-19](#)

Resources Related to This Lecture

- [AAP Guidance: Telehealth Payer Policy in Response to COVID-19](#)
- [AAP Policy Statement: The Impact of Racism on Child and Adolescent Health](#)
- [AAP State Notices on Telehealth Policy in Response to COVID-19 \(Updated Regularly\)](#)
- [Center for Connected Health Policy – Current State Laws and Reimbursement Policies](#)
- [Curriculum for a Family-Centered Telehealth Experience - Family Voices](#)
- [National Consortium of Telehealth Resource Centers](#)
- [School-Based Health Alliance Telehealth Resources](#)
- [SPROUT Telehealth Evaluation and Measurement \(STEM\) Framework](#)

