

# Video Telehealth Therapy

Ideal for:

- Those at home during COVID19 pandemic.
- Those with busy schedules or unreliable transportation.
- People who live in a rural area within minimal access to therapy resources.
- People with physical challenges that make traveling difficult.
- Those who prefer the privacy of not going into an office.

## What Happens in Teletherapy?

Think FaceTime or Skype! We use a HIPAA compliant teleconferencing platform. Both the therapist and the client will be visible on screen via a camera and the therapist may use “screen share” to display documents/activities/games/videos. These activities might be shown in digital format but are the same as the materials that would be presented in our face-to-face/tabletop sessions.

## Telehealth Therapy Service

“Telehealth is a secured videoconferencing method allowing therapists and clients to have sessions remotely when circumstances prevent in person sessions.”

Therapy is cool.  
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Tiwahe Glu  
Kini Pi  
“Bringing  
the Family  
Back to  
Life”



## Benefits of Online Therapy

- Meet with your therapist from home or school
- Continuity of your child's care
- Safe & Effective
- Private & Secure
- Just as excellent as in-clinic therapy



## Where & Who are Using Teletherapy?

- Mental Health Counselors/Therapists
- Schools
- Speech-Language Pathologists
- Occupational Therapists
- Physical Therapists
- Doctors

## What Do I Need for Teletherapy?

**If you have a computer/laptop with a microphone & camera, or a smartphone and a strong internet connection you are set!**

## Checklist for Caregivers

- Find seating that works for your child in a private place in home
- Set-up your computer
- Do practice log in sessions
- Have a drink/water ready (all this talking may make you thirsty!)



## Video Therapy

### Not Ideal for:

- Those living out of state.
- People who are not comfortable with or do not trust technology.
- People in an abusive situation that need access to local resources.
- Those without access to reliable internet.
- People feeling suicidal or who have recently attempted suicide

For more information, please contact Kristine @ 605-840-9994 or Kelsey @ 605-840-8810.

## What to know about insurance coverage:

**Medicaid:** State Medicaid plans cover teletherapy.

**Medicare:** Medicare has waived many of its restrictions on telehealth during the COVID-19 Public Health Emergency.

**Private:** Insurance coverage for teletherapy varies considerably from state to state, & by insurance plan.