Atrium Health

School-Based Virtual Therapy (SBVT)

Overview

Jack Cagle, Ed.D

Purpose

- AH School Based Therapy awarded a grant to expand School Based Mental Health Services.
- Grant covers start up costs
- Program fully sustainable by year two.
- We have identified funding within the grant to cover Montgomery Central High School

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Why School-Based Therapy?

1 in 5 students have mental healthcare needs and **suicide is the 2nd leading cause of death** for persons aged 10-14[1].

2 out of 3 students who need mental healthcare will only receive it through their school[1].

Mental health–related ED visits have increased for children and adolescents by 24% and 31%, respectively, compared to 2019 and remain elevated[2].

1. CDC. Children's Mental Health. https://www.cdc.gov/childrensmentalhealth
2. CDC. Pediatric Emergency Department Visits Associated with Mental Health Conditions Before and During the COVID-19 Pandemic. http://dx.doi.org/10.15585/mmwr.mm6945a3

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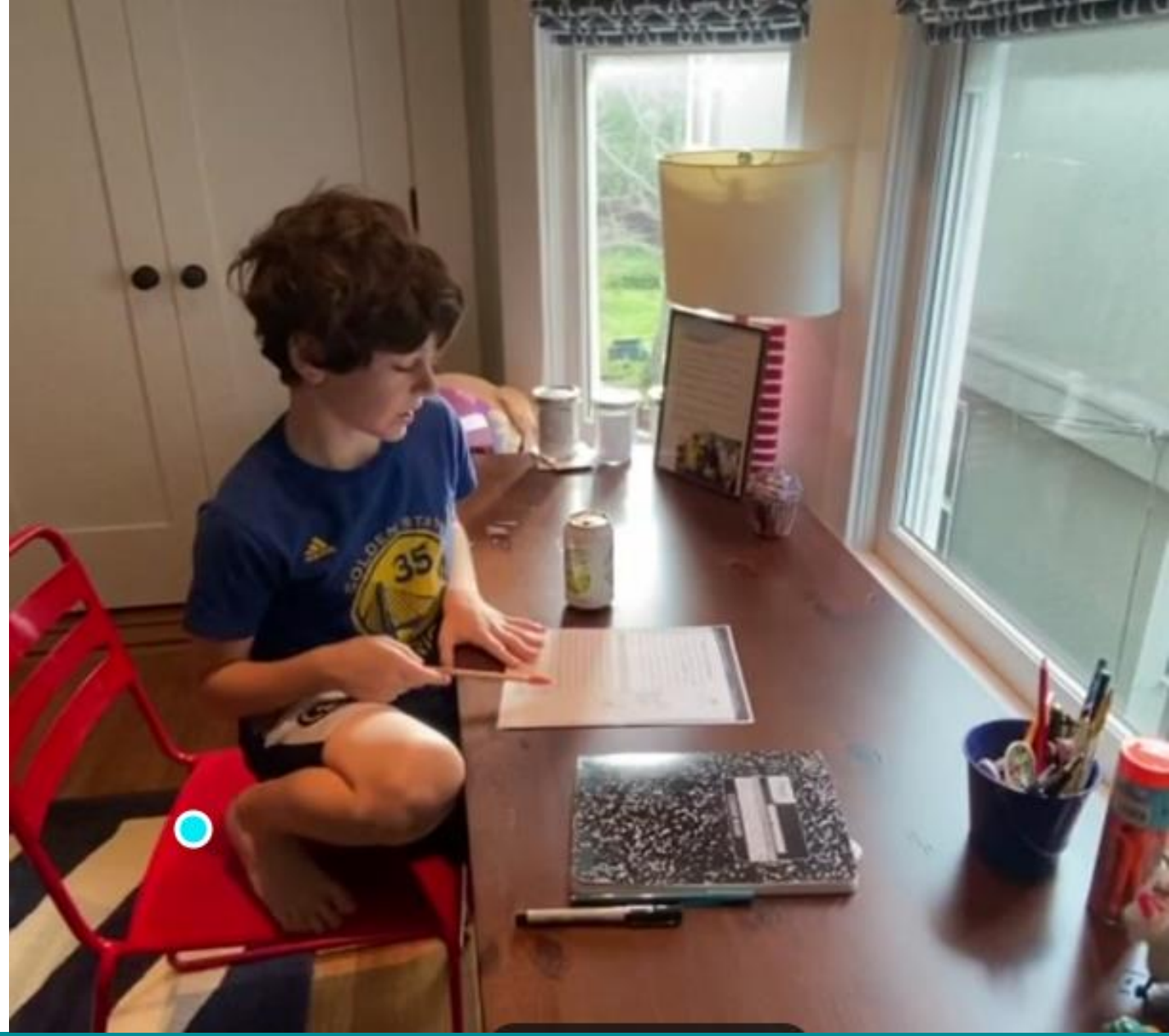
March 2020

“How am I going to keep up with all these students and make sure they don’t fall through the cracks."



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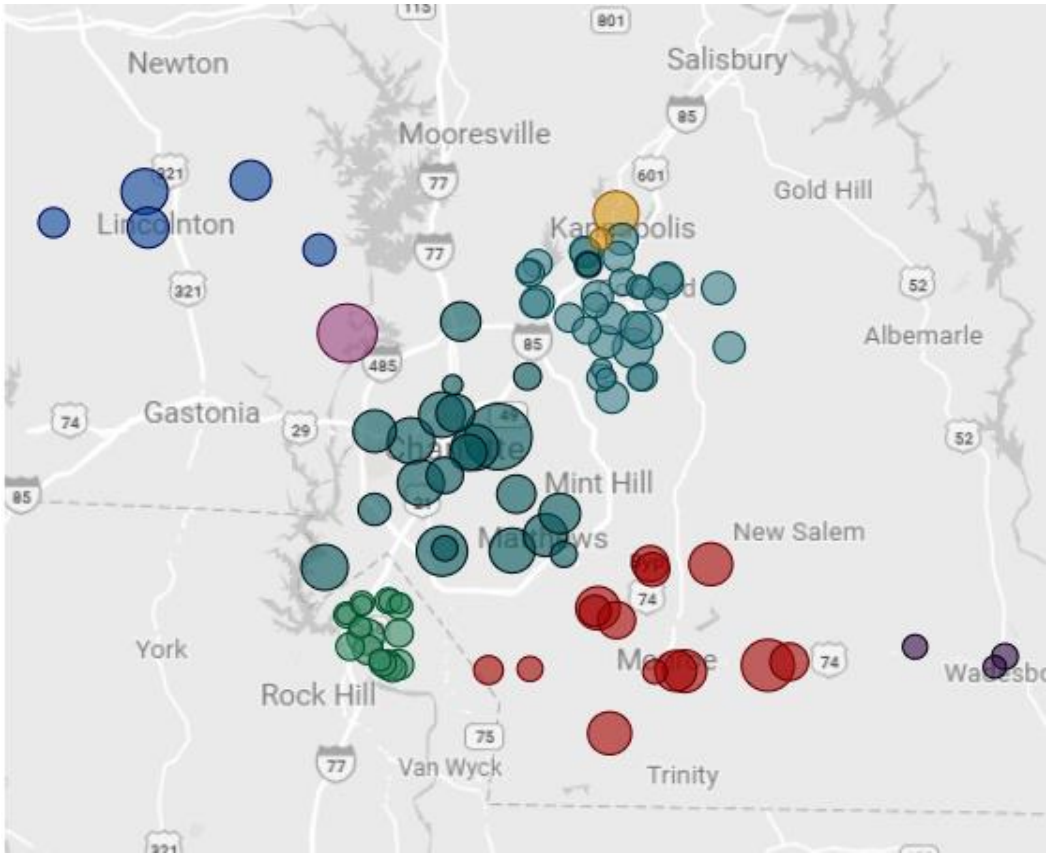
I didn't think it would work.... but it did.

Atrium's School-Based Therapy Program

Mission: Provide access to in-person and virtual school-based therapy services for students in grades K-12

- Providing school-based therapy services for more than 26 years in the Greater Charlotte Region
- Currently in 152 schools across NC & SC and rapidly growing (Cabarrus, *Gaston, Mecklenburg, Lincoln, Union, Anson, Fort Mill Counties, Stanly, and Kannapolis City Schools)*
- Committed to offering therapy within 10 days or less of the initial referral for every student in each school we serve



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Program Overview

Objective: Provide school-based virtual therapy (SBVT) services to High School and Middle School Students.

Who:	Students in High School
What:	Teletherapy sessions provided by licensed clinical therapists; Individual and Family Therapy
Where:	Private room in school for Students using Caregility app; Accessible anywhere to parents/guardians with phone or internet connectivity
When:	Primarily from Mon-Fri, 8am-4pm throughout the calendar year
Why:	SBVT enables easier access to care, addressing spiking demand for mental health services in school-aged populations.

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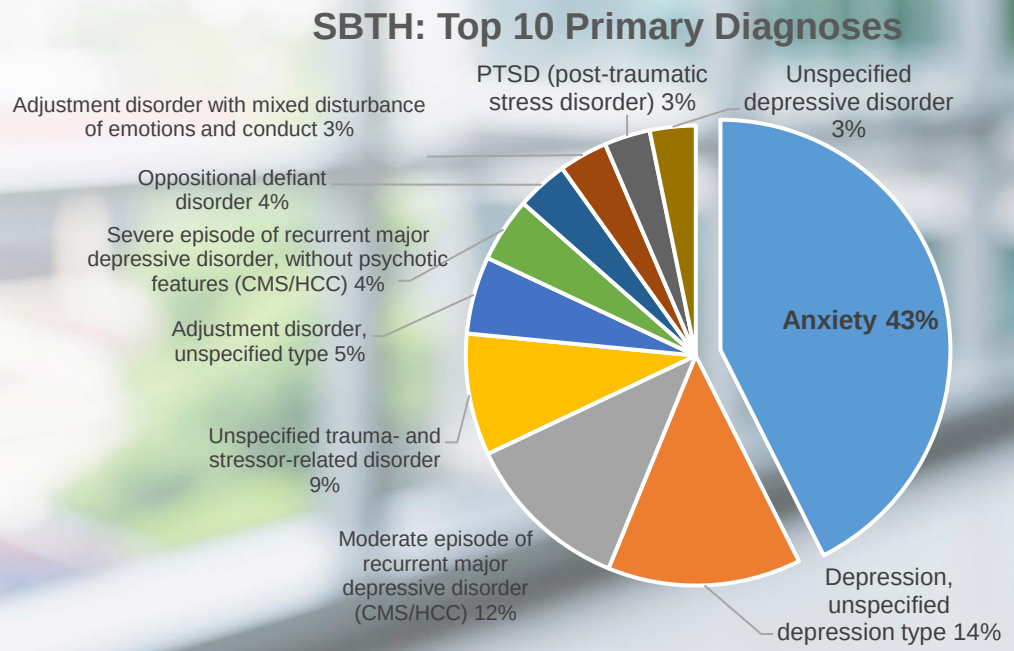
School-Based Virtual Therapy – Impact Evaluation

Short Term Goal

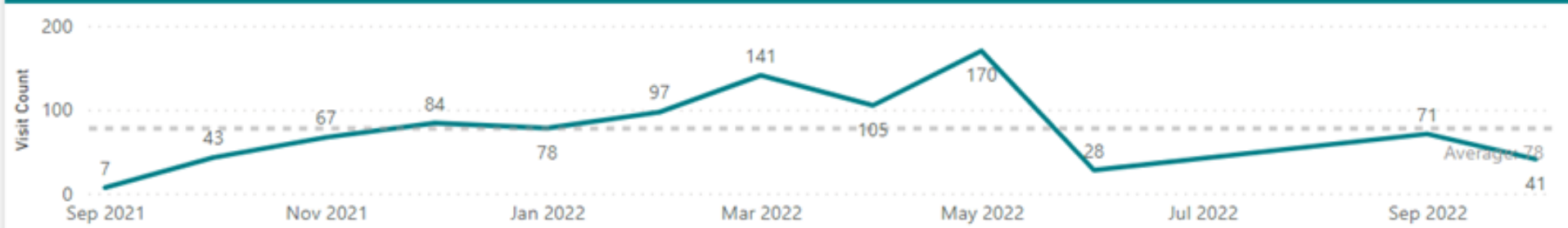
Deliver high-quality virtual healthcare services prioritizing historically underserved community members



- **70%** of SBTH patients represented historically underserved community members, identifying as:
  - Black or African American
  - Hispanic or Latino
  - American Indian or Alaska Native
- **63%** of SBTH patients represented communities with financial barriers to access, defined as:
  - Uninsured
  - Medicaid-Insured
- **10%** increase in family therapy
- Maximizes productivity of scarce licensed therapists
- Intake to referral rate 30 days less than 10.

ZERO suicides for patients engaged in Atrium Health Virtual School Based Therapy

Atrium Health Community Teletherapy



5 Systems Selected

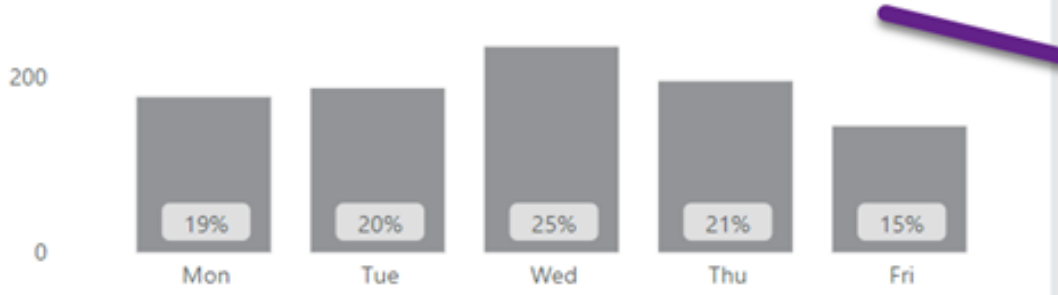
21 Locations Selected

9/24/2021 to 10/5/2022

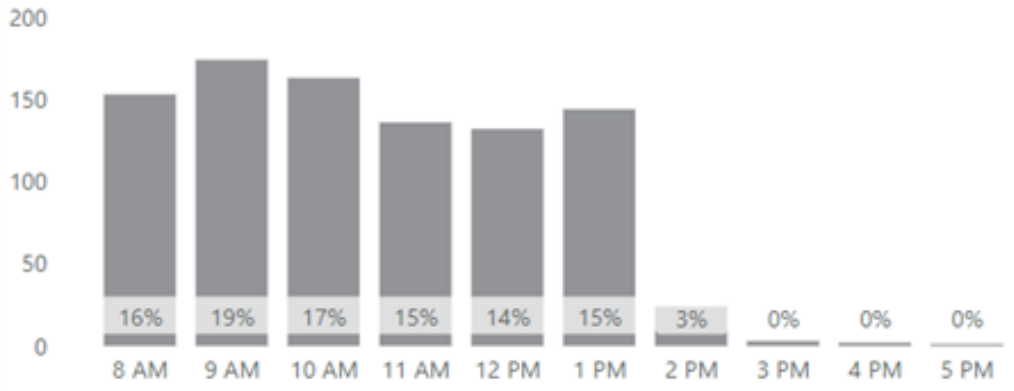
Click Here to View/Change Filters

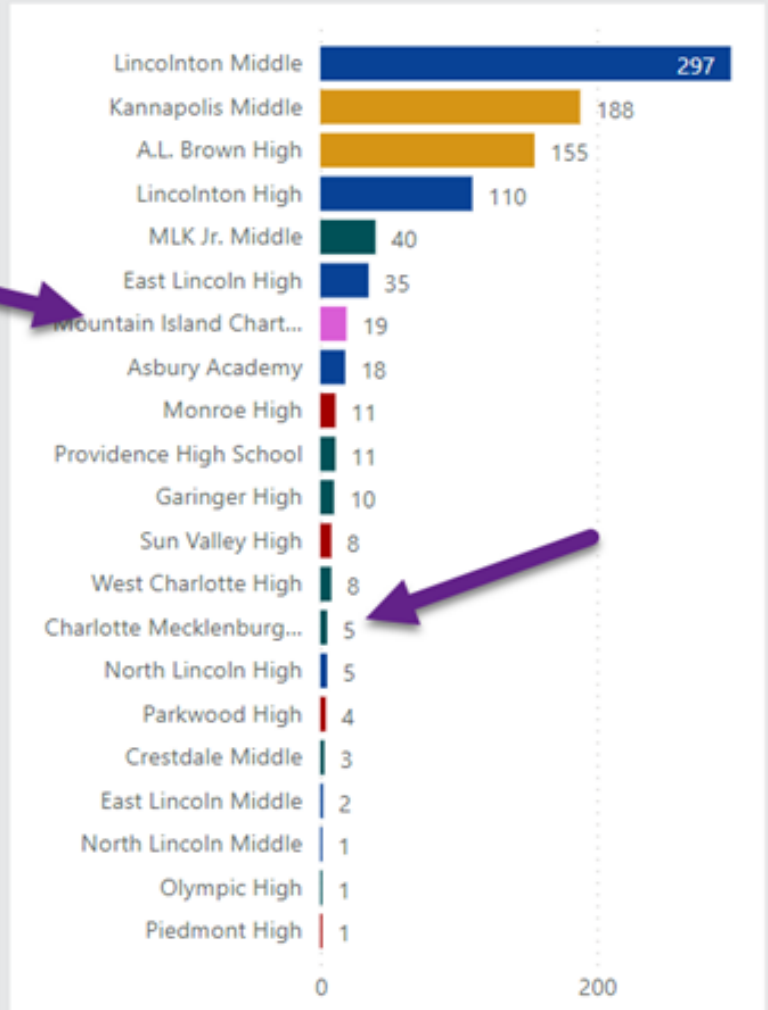
932	131	112
Visit Count	Unique Patient Count	Visits This School Year

Day of Week

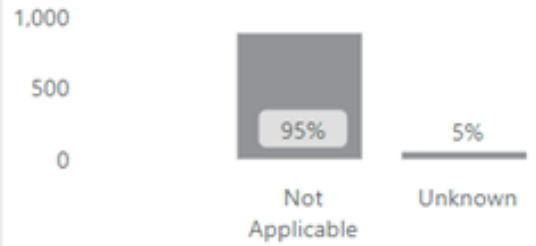


Appointment Hour of Day

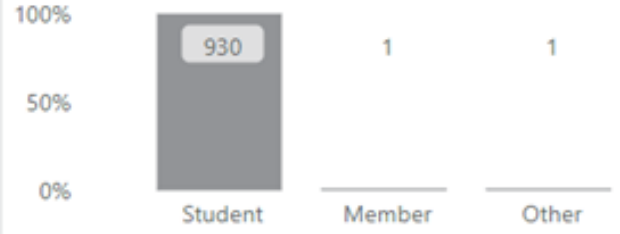




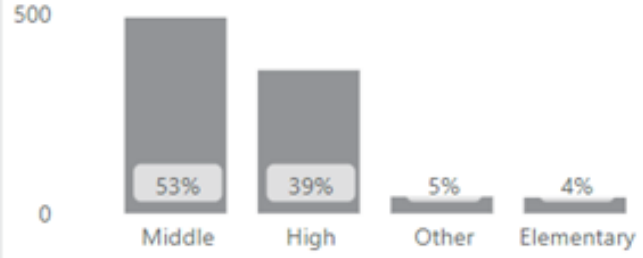
Visit Outcome



Patient Type



School Type



Caregility App

A secure, purpose-built mobile telehealth app, designed with patients, families, and clinicians in mind, that eases clinical communications and care coordination while supporting on-demand consults and scheduled visits.

The app provides the clinician with ability to add other participants into the call, including specialists, family, interpreters, and other care team members. It can also be used as a clinical collaboration tool with other mobile users across all telehealth programs that utilize two-way communications.

Available for iOS and Android devices.



What the community is saying:

"I feel like I'm living now, not just existing like a have a reason for myself to be good – student participating in virtual school based therapy

"Most of the parents I've talked to are either working full time or they're a single parent. They just don't have the capacity or the resources. I've had a few students [who] were doing outpatient therapy. In outpatient, they could have to wait a month, two months…[with MM], I could meet with the student [in] a week"- Amy Heitz, **School Therapist**





"Here is what M. has said about receiving SBMH: "I think therapy has really helped me this school year. It helped me about what happened in my past I am getting along with everyone and feeling better.",

"I have worked in CMS for over 7 years and have worked with the Atrium Health for face-to-face school-based services in prior CMS schools. At xxxx we are piloting virtual Atrium School based services and it has been absolutely an AMAZING resource! The accessibility and ease of staff referral to student receiving services has been drastically easier. As a School Social Worker who has encountered many students with various mental health needs it has been a great tool to be able to make the referral to School Based services to support the mental health needs of our students,-" **School Social Worker**



FAQ's

- *How are consents obtained?*
- *What if the student isn't here on therapy day?*
- *What happens in the summer or school breaks?*

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Questions

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