

# Skills-based Videoconferencing



***ENHANCED PROFESSIONAL  
LEARNING SERIES***



Mountain Plains ATTC (HHS Region 8)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Adolescent Guidelines

Week 7



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# Special Populations Deserve Special Considerations

- How are they different?
- How is the use of social media different?
- Best practice guidelines for adolescents.



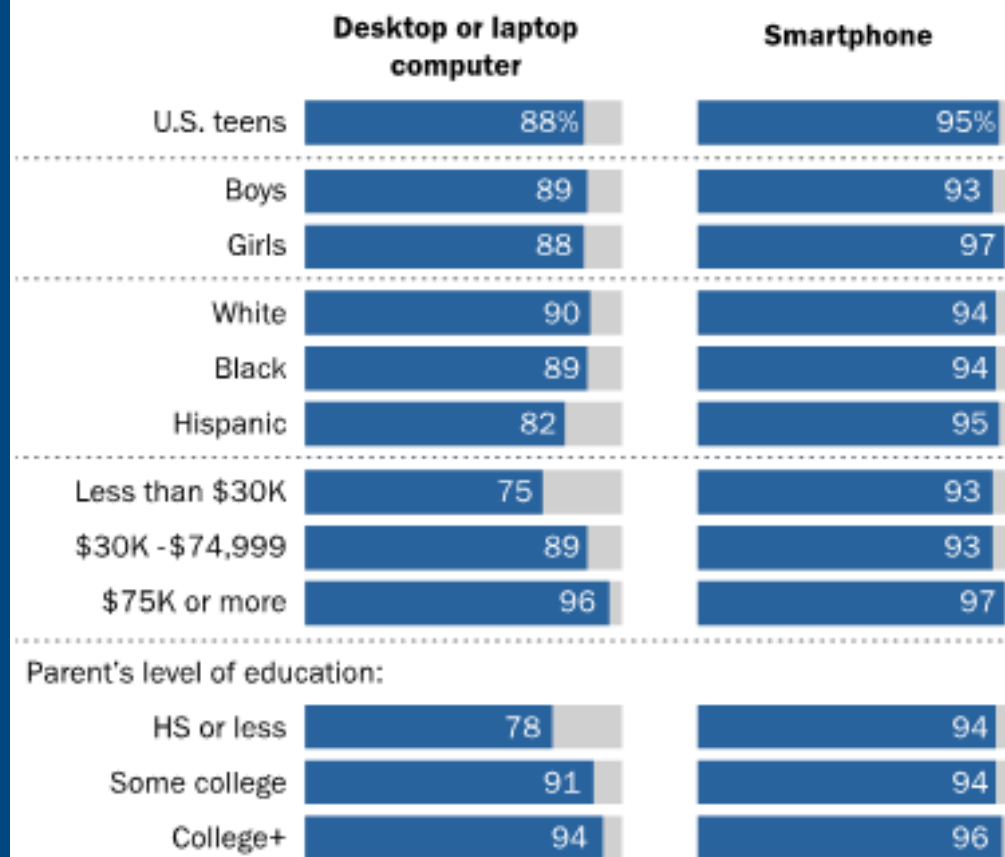
# How familiar are clients with technology and the internet?



Some 95% of teens now say they have or have access to a smartphone, which represents a 22% increase from the 73% of teens who said this in 2014-2015.

## Smartphone access nearly ubiquitous among teens, while having a home computer varies by income

*% of U.S. teens who say they have or have access to a \_\_\_ at home*



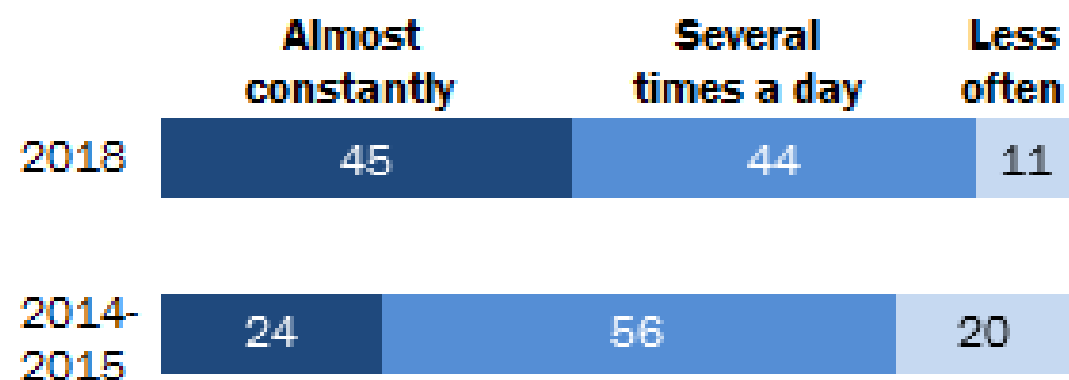
Note: Whites and blacks include only non-Hispanics. Hispanics are of any race. Parent's level of education based on highest level of education associated with a teen's parent.

Source: Survey conducted March 7-April 10, 2018.

"Teens, Social Media & Technology 2018"

## 45% of teens say they're online almost constantly

*% of U.S. teens who say they use the internet, either on a computer or a cellphone ...*



Note: "Less often" category includes teens who say they use the internet "about once a day," "several times a week" and "less often."

Source: Survey conducted March 7-April 10, 2018. Trend data from previous Pew Research Center survey conducted 2014-2015.

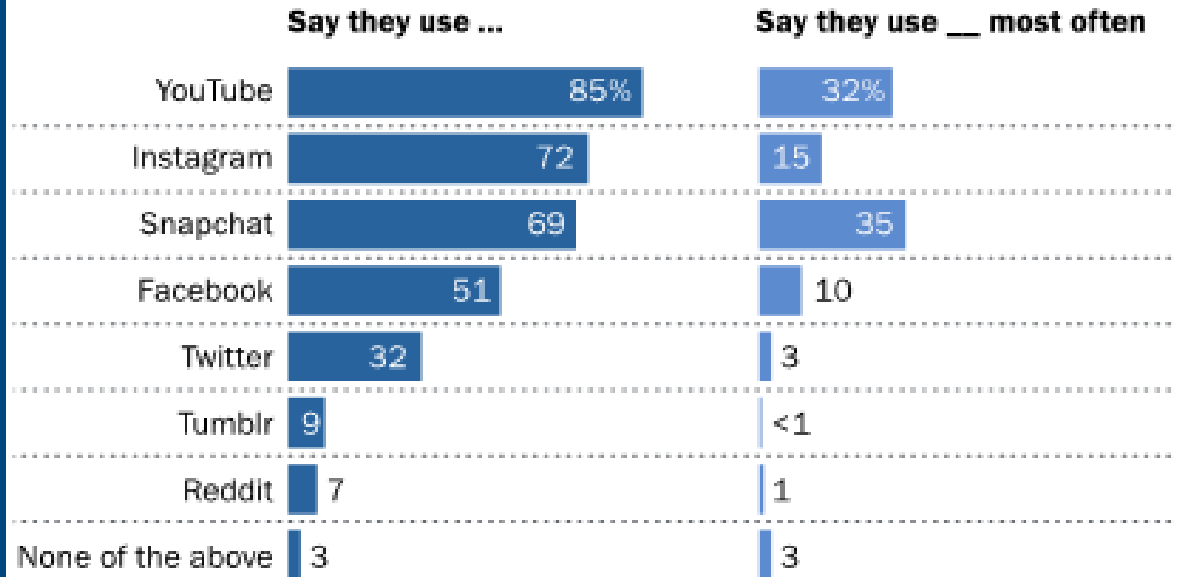
"Teens, Social Media & Technology 2018"

PEW RESEARCH CENTER

# What are friends?

## YouTube, Instagram and Snapchat are the most popular online platforms among teens

*% of U.S. teens who ...*



Note: Figures in first column add to more than 100% because multiple responses were allowed. Question about most-used site was asked only of respondents who use multiple sites; results have been recalculated to include those who use only one site. Respondents who did not give an answer are not shown.

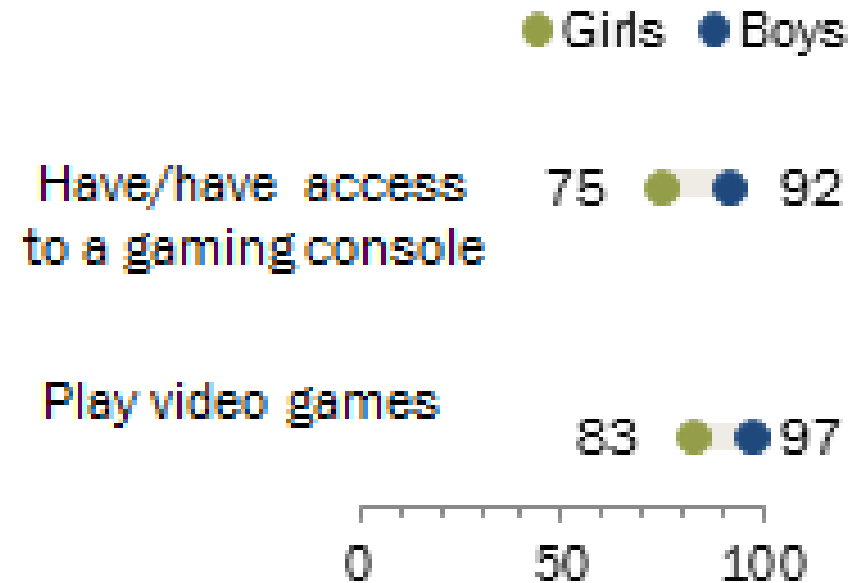
Source: Survey conducted March 7-April 10, 2018.

"Teens, Social Media & Technology 2018"

Most of both boys and girls play video games, but gaming is nearly universal for boys

## Most teen boys and girls play video games

*% of U.S. teens who say they ...*



Source: Survey conducted March 7-April 10, 2018.

"Teens, Social Media & Technology 2018"

PEW RESEARCH CENTER



<http://hub.americantelemed.org/resources/telemedicine-practice-guidelines>



**PRACTICE GUIDELINES FOR  
TELEMENTAL HEALTH WITH  
CHILDREN AND ADOLESCENTS**

————— MARCH 2017 —————



# Special Population Considerations

- Different diagnoses for youth
- Assessments include adult input
- Interventions include the caregiver
- Providers are more varied, behavior analyst, special education teachers, etc.

# Special Population Considerations

## Workforce Issues

Youth trained providers are few in comparison to the need

## Location of Services

Youth are at home, school, treatment centers, juvenile justice centers

# Special Population Considerations

## Medication Management:

- Ryan Haight Online Pharmacy Consumer Protection Act of 2008
- Requires in-person evaluation prior to prescribing online
- Review your state and federal DEA guidelines!

# Assessing Appropriateness

- Always assess for youth AND parent preferences
- Developmental and diagnostic considerations
- Does parent have resources to deal with risks
- Can child follow instructions without local adult involvement

# Assessing Your Style of Therapy

- Space for parents and others
- Play therapy?
- Drawing space for diagnostic work
- Good cameras for diagnostic work

# Assessing Appropriateness

## Safety Measures:

If offsite is there someone there to monitor the child and family -  
example – child runs out, anger management group acting out

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