

EPA COURSE TITLE	E-mental health: competencies and applications
COURSE DIRECTOR	Mucic Davor, Denmark
COURSE CO-DIRECTORS	Hilty Donald, USA
COURSE LEVEL	Basic
EDUCATIONAL INTENTIONS/ COURSE OUTCOMES	<ul style="list-style-type: none"> - Better use TP/TMH and other eMH applications effectively and via evidence-based principles - Employ skills in eMH care delivery on distance through concrete examples of best practices - Enhance access and quality of mental health care via increased knowledge about various eMH applications - Combine eMH methods with in-person methods
COURSE DESCRIPTION	<p>e-Mental Health (eMH) is the use of telecommunication and information technologies to deliver mental health services at a distance. eMH-related, technology-based services exist on a continuum: self-help/support groups via social media - well-prepared materials for psychoeducation and provider professional education - tips for assessment and self care - informal provider consultation online - asynchronous communication with providers - Mental Health services with professionals like telemental health (TMH), telepsychiatry (TP) or Internet-based care. eMH interventions have a number of advantages: readily accessible, the option of anonymity, inexpensive etc. Providers need skills, knowledge and perspective (i.e., a shift in attitude) to evaluate options to help patients and oversee these services carefully. Tremendous opportunities for early detection, prevention, assessment and treatment are possible if done with care and well-evaluated. The goals of this course are: I. Provide a concise review of evidence-based TP, TMH and eMH clinical interventions. II. Discuss the guidelines, policies and potential dilemmas (e.g., boundary, legal, financial, professionalism/ethical, and privacy/confidentiality issues) for clinicians to anticipate, screen for and manage. III. Explore communication adjustments with the spectrum of eMH services to ensure preservation of the doctor-patient therapeutic relationship, apt engagement and compassionate, patient-centered care at a distance. IV. Adjust in-person and TP methods to eMH to ensure a complete, accurate and appropriate remote assessment of a patient, with examples of clinical skill modifications. The course will ground the goals with a historical overview, administrative/technical/clinical preparation; established practices worldwide; options for models of care; system issues within/across states/countries; and transcultural/international applications for special populations.</p>
PREREQUISITE KNOWLEDGE	Participants will probably already have personal experience with cell, Internet, MH apps and videoconferencing. They will be encouraged to share case-based material from work with patients
COURSE METHODS AND MATERIAL	Small group discussions Case studies Debate Video Slides Handouts
TARGET AUDIENCE	N/A