

# SKILLS BASED VIDEO CONFERENCING

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***ENHANCED PROFESSIONAL  
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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?

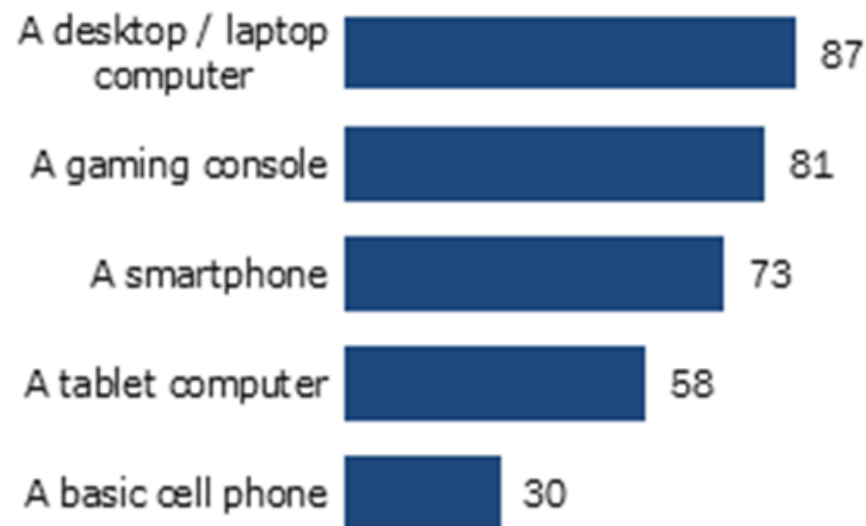


# A Typical Teen Sends and Receives 109 Texts a Day

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## Teens' Phone, Computer & Console Access

*% of all teens who have or have access to the following:*

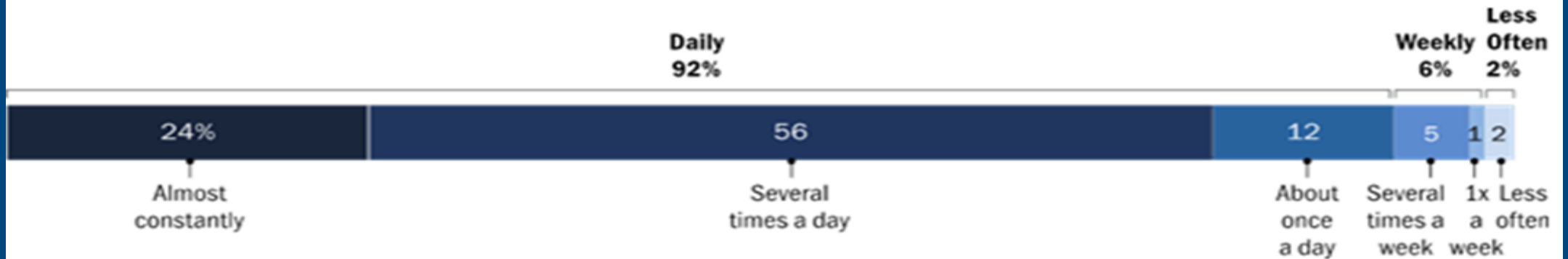


Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015 (n=1,060 teens ages 13 to 17).

# 11% of Cell-Owning Teens Use Anonymous Sharing or Question Apps, i.e. Whisper, YikYak

## Frequency of Internet Use by Teens

*% of teens ages 13 to 17 who use the internet with the following frequencies*



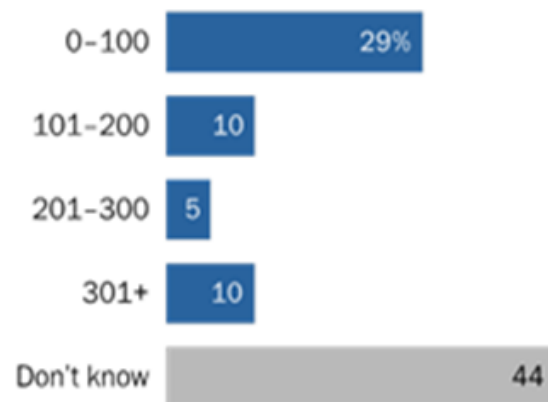
Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. (n=1,016 teens ages 13 to 17).

# What are friends?

## Typical Twitter-using Teens Have 95 Twitter Followers

*% of teen Twitter users who have a network of followers of this size*

NUMBER OF FOLLOWERS



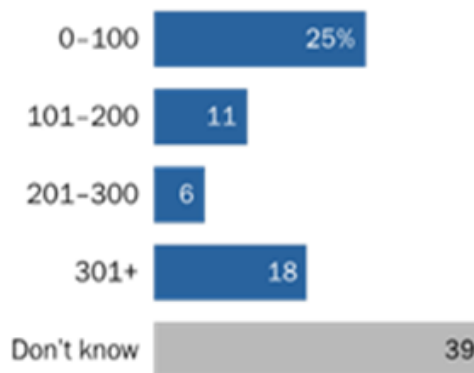
Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and February 10-March 16, 2015. (n=349 teens ages 13 to 17).

PEW RESEARCH CENTER

## A Typical Instagram-Using Teen Has 150 Followers

*% of teen Instagram users who have a network of followers of this size*

NUMBER OF FOLLOWERS



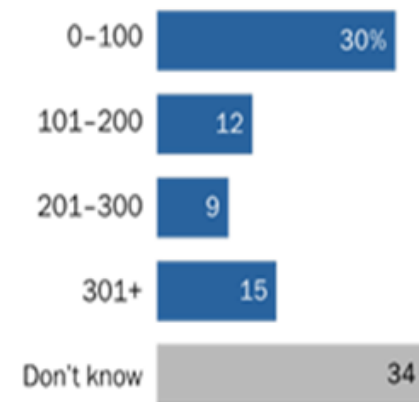
Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and February 10-March 16, 2015. (n=534 teens ages 13 to 17).

PEW RESEARCH CENTER

## A Typical Facebook User Has 145 Facebook Friends

*% of teen Facebook users who have a friend network of the following size*

NUMBER OF FRIENDS



Source: Pew Research Center's Teens Relationships Survey, September 25-October 9, 2014 and February 10-March 16, 2015. (n=737 teens ages 13 to 17).

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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# Acknowledgments