

# SKILLS BASED VIDEO CONFERENCING

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***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



# TRENDS

Week 8



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| Company/app name   | Telehealth modality   | Cost   | Apply to join their therapy team   |
|--|---|--|--|
| American Well<br><a href="http://www.amwell.com">www.amwell.com</a>            | Video conferencing  | \$79/session; some insurances reimburse            | <a href="http://www.americanwell.com">www.americanwell.com</a>   |
| BetterHelp<br><a href="http://www.betterhelp.com">www.betterhelp.com</a>       | Asynchronous messaging, live chat, live phone, video conferencing | Plans begin at \$35/week                           | <a href="http://www.betterhelp.com/counselor_application/">www.betterhelp.com/counselor_application/</a>   |
| Breakthrough<br><a href="http://www.breakthrough.com">www.breakthrough.com</a> | Video conferencing  | Determined by therapist; some insurances reimburse | <a href="http://www.breakthrough.com/for-providers/start">www.breakthrough.com/for-providers/start</a>   |
| Lantern<br><a href="https://golantern.com/">https://golantern.com/</a>         | Online modules, asynchronous messaging, live phone                | \$49/month   |  |
| 7 Cups of Tea<br><a href="http://www.7cups.com">www.7cups.com</a>              | Asynchronous messaging  | Plans begin at \$37.50/week or \$150/month         | <a href="http://www.7cups.com/online-therapy-jobs/">www.7cups.com/online-therapy-jobs/</a>   |
| TalkSpace<br><a href="http://www.talkspace.com">www.talkspace.com</a>          | Asynchronous text, video and voice messaging                      | Plans begin at \$32/week                           | <a href="http://www.talkspace.com/online-therapy/join-talkspace-as-a-therapist">www.talkspace.com/online-therapy/join-talkspace-as-a-therapist</a> |

<http://www.apa.org/monitor/2017/02/online-therapy.aspx>



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7 Cups provides free, 24/7 emotional support to millions via online chat. We want to make sure nobody has to face their problems alone. Having someone like you to listen can be all it takes to make a real difference.

How does it work?

It's easy! We provide free online training & support - all you need is an internet connection to get started.

- Free active listening course
- Online volunteering from home (or via app!)
- Control your own availability to listen
- Get certifications to boost your resume
- Get support & coaching from friendly mentors

Become A Listener: <https://www.7cups.com/listener/CreateAccount.php>

Become A Volunteer Listener: <https://www.7cups.com/listener/become-a-volunteer-listener.php>

# IN THE NEWS

WHO classifies “gaming disorder”

APA deepens endorsement of telepsychiatry

- Physician shortage
- Integration of service providers
- Safer





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# Acknowledgments