

Telemental Health in Primary Care (Free Clinic)

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Agenda

Mental Health
OT at Sinclair
Health Clinic

Student
Perspectives

Discussion:
Mental Health
OT

Primary Care Free Clinic

- Location: Winchester, Virginia
- Named after Dr. Terry Sinclair, MD
- Established in 1986
- Free clinic
 - Serves uninsured and Medicaid clients
 - Services include primary care, sexual health, prenatal services, smoking cessation, pharmacy, and mental health
- Primary Care Providers: Nurse Practitioners, Physician Assistants
- Behavioral Health: Volunteer-based



Marginalized Client Groups

- Intersectional identities
- Economically impoverished
- Housing and food insecurity
- Non-English speaking or ESL
- Latinx and/or Hispanic
- LGBTQ+
- Disability
- Mental Illness

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How the Clinic Came to Be

Mental Health OT Program



2017
Initial
Grant

2018
1st group
students
(in-
person)

2021
1st
group
students
(tele-
health)

Current Program

- Spring semester: 12-14 week Fieldwork Experience
- 4-5 students each Spring
 - Spring 2023: Gianna, Jenna, Christina, & Grace
- Application process for students
 - Interested in telehealth and mental health
- Hybrid
 - Faculty/Occupational Therapist (Susan Krutis) on-site in Virginia or telehealth (patient preference)
 - Students telehealth (from Dallas, Pennsylvania)

Logistics

- Scheduling

- OT works with NPs for referrals
- Coordination with administrative staff
 - Client can choose telehealth or in-person (OT is in person, students telehealth)
- Appointment schedule (60-75 min on average) handled by OT: 2 clients per day
- Half a day per week during the Spring semester with students
- Documentation in EMR- SOAP notes or narrative notes

- Billing



- No billing...YET!
- Emphasis on providing services to uninsured, but also able to see Medicaid clients

Conditions

Major
Depressive
Disorder

Bipolar
Disorder

Anxiety
Disorders

Autism
Spectrum
Disorder

Trauma &
Stress
Disorders

Psychotic
Disorders

Co-occurring
physical
conditions

Evaluation

- Interview
- Patient Health Questionnaire (PHQ-9)
- Generalized Anxiety Disorder Assessment (GAD-7)
- Adolescent/Adult Sensory Profile
- Canadian Occupational Performance Measure (COPM)

Intervention

- Advocacy and Case Management
- Mindfulness-Based Interventions
- Recovery Action Planning (WRAP)
- Arts & Crafts
- Life Skills
- Volunteer/Work Exploration
- Health Management (e.g., medication, wellness routine)
- Social Security Disability Application (SSI/SSDI)

Learning Process

- Emphasis on the therapeutic use of self as a first-line skill (student development)
 - Awareness of personal thoughts and emotions
 - Analyzing potential countertransference
 - Shifting beliefs about the self that do not serve the student therapist or client
- Oral de-brief
 - Analyzing session and client responses
 - Supervisory support: prevention of vicarious trauma
- Written reflections
- Documentation: SOAP notes

Learning Process





Student Perspective

Thank You

Do you have any questions?

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