

Supporting WA State Behavioral Health Providers to Optimize Telehealth in Response to COVID-19

Q&A from BHI Telehealth Training Session #14

Date: June 26, 2020

Title: Provider Wellness in Telehealth during the Covid PHE

Presenter: Keri Waterland and Diana Cockrell

Q: Do you believe that Trauma can be experienced from a therapist who work with a high risk community and have very little state support from policy and procedures at a State Level

A: Support for front line staff from their agency and community is vital to negate compassion fatigue and trauma. All levels of the system play a role in policy development and implementation to care for those we serve and the individuals delivering the services.

Q: One thing that I have noticed is that therapists are treating the trauma of COVID and racial injustices and they are experiencing the same trauma. This opened my eyes to treating what I am experiencing. This is just a comment not a question. Thank you for all of your work.

A: Thank you for that comment, it is a wonderful way to point out things happening in this time of crisis that unite and lean us all toward greater compassion. It's helpful to take time to remember to extend that compassion to ourselves, as clinicians, peers and leaders.

For more information, please see:

Behavioral Health Training, Workforce and Policy Innovation Center

Behavioral Health Providers across Washington State are on the front lines providing critical mental health and substance use treatment during an unprecedented public health emergency. State and federal guidelines continue to evolve so that more providers may use telehealth during the COVID-19 pandemic. Organizations from across the state have responded in amazing fashion to assure that providers across the continuum and age spectrum have access to information and resources necessary to help you begin or expand your use of telehealth.

<https://bhi-telehealthresource.uwmedicine.org/Pages/About-Us.aspx>

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