

CVHS HEALTH SERVICES TELE-BEHAVIORAL HEALTH



TELE-BEHAVIORAL HEALTH

Tele-behavioral health is behavioral health services delivered by way of technology using a computer, tablet, or smart phone with audio and video capability. The licensed behavioral health clinician (BHC) and the patient are not in the same location, but they can hear and see each other.

The session will have a similar, but not an identical, feel to an in-person session.

While tele-behavioral health can be convenient, there is a possibility that a tele-behavioral health session could have technical difficulties including: interruption, disconnection, or distortion of audio and/or video. You or your BHC may discontinue the session if the connection is inadequate.

If the connection drops while in session, your BHC will try to reach you by phone.

WHAT TO EXPECT

You will receive an email or text, with the link to your tele-behavioral health session. You will receive a reminder 5 minutes before your session is set to start. When you click on the link, you will be placed in a virtual waiting room until your clinician admits you to the session.

For your safety you will be asked the address of your location at the beginning of your session, and also to confirm your emergency contact listed in our system. You will be asked to create a safety plan in case of an emergency.

To prepare for the session identify a private space. No one else should be present, unless it is planned in advance with your provider.

If someone unexpected is seen in the background, your BHC may need to end the session to protect your privacy.

Click the link below to view video:
[Tele- Behavioral Health Video](#)

SERVICES

CVHS behavioral health clinicians (BHCs) practice integrated care with medical and dental providers, so we are experienced in working with patients who must cope emotionally with and make behavioral changes because of acute and chronic health conditions.

We also treat various mental health conditions such as:

- ▶ Depression
- ▶ Bipolar disorder
- ▶ Generalized anxiety
- ▶ Post-traumatic stress disorder
- ▶ Substance use disorders
- ▶ Concerns specific to the LGBTQ community and more.

Our clinicians are equipped to deliver services to people of all ages. We offer individual, family, and group therapy sessions.

INTEGRATED CARE AT CVHS HEALTH SERVICES

CVHS Health Services promotes integrated care meaning that all patients are encouraged to have regular medical, dental, and behavioral health care as needed; our care is coordinated and we have a common electronic medical record.

Behavioral health clinicians (BHCs) often provide brief patient consultations during scheduled medical or dental visits, whether in-person or via telehealth. BHCs may briefly join other health care visits to assess and give recommendations related to making a health related behavior change such as smoking cessation, weight loss, or sleep; and, of course, we assess possible mental health concerns. There is no charge for these brief consultations.

Similarly, when an appointment is scheduled primarily for a BHC, if we discern an unmet medical or dental concern, we too may ask for a medical or dental provider to consult and refer you for a follow up medical or dental appointment. We may also call on other CVHS health resources such as our pharmacy staff, outreach workers or care coordinators.

CARE COORDINATORS AND PEER RECOVERY SPECIALIST



Tori Pierce, BSW, LBSW
BH Care Coordinator



Monica Kelley, BSW
BH Care Coordinator



Heather Spivey, LMSW,
CSAC
Substance Use Care
Coordinator



Substance Use Care
Coordinator



David Lyon
Certified Peer Recovery
Specialist

YOUR BEHAVIORAL HEALTH CLINICIANS



Heather Stone, PhD, LCSW
Petersburg Recovery Center



Annetta Williams, LCSW
Hopewell/Prince
George



Morgan Honickel, LCSW
Downtown Petersburg



Ashley Waddell, LCSW
Crimson Clinic
Hopewell SBHC



Nora Vassar, LCSW
Charlotte
Brunswick



Michele Johnson, LCSW
Southern Albemarle



Melissa South, LCSW
King William



Elizabeth Hirner, LCSW
Charles City



Sarah Trimble, LCSW
Farmville



Barbara Hiestand, LCSW
Caroline



Crystal Chance, LCSW
Fredericksburg



Angie Harris, LCSW
Louisa



David Streicher, PhD, LCP
Charlottesville



Petersburg



Sandra Hall, LCSW
Westmoreland



Jamie Pettus, PsyD, LCP
Testing Psychologist



Deanna Lavery, LMSW
Westmoreland



Barbara Camero-Searles, LMSW
Fredericksburg

Social Media

Social Networking - It is CVHS corporate policy that providers not accept "friend" requests from current or former patients on personal networking sites (Facebook, Twitter, LinkedIn, etc). Adding patients as "Friends" on these sites can compromise your privacy and blurs the lines of the therapeutic relationship. If you would like to speak with your provider, we encourage you to send any message through the patient portal. This ensures that the provider will see your message, respond, and have appropriate documentation in a timely fashion. If you have questions about this please bring them up when you speak with your clinician.

Location -Based Services - If you use location based services on your mobile phone, please be aware that if you have GPS tracking enabled on your device, it's possible that others may surmise that you are a patient due to regular check-ins at our office. Please be aware of the risk associated with auto check-ins.

PRIVACY

No tele-behavioral health sessions will be recorded.

CVHS Health Services uses a secure communication system, but the data security cannot be perfectly guaranteed.

We ask that you plan for the privacy of the session as well by finding a private space to be for the session and using ear phones if you have them.

As always, we will maintain the privacy of your records. But there are limits to confidentiality such as:

Safety - If we are genuinely concerned that you are at risk for harming yourself or someone else, we must act to protect your safety. We could call emergency services or your emergency contact.

Mandated Reporting - We must by law report any suspected child or elder abuse we become aware of.

Court Subpoenas - We must comply with court subpoenas for our records.