

Telehealth Checklist

PREPARATION PHASE

	YES	NO
Researched relevant laws and rules?	<input type="checkbox"/>	<input type="checkbox"/>
Engaged in training or consultation prior to offering services via telehealth?	<input type="checkbox"/>	<input type="checkbox"/>
Established policies and consent for telehealth?	<input type="checkbox"/>	<input type="checkbox"/>

SERVICE SUITABILITY OR FAMILY MATCH PHASE

Considered family's match with telehealth?	<input type="checkbox"/>	<input type="checkbox"/>
Assessed access to and familiarity with technology?	<input type="checkbox"/>	<input type="checkbox"/>
Considered diversity and adapted as needed?	<input type="checkbox"/>	<input type="checkbox"/>

ENGAGEMENT/PRACTICE PHASE

Ensured privacy and confidentiality?	<input type="checkbox"/>	<input type="checkbox"/>
Identified a safe and suitable space?	<input type="checkbox"/>	<input type="checkbox"/>
Established expectations for telehealth sessions?	<input type="checkbox"/>	<input type="checkbox"/>
Adapted services to promote engagement and effectiveness?	<input type="checkbox"/>	<input type="checkbox"/>

IMPORTANT CONSIDERATIONS & PRECAUTIONS

Evaluated the potential effect of telehealth on behavior?	<input type="checkbox"/>	<input type="checkbox"/>
Anticipated risk assessment and safety planning?	<input type="checkbox"/>	<input type="checkbox"/>
Participated in ongoing self-care?	<input type="checkbox"/>	<input type="checkbox"/>

Helpful Tips

- Telehealth may be a particularly effective modality for youth populations. As digital natives, they may have more familiarity with the technology than their parents do.
- Telehealth may take some investment in terms of the time and money necessary to secure equipment, seek training, and create new policies, so a provider will likely want to investigate the modality thoroughly before implementing it.
- Though important for all telehealth services, the type and quality of technological equipment used (e.g., screen resolution, stability and bandwidth of internet, having multiple cameras) may be more crucial in conducting standardized assessments than other types of services.
- Though telehealth has been a convenient and rapidly adopted modality, there is currently limited research on how to deliver most evidence-based practices remotely. As such, be sure to plan ahead for how to adapt each strategy appropriately for telehealth.