

# Accelerating Mental Health Recovery after Traumatic Injury through Telehealth

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## OVERVIEW

- Traumatic injury affects over 2 million people annually in the U.S.
- Common types of traumatic injury include car crashes, falls, gunshot wounds, assaults, and burns.
- Many patients experience significant distress in the acute post-injury phase.
- Most of these patients recover well emotionally on their own without intervention (i.e., resilience).
- However, over 20% develop PTSD, depression, substance use, and quality of life challenges.
- Many risk factors are associated with these outcomes (e.g., prior trauma, ICU admission, pain levels).
- Most patients who develop mental health problems do not seek mental health services.
- Patient who do seek services often delay treatment seeking for many years.
- Novel solutions are needed to accelerate recovery and prevent PTSD and depression.
- Solutions that address stigma and other barriers to mental health services are particularly critical.
- Most Level I trauma centers do not address these highly treatable mental health problems.
- TRRP is supported by MUSC Telehealth, Nursing, Psychiatry, General Surgery, and Pediatrics.

## TRRP OVERVIEW

The Telehealth Resilience and Recovery Program (TRRP) uses a stepped-care model:

### Step 1

- We visit patients in hospital to provide education about mental health recovery after traumatic injury, common trauma reactions, and mental health resources.
- We offer a 30-day automated symptom monitoring service via text messaging.
- We invite patients to enroll in 30-day mental health screen via telephone.

### Step 2

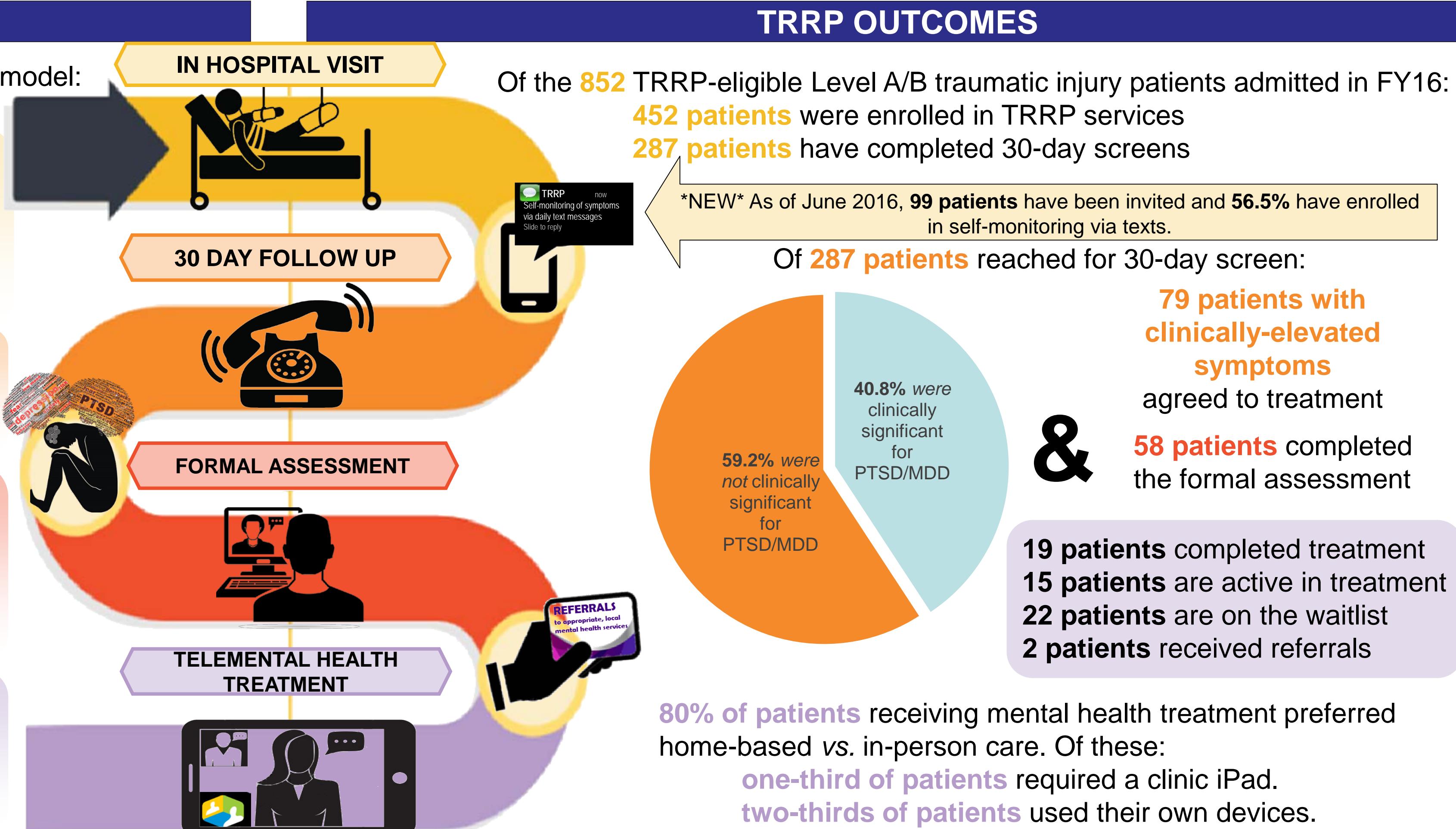
- We contact patients after 30 days to assess their symptoms via telephone.
- We enroll highly symptomatic patients into assessment and treatment services.

### Step 3

- We provide a full telehealth-based diagnostic clinical assessment.
- Patients with PTSD or depression are scheduled for treatment.
- Patients who are out-of-state or who have mental health concerns other than PTSD or depression are provided appropriate referrals.

### Step 4

- Home-based telemental health treatment is offered using the Vidyo platform.
- Patients can use their own mobile devices with video and Internet capabilities.
- Patients who do not have devices are sent a cellular-enabled iPad.



## IMPLICATIONS AND FUTURE DIRECTIONS

- The Trauma Resilience and Recovery Program (TRRP) serves as a novel, scalable approach to provide mental health resources after serious traumatic injury.
- This model of care is highly sustainable and transportable to other Level I trauma centers and other settings that serve highly vulnerable patients (e.g., disaster survivors).
- Certain elements of TRRP may be automated (e.g., 30-day follow up calls using Interactive Voice Response) and licensed.