

Accelerating Mental Health Recovery after Traumatic Injury through Telehealth

Danna L. Cook, MA, Jennifer R. Winkelmann, MA, Brywn McMahan, Brian E. Bunnell, PhD, Tatiana M. Davidson, PhD, Kenneth J. Ruggiero, PhD
Medical University of South Carolina

OVERVIEW

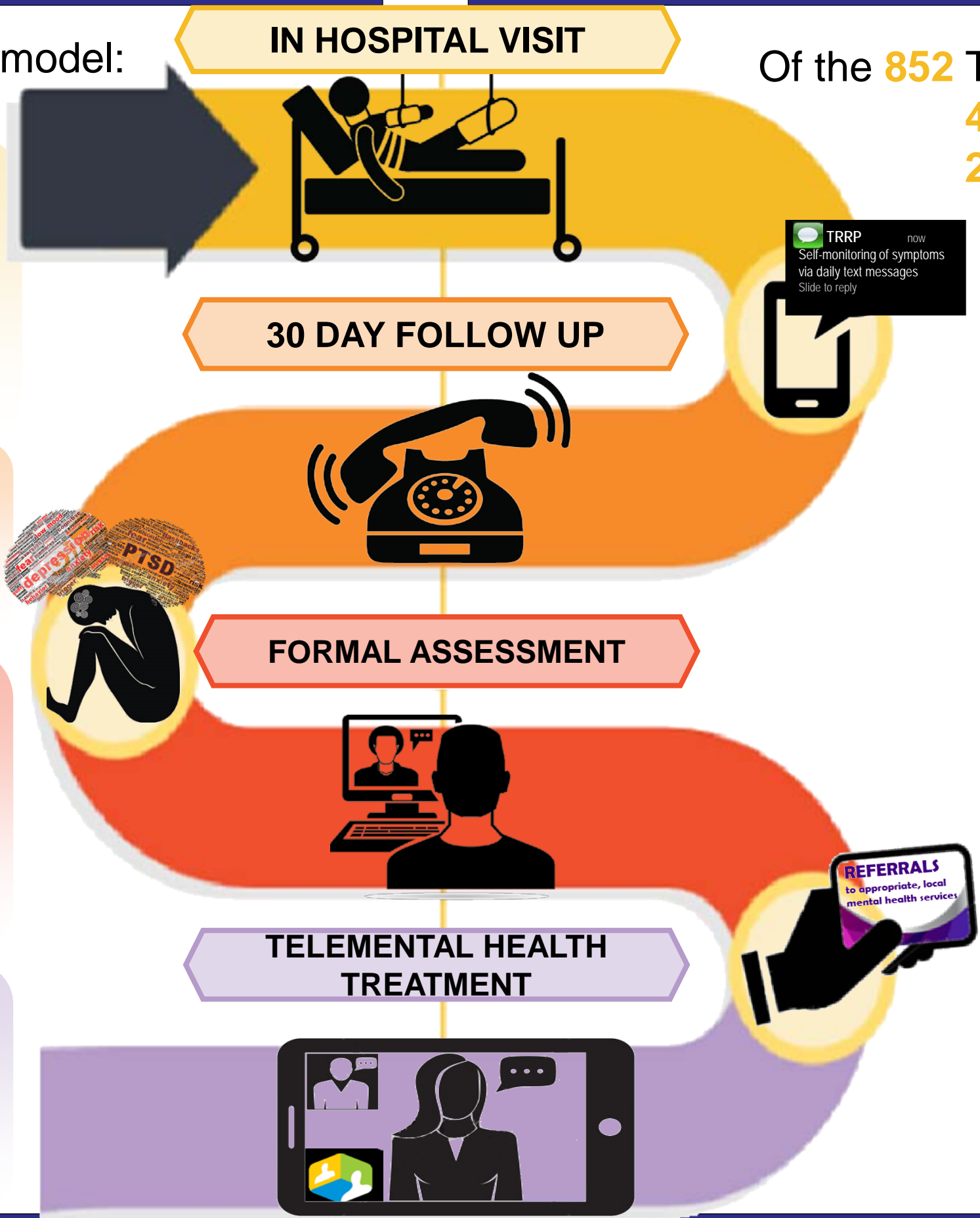
- Traumatic injury affects over 2 million people annually in the U.S.
- Common types of traumatic injury include car crashes, falls, gunshot wounds, assaults, and burns.
- Many patients experience significant distress in the acute post-injury phase.
- Most of these patients recover well emotionally on 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

TRRP OUTCOMES

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

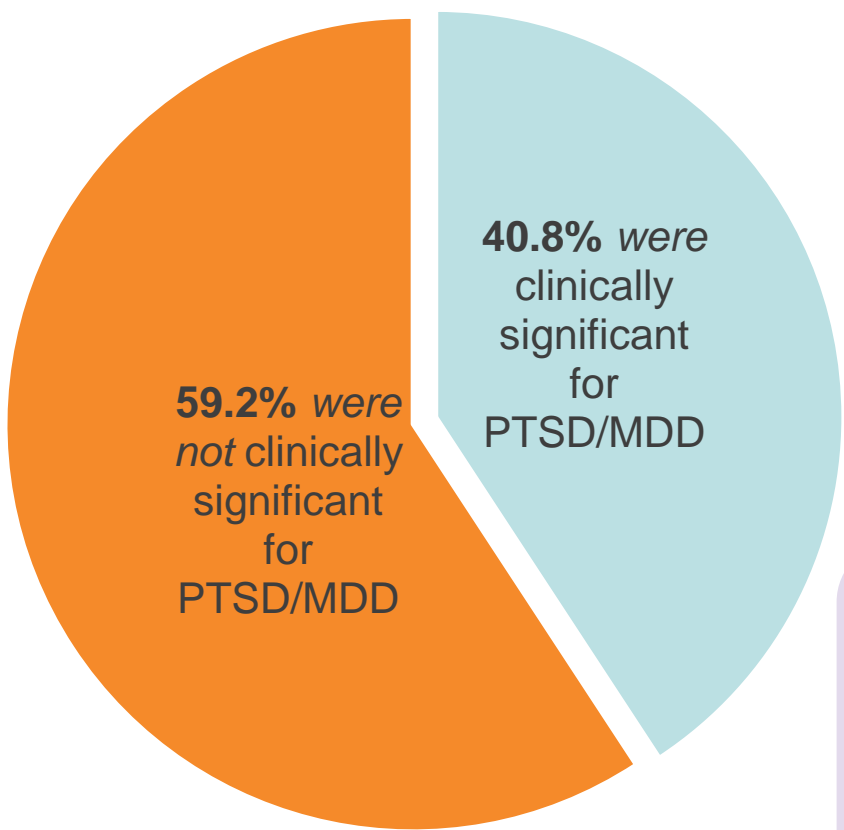
- Step 1**
- We visit patients in hospital to provide education about mental health recovery after traumatic injury, common trauma reactions, and mental health resources.
 - We offer a 30-day automated symptom monitoring service via text messaging.
 - We invite patients to enroll in 30-day mental health 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.



Of the **852** TRRP-eligible Level A/B traumatic injury patients admitted in FY16:
452 patients were enrolled in TRRP services
287 patients have completed 30-day screens

NEW As of June 2016, **99 patients** have been invited and **56.5%** have enrolled in self-monitoring via texts.

Of **287 patients** reached for 30-day screen:



79 patients with clinically-elevated symptoms

agreed to treatment

&

58 patients completed the formal assessment

19 patients completed treatment
15 patients are active in treatment
22 patients are on the waitlist
2 patients received referrals

80% of patients receiving mental health treatment preferred home-based vs. in-person care. Of these:

one-third of patients required a clinic iPad.

two-thirds of patients used their own devices.

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.