



## *Perspective/Opinion*

# **The BRaVe Clinic: Evidence-Based and Virtual Mental Health Care**

by Kristin Kroll, PhD

Frontline healthcare workers face inordinately high levels of trauma, particularly those offering direct care for patients with active or suspected COVID-19 infections. As was documented during the SARS and Ebola outbreaks, these workers can themselves become infected and remain at risk for behavioral health distress. This has been compounded by changing policies, shortages of personal protective equipment (PPE), and the potential for inadvertently infecting loved ones and others. The psychological distress, which is expected to continue for a long time, has a significant impact on cognitive function, which leads to reduced efficiency and potential for medical errors.

To address the needs of healthcare workers who would benefit from high-quality, evidence-based mental health care, the **Building Resilience Virtually (BRaVe) Clinic** was developed. The clinic addresses the symptoms of each caregiver, while helping the individual build resilience and create effective distress management strategies.

The clinic uses an in-home videoconferencing platform. All services are provided in private, rather than in group, settings to ensure that treatment is tailored to each individual's specific needs and goals; all records are kept on a secure Box account outside of the Froedtert medical record system. Each interactive videoconferencing session is run by doctorate-level psychology students supervised by an MCW faculty-licensed psychologist.

To learn more, contact the BRaVe Clinic at (414) 955-2545 or email [braveclinic@mcw.edu](mailto:braveclinic@mcw.edu).

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