

# TELEMENTAL HEALTH SERVICES: TELEHEALTH TRAINING RESOURCES

The “Telemental Health Services” series explores the telemental health model, student privacy and consent concerns, technology and set-up, telemental health training options, telemental health in rural communities, and crisis response. Each guide includes practical tips, best practices, and information that is specific to the California Community Colleges setting.

This brief was developed as a series to help California community colleges implement telemental health (TMH) services within the context of COVID-19.

## TELEHEALTH TRAINING RESOURCES

Transitioning to telemental health may seem daunting. The fear of incompetence, the fear of making mistakes, the uncertainty of payment, and the lack of control are natural stressors. Fortunately, telehealth training is available from a variety of agencies and covers the range from the basics of telemental health to advanced practices. While training is not required to deliver telemental health, providers may find that grounding themselves in the best-practices helps alleviate anxiety while also building new skills. Continuing education hours are available for many of the online training options and California Community Colleges can use mental health grant funds to pay for training.

## WHAT ARE SOME OF THE COMMON TRAININGS AVAILABLE?

The following online training courses were identified from various sources, including the California Community College Mental Health & Wellness Association (MHWA) member listserv. Please note that these descriptions are provided for informational reference only. This is not an exhaustive list. This listing is not an endorsement. College staff should research each agency to determine the best fit for training their health and wellness teams.

### Cranium Cafe software via ConexED

**About:** Student services staff can provide online student support through the ConexED/Cranium Cafe platform. The CVC-OEI can help facilitate training. Face-to-face appointments can be converted to online via SARS or other scheduling system.

**Relevant Courses:** [CVC-OEI Distance Mental Health for Clinicians](#) addresses necessary areas of consideration for providing distance mental health services, including assessment of student mental health needs and effective referrals. Participants take a close look at the growing trend of distance mental health services and their importance for community college students. This course includes discussions and activities, as well as live sessions facilitated by licensed clinicians in the field. This course is not intended as permission to practice as a mental health counselor or for certification or licensure.

**Modality:** Online

**Cost:** CCCCCO extended the online counseling, student services, and online mental health delivery platform, Cranium Café by ConexED, to all CCCs at no-cost.

**More Information:** Heather Lund, Director of Academic Outreach, facilitates trainings. Heather can be contacted at [heather@conexed.com](mailto:heather@conexed.com). For more information, <https://cvc.edu/cvc-oei-student-experience/counseling-for-online-students/trainings-and-course-2/>

### California Association of Marriage and Family Therapists (CAMFT)

**About:** CAMFT (California Association of Marriage and Family Therapists) is an independent professional organization of approximately 32,000 members representing the interests of licensed marriage and family therapists.

**Relevant Courses:** CAMFT members can view the educational content at no cost, and have the option to purchase the test for CEs

- [Telehealth Legal and Ethical Aspects](#) (3 CEs / \$55)
- [Telehealth, Emailing, and Texting: Legal, Ethical, and Practical Considerations](#) (6 CEs / \$99)

**Modality:** On-demand lending library includes over 80 workshop videos to members

**Cost:** Varies

**More Information:** <https://www.camft.org/>

## California Telehealth Resource Center

**About:** Established as a federally designated Telehealth Resource Center in 2006, the CTRC is nationally recognized as one of fourteen HRSA funded [Telehealth Resource Centers](#) around the country. The TeleMental Health Institute is dedicated to training practitioners who seek evidence-based professional training in telepsychiatry, telepsychology, online therapy, distance counseling, and behavior analysis with continuing education hours (CEs) and continuing medical education (CMEs) approved by APA, AMA, and other professional groups. All courses are also applicable to coaches.

**Relevant Courses:** Staff Certification Programs. In partnership with the [National School of Applied Telehealth](#), CTRC and the SETRC offer three accredited telemedicine certificates for [Clinical Presenters](#), [Telehealth Coordinators](#), and [Telehealth Liaisons](#).

**Modality:** Online in an interactive platform with video instruction. Courses are developed to prepare team members for their role in the telehealth program.

**Cost:** \$299 each course

**CEs:** All participants are also eligible to obtain Continuing Education Units (CEUs) when completing the certifications.

**More Information:** <http://www.caltrc.org/knowledge-center/training/>

<https://www.nationalschoolofappliedtelehealth.org/oltpublish/site/cms.do>

## National Association of Social Workers (NASW) California Chapter

**About:** The California Chapter of the National Association of Social Workers provides training to social workers through the Online CE Program.

**Relevant Courses:** [Two trainings on telehealth and COVID-19](#) by Stan Taubman, PhD, LCSW

- Telehealth: California Social Work Response to the COVID-19 Pandemic (3 CEs)
- Legal and Ethical Aspects of Telehealth Services for California LCSWs and LMFTs (6 CEs)

**Modality:** Online

**Cost:** NASW member: \$21.00

Nonmember: \$23.00

**CEs:** Continuing Education Hours: 3 and 6 CEs (respectively) for Social Workers

**More Information:** <https://www.socialworkweb.com/#/details/NfyJYoCek7fEWXoYz>

## Palo Alto University

**About:** Custom-designed online and in-person courses for post-graduate training for mental health and allied professionals. This training is presented by Dr. Barr Taylor and the Center for m2Health at Palo Alto University.

**Relevant Courses:** [Foundations in Digital Therapy](#) includes 10 modules:

1. An Introduction to Digital Therapy
2. A Review of CBT

3. Using Email and Texting
4. Apps and Internet Interventions
5. Review of Research on Digital Tools
6. Self-Monitoring Apps
7. Clinical Strategies for Best Practice
8. Ethical and Legal Issues
9. Social Media and Future use
10. Strategies for Digital Tool Introduction

**Modality:** Self-paced professional training. Group training also offered

**Cost:** \$50 (enter PAUDIGITAL in the promo code field to receive this training)

**CEs:** Continuing Education Hours: 20

**More Information:** <https://concept.paloaltou.edu/digital-therapy-training/>

## Telebehavioral Health Institute

**About:** Telebehavioral Health Institute (TBHI) is devoted exclusively to addressing the emerging opportunities and challenges of organizations and practitioners seeking to thrive in any area of telehealth, including but not limited to telebehavioral health, telemental health, digital health, mHealth, e-health, telepsychiatry, telepsychology, distance counseling, online therapy, and coaching.

**Relevant Courses:** [Telehealth Best Practices](#): Free, quick and easy 1-hour video on-demand provides overview of best telehealth practices for working from home PLUS COVID-19 regulatory updates.

[Telehealth Clinical Best Practices](#): This live, interactive, legal and ethical, best-practices, telehealth workshop will give you a deep dive into clinical, evidence-based models, tips, and strategies for handling clinically complex cases without a struggle. (\$119)

[Micro Certification Training Options](#) relevant to CCCs:

- Basic training is for organizations that have already explored telehealth and developed existing policies and procedures.
- Advanced training is best for organizations that are developing telehealth practice and need to think through the issues.

[Individual classes](#) available at varying prices

**Modality:** Online

**Cost:** Varies

**CEs:** Continuing Education Hours: 15 – 67 CME or CE Hours as recognized AMA, AOA, APA, ASWB, and NBCC & NAADAC

**More Information:** <https://telehealth.org/>

## Zur Institute

**About:** Zur Institute offers over 125 online continuing education courses for Psychologists, Marriage and Family Therapists (MFTs), Social Workers (SWs), Professional Counselors (PCs), and other mental health professionals.

**Relevant Courses:** [Certificate Program in Telemental Health & Digital Ethics: Ethical, Legal, Clinical, Technological and Practice Considerations](#)

- Telemental Health: The New Standard – Ethical, Legal, Clinical, Technological, and Practice Considerations
- Telemental Health: Practical Applications for Delivering Psychotherapy and Counseling via Telehealth
- Digital and Social Media Ethics for Therapists: Clinical & Ethical Considerations for Psychologists, Counselors, and Clinicians

**Modality:** Online

**Cost:** Pricing Package of 3 courses / \$144

Individual courses available

**CEs:** Continuing Education Hours: 24 CEs for Certificate Program for Psychologists, LMFTs, SWs, Counselors, & Nurses

**More Information:** <https://www.zurinstitute.com/>

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California Community Colleges Health & Wellness | [www.cccstudentmentalhealth.org](http://www.cccstudentmentalhealth.org)

Publication Date: May 2020. Revised June 2021. CCC Health & Wellness is a program of the California Community Colleges Chancellor's Office (CCCCO).

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