

Microsoft Teams Continuing Education Series
Toolkit for Virtual Treatment with Children and Adolescents During COVID-19
May 13, 2020

Presenter Bio

Please include your full name, credentials, degrees and information about your position and place of employment.

Rameshwari V. Tumuluru, MD

Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
Medical Director, Adolescent Partial and IOP Program
UPMC Western Psychiatric Hospital
Pittsburgh, PA

Rameshwari V. Tumuluru graduated from Gandhi Medical College in India. She completed her adult psychiatry training, from Albert Einstein Medical Center in Philadelphia and Child Psychiatry training, from Ohio State University in Columbus, Ohio. She is an Associate Professor of Psychiatry at the University of Pittsburgh School of Medicine/WPH. She serves as the Medical Director of Partial and IOP Programs in the Southside. She has over 25 years' experience working with seriously ill youth in in Intermediate levels of care such as the Partial and IOP as well as youth diagnosed with Autism and Developmental Disorders. She is a co-investigator in funded research projects specifically in the area of Autism and Developmental Disabilities. Her clinical and research interests are focused on treatment outcomes and evidence based care. In addition, due to her interest in mindfulness she was awarded a grant through the Beckwith Foundation which she utilized to develop the Southside Mindfulness, Healing and Wellness Garden at the Southside Program. She is also involved in other quality improvement endeavors at the Southside program with departmental support. She is actively involved in teaching and supervising medical students, Residents and Fellows as well as Pre-Doctoral Students. She is a co-author on several peer reviewed manuscripts and is involved in various committees within the Department as well as Nationally.

Sarah Fallica, LSW, HSV

Program Director
Adolescent Acute Partial & Intensive Outpatient Programs
Pediatric OCD Clinic
Conroy-Merck Intensive Treatment Program
UPMC Western Psychiatric Hospital
Pittsburgh, PA

Sarah Fallica received her Bachelor's degree in Psychology and Communications from Duquesne University in Pittsburgh, PA, and went on to receive her Master's degree in Social Work from the University of Pittsburgh. She obtained her Home and School Visitor Certification through the PA Department of Education. Sarah is a Licensed Social Worker in the state of Pennsylvania.

Sarah has 17 years of experience in the field of children and adolescent's behavioral health. She is knowledgeable about the provision of clinical care and the management of operations for the full continuum of Child BH offered in Pennsylvania. Sarah is currently the Program Director for UPMC Western Behavioral Health's Child and Adolescent Acute Partial Hospital Programs; Intensive Outpatient Programs; Pediatric OCD Clinic; and Conroy Merck's Intensive Treatment Program. Sarah has developed and expanded services through program development to increase behavioral health care options for children. Sarah is a strong advocate for Children's behavioral health system reform. She is a current member of the Rehabilitation and Community Providers Association where

she serves on the Children's Division Committee. She is also a member of the Conference of Allegheny Providers Children's Committee.

Name and Narrative Description of your Presentation

Toolkit for Virtual Treatment with Children and Adolescents During COVID-19

The Covid 19 pandemic changed the behavioral health landscape significantly in how we deliver care to our most at risk and vulnerable patients. Abruptly, behavioral health providers were faced with the challenge of converting care to a telehealth model while minimizing disruption to care for our patients and their families. There have been huge benefits to virtual care but this has come with significant challenges that providers have had to work to overcome. The toolkit for virtual treatment will serve as a guide for the ongoing enhancement of programming and infrastructure considerations.

Target Audience: Physicians, Psychiatrists, Psychologists, Behavioral Health Therapists I, Behavioral Health Therapists II, Behavioral Health Therapists III, Nurses, Social Workers, Program Leadership

Three (3) learning objectives

By the completion of this session, participants should be able to:

1. Identify strategies to modify on site programming to a telehealth model for individual, group, and family therapy with children and adolescents.
2. Demonstrate an increased understanding of the impact of Covid 19 on children and adolescents, families, and staff members.
3. Apply DBT strategies via telehealth in group, individual, and family sessions that incorporate awareness of the impact of the pandemic on daily functioning.

Three (3) current (within the past 10 years) *peer-reviewed* publications that support the evidence base for the content of your presentation

Publications must be listed in American Psychological Association (APA) Style (see www.apastyle.org for more information).

APA format for journal article citation:

Author last name, Author First Initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

McCauley, E., Berk, M. S., Asarnow, J. R., Adrian, M., Cohen, J., Korlund, K., Avina, C., Hughes, J., Harned, M., Gallop, R., & Linehan, M. M. (2018). Efficacy of Dialectical Behavior Therapy for Adolescents at High Risk for Suicide: A Randomized Clinical Trial. *JAMA psychiatry*, 75(8), 777–785.

Ćosić K¹, Popović S, Šarlija M, Kesedžić I. (2020). Impact of Human Disasters and COVID-19 Pandemic on Mental Health: Potential of Digital Psychiatry. *Psychiatr Danub*. Spring; 32(1):25-31.

American Academy of Child and Adolescent Psychiatry (AACAP) Committee on Telepsychiatry and AACAP Committee on Quality Issues. (2017) Clinical Update: Telepsychiatry With Children and Adolescents. *J Am Acad Child Adolesc Psychiatry*, 56(10):875–893.

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx