

Behavioral Health Resources for Clinicians and Substance Use Disorder/Recovery Support Providers – COVID-19-Related Support

May 2020

OPAL-C Clinician Stress Peer Support

The Oregon Psychiatric Access Line (OPAL) would like to announce a new service for its callers, OPAL-C (COVID-19 Clinician Stress Peer Support).

In addition to offering psychiatric curbside consultations about adult and child patients, OPAL is now offering confidential peer support for primary care clinicians experiencing stress in response to the COVID-19 crisis for the next 12 months.

OPAL consultants will provide a listening ear and suggestions for managing the stress that comes from this national emergency. In addition, OPAL consultants can provide information regarding available community-based resources for practitioners seeking to establish care with a mental health professional.

If you are interested in talking about COVID-19 practice stress, feel free to call the regular OPAL number: **(503)346-1000** or toll free **(855)966-7255** for out of Portland Metro. Please let call receptionist know your desire to talk about COVID-19 related stress issues.

Northwest Addiction Technology Transfer Center (ATTC)

Fundamentals of Telemental Health

Join the Northwest ATTC for a 6-week online series, **Fundamentals of Telemental Health**, presented by Sara Smucker Barnwell, PhD, Clinical Psychologist.

The series will feature 6 weekly 2-hour webinars (5-7pm PT every Tuesday). Register once, then attend any of the sessions that interest you!

- **May 19:** Preparing Your Office for Telemental Health
- **May 26:** Client Selection, Intake, and Assessment in Telemental Health
- **June 2:** Clinical Engagement in Telemental Health
- **June 9:** Emergencies, Disruptions, and Pitfalls in Telemental Health
- **June 16:** Risk Management in Telemental Health

Register [here](#).

Telemental Health Fundamentals: Preparing Your Office and Engaging Your Patients

A stand-alone Northwest ATTC webinar for on-demand viewing by Sara Smucker Barnwell, PhD, Clinical Psychologist. This 1-hour webinar will provide guidance to providers interested in delivering mental health services through telephone and/or videoconferencing.

Participants will receive a brief overview of Telemental Health essentials, including technology selection, client screening, office space adaptation, documentation, responding to emergencies, and fundamentals of clinical engagement through this modality.

Watch any time [here](#).

Telehealth resources

This resource lists a variety of opportunities for substance use disorder treatment and recovery support providers to learn about telemedicine:

- Tips for using videoconferencing
- Strategies for telehealth quick start
- Best practices and consultations
- Regulations and privacy issues.

Lots of training options [here](#).

Clinical Innovations in Telehealth Learning Series

Clinical Innovations in Telehealth Learning Series is a weekly online series targeting high-priority clinical issues for providers using telehealth. Experts in clinical care and telehealth devote the first segment of each hour-long session to a specific topic, then address questions submitted by registrants.

The 1-hour learning sessions take place on Tuesdays at 10 a.m. PST:

- **May 19:** Telehealth and Suicide Care, with Barbara Stanley and Julie Goldstein, SPRC
- **May 26:** Telehealth and CBT for Psychosis, with Sarah Kopelovich, Northwest MHTTC
- **June 2:** Telehealth and Health Disparities, with the National Hispanic & Latino
- **June 9:** Telehealth and Trauma, with Debra Kaysen, Stanford University School of Medicine

Register [here](#).