



Cherished Minds

Child & Adolescent Psychology

CHERISHED MINDS TELEHEALTH BUSINESS MODEL

Telehealth service is a psychological therapy service that is delivered via video conference where either or both a visual and audio link has been established between a client and their treating allied health professional. Cherished Minds offers this service using an approved and secure platform called Zoom.

We know that making changes from face to face to telehealth can be a difficult transition. Research supports the effectiveness of providing services this way to a similar degree to face-to-face. We anticipate that it will feel a little awkward at the start until we get used to it. Like anything new, your child will need time to adjust and with your support telehealth is a wonderful option particularly during times that face to face consultation is not an option. It is our intention to return to offering face to face therapy after the virus threat passes. However, it is also possible that you may find telehealth more convenient.

Rest assured your practitioners are creative, resourceful and have some wonderful resources and plans to create an effective and enjoyable telehealth experience for your child and your family.

To assist you to become familiar with the Cherished Minds Telehealth model and to start planning how you would like this service to look for your child and you as their parent and carer, we have set out a flow chart attached below. All options are both interchangeable and compliment one another to provide the most comprehensive and effective support services.

You are in the driver's seat and while your practitioner may guide you on what they feel would be the most effective option for your child and family you will have the option to access any and all of these options throughout the course of your child's treatment.

Zoom provides a very simple option for connecting via videoconferencing and by simply clicking on a link that will be emailed to you in advance, you will join the meeting and the magic begins!

Please make sure to give us a buzz if you need any further information or guidance on 02 9822 8630

'NEVER LET A STUMBLE BE THE END OF YOUR JOURNEY'



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Direct client approach

- This option closely mimics the same format that may usually take place in face to face consultations in terms of how the session is allocated to parent debrief and direct client consultation
- Sessions are structured based on the continuity of learning new skills and overcoming challenges
- Topics are based on highest priority needs or current concerns and challenges
- This option is best suited to any children and adolescents who are able to maintain adequate attention and engagement with their practitioner

Parent Training

- This option is designed for parents and carers to connect with their child's practitioner to discuss concerns, challenges and any other topic relating to their child so that they can build confidence in supporting their development
- Practitioners can assist in a number of areas including positive behaviour support, activities and structure to build and develop skills and direction on how parents and carers can support their children in all aspects of life
- This option is best suited for children and adolescents who may be unable or unwilling to engage in the direct client approach

Resource Building

- This option allows parents and carers to discuss the potential for resources that may assist in the learning and development of their child
- This may include visual, social stories, behaviour support plans, information compilation, worksheets and activities
- Parents and carers will communicate with their practitioner using telehealth to discuss the resource need and to plan how it will look and work. This may take on average 30 minutes. Practitioner will then use remaining consultation time and at times additional time to create and forward the resource as agreed
- Cost: Resource building will be billed based on the time taken to complete the requested resource in addition to the consultation time (an estimate of time and cost will be given during the planning phase)
- Resource building is a useful and at times essential aspect to effective direct client work and parent training
- Parents may require reports, behaviour support plans or other documentation