The TATRC mHIC team is pleased to announce that their research project, entitled “Telehealth 2.0: Preserving Continuity of Behavioral Health Clinical Care to Patients Using Mobile Devices” has been approved for funding by the Joint Program Committee. This research project is a collaborative effort between TATRC, the Defense Center of Excellence, National Centers for Telehealth & Technology (T2) office and the Behavioral Health Clinic at Fort Hood.

This research project aims to use mobile technology to leverage telehealth services as a means to maximize the continuity-of-care that the military healthcare system can provide to Service Members when they are temporarily relocated due to military service requirements, but require and are engaged in behavioral health (BH) services. The effort will focus on the utilization of a patient’s personal mobile device in an approved, secure fashion to maintain the established therapeutic relationships with the BH provider(s) while the patient is on temporary duty assignment outside the continental United States. The patient and BH provider(s) will use a relational model of care delivery to complete a course of treatment that the patient sought out prior to being reassigned.

There are four specific aims to this research effort:

1. Develop the required technology enhancements to the existing mobile health (mHealth) product to support this project;
2. Test the feasibility of the mobile interface for patient use;
3. Establish the acceptability of this technology approach with BH providers; and
4. Deploy and evaluate the technology solution in a clinical context.

As a result of this project, best practices will be established in order to lay the groundwork for more expansive transformations of the tele-BH care delivery process, thus minimizing disruptions in psychotherapeutic interventions, working collaboratively between remote and local sites for comprehensive care, and potentially reshaping how telehealth is delivered in operational venues. Ms. Jeanette Little, mHIC Lab Manager stated, “The TATRC mHIC team is excited to explore the next generation of telehealth through our key partnerships with T2 and the Ft. Hood Behavioral Health team.”