Resource List:

Let’s look for the silver lining: Using EBP’s for remote telehealth

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May 11, 2020

1. Just a few of them many online learning opportunities for Motivational interviewing (MI)


   - https://mhttcnetwork.org/centers/global-mhttc/training-and-events-calendar (Note: Search for MI)

   - COMING SOON: Working for Change! A Podcast for peer specialists re: MI

2. Telehealth- Does it work?

   - https://hitconsultant.net/2015/10/09/in-person-visit-vs-telehealth-visit-time-is-money/#.XrWSuRNKhok

   - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662387/?fbclid=IwAR3xt2ZHjb9PcMMo47PNe4xsQMcb_CvEWAw2-e_5l9EOAjUOOCQxK6cfHJo

3. Mindfulness

   - Head Space

   - 10% happier