



Resource List:

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

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

- <https://healthknowledge.org/course/index.php?categoryid=79>
- <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=IwAR3xtzZHjb9PcMMo47PNehxsQMcb_CvEWAaw2-e_5I9EOAjUOOCQxK6cfHJo

3. Mindfulness

- Head Space
- 10% happier