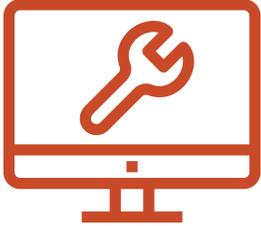# How to Navigate Privacy and Technology

APPS/TOOLS FOR USE WITH ADOLESCENTS AND CHILDREN

- Mood: Daylio
- Rewards: iReward Chart
- Mindfulness/anxiety: Calm; Stop, Breathe, Think; Breathe, Think, Do with Sesame (young kids); Mindshift
- Crisis Text Line - Text HOME to 741741; Your Life Your Voice - Text VOICE to 20120
- Calling: Doximity (linked to a provider); GoogleVoice; Microsoft Teams

ENGAGING WITH ADOLESCENTS AND TEENS

- Set specific parameters for parent involvement
- Outline expectations for privacy and limits to confidentiality ahead of time
- Brainstorm quiet space for adolescent to spend individualized time with therapist
  - Discuss using headphones if there is not a quiet, private space in the home
- Consider screen-sharing as you introduce new skills and ideas to the teen

RUNNING SESSIONS WITH YOUNG CHILDREN

- Set the stage for what to expect prior to the session
  - Discuss using the screen and/or creating a therapy space (e.g., standing on a blanket)
  - Identify tools needed, and keep tools handy and accessible
- Introduce skills to the caregiver and provide opportunities for parent to practice with child
- Share your screen with the parent so parent can see written steps as well as your verbal teaching
- Outline the schedule for the session
  - Break down activity time and include breaks for kids who are mobile
  - Use a visual timer
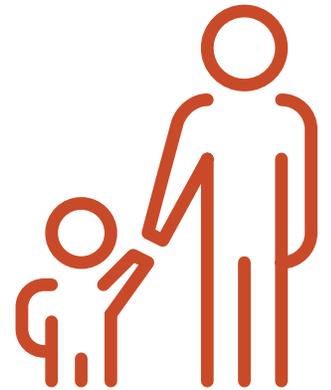
TELEHEALTH TOOLBOX
• for school personnel •

Mid-America (HHS Region 7)
MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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