



# Telebehavioral Health in North Dakota

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# Background

In 2017 the Center for Rural Health was funded by ND Department of Human Services to conduct a survey of telebehavioral health services in North Dakota.

In 2022 the Department of Human Services funded a second follow-up study to reevaluate the status of telebehavioral health in the state.

# Methods

A survey instrument of approximately 35 questions was disseminated in early May of 2022. The survey was sent out to individual and organization level email lists for those provider and organizations that may provide behavioral health services via telemedicine.

Questions were focused around the areas of organization attributes (facility type, location, provide or receive services), populations served, types of services offered, duration, volume, payment options, and practice changes due to the pandemic. These were divided for those respondents who indicate they provided or received services. A subset of questions was also asked of those respondents who indicated they did not provide telebehavioral health services.

The survey was closed at the end of July of 2022.

# Findings

- 58 respondents
  - 36 provided services
  - 11 received services
  - 18 did not engage in telebehavioral health services

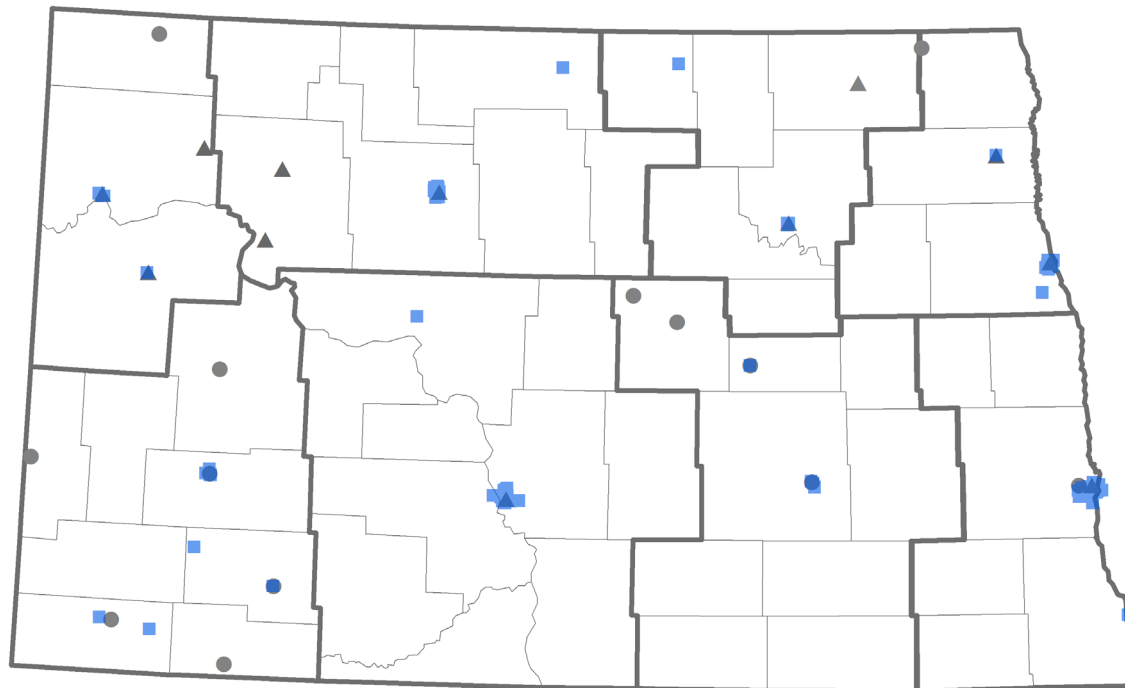
Facility Type	N	Percent
Outpatient Setting	22	37.9%
Public Health Unit/Department	10	17.2%
Corrections	4	6.9%
Hospital – Inpatient Setting	2	3.4%
Human Service Center	2	3.4%
Substance Use Disorder Treatment Facility	2	3.4%
Long-Term Care	1	1.7%
School (K-12)	1	1.7%
Other	14	24.1%

# Findings - Providers

- Provider breakdown
  - 17 mental health
  - 14 substance use and mental health
  - 5 substance use

Facility Type	N	Percent
Outpatient Mental Health Facility	12	37.5%
Substance Use Disorder Treatment Facility	8	25.0%
Provider's Home	6	18.8%
Clinic	5	15.6%
Community Health Center	3	9.4%
Multi-setting Mental Health Facility	3	9.4%
Correctional Facility	3	9.4%
Human Service Center	2	6.3%
Local Public Health Unit/Department	2	6.3%
School (K-12)	2	6.3%
Other Residential Treatment Facility	1	3.1%
Social Services	1	3.1%
Other	4	12.5%

# Locations – Including Mental Health Program Registry Data



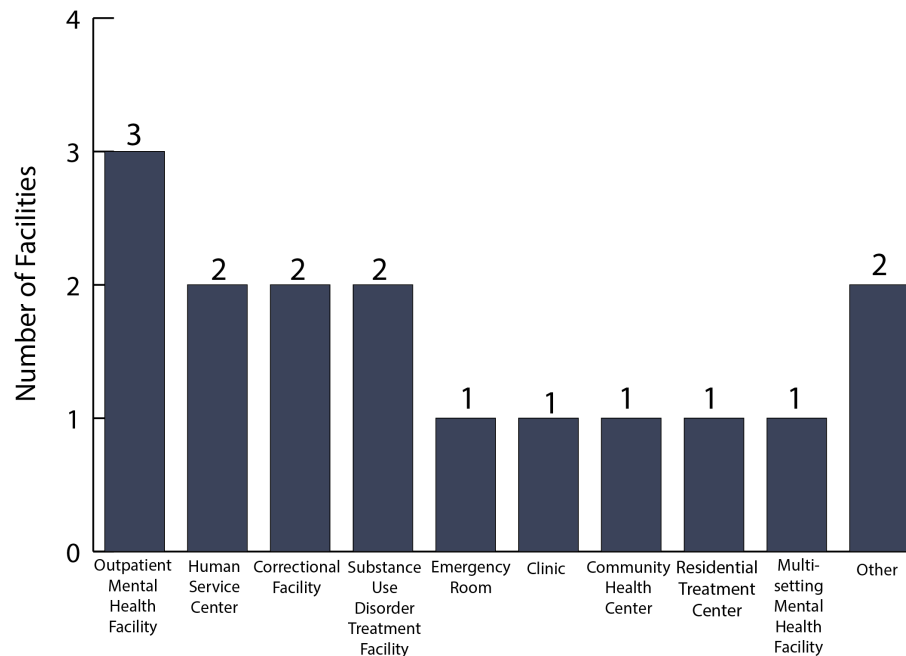
- Provides
- ▲ Provides and Receives
- Mental Health Program Registry Location

# Findings – Provider Characteristics

- Providers served all age groups under age 65 equally with a slight decline for those aged 65 and older
- A majority of providers had been offering services for 1-3 years or more than 5 years
- The two most prevalent practitioner types were licensed professional clinical counselors and licensed addiction counselors
- A majority of services were provided to individuals in their homes
- A majority of services were provided via live video
- The most common payment and reimbursement options were cash or self-pay (24), private health insurance (24), and Medicaid (22)

# Findings - Receivers

- Provider breakdown
  - 8 substance use and mental health
  - 3 mental health
  - 0 substance use





# Findings – Receiver Characteristics

- Age groups at receiving facilities were predominantly adults and seniors
- A majority of providers had been offering services for more than 5 years
- The three most prevalent practitioner types were psychiatrists, advance practice registered nurses or nurse practitioners, and licensed addiction counselors
- A majority of services were provided to individuals in correctional facilities, human service centers, clinics, residential treatment facilities, multi-setting mental health facilities or substance use disorder treatment facilities
- A majority of services were received via live video

# Findings – No Telebehavioral Health Services

- A majority either do not plan to engage in telebehavioral health services or are unsure of future plans
- The top challenges or barriers to utilizing services were
  - Lack of providers
  - Unfamiliarity with equipment
  - Cost
  - Security concerns

# Questions?

Thank you!

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