

Reasons to Practice Via Telebehavioral Health

Considering
Telebehavioral
Health
But Worried If
It Is Right For
You?

These insider thoughts have been compiled by InSight Telepsychiatry. InSight is the leading national telepsychiatry service provider company with 15 years of experience designing and implementing customized telebehavioral health programs in a myriad of settings.

Be a Solution

96% of US counties currently have an unmet need for psychiatric prescribers,¹ 26% of adults over 18 with a diagnosed mental disorder² and there is a nation-wide shortage of behavioral health providers.³ With all of these issues, and many more, facing our country there is a significant need for telebehavioral health. The more providers, the more people who will have access to care.

Forget Traffic or Long Commutes

Telebehavioral health providers are able to work remotely from any location where they have reliable internet and a private, quiet space. With no commute and the ability to beam into different locations throughout the day, telebehavioral health providers have variety in their day in a low-stress way.

Expand Your Practice

Many providers choose to supplement their existing in-person practice by offering telebehavioral health services part-time or during off-hours. This allows providers to work with more consumers and expand their practice in a cost-effective way. With the advent of online virtual practice models, providers have new opportunities to expand the breadth of services and consumer base with little overhead and a no need for a brick and mortar facility.

Serve Diverse Communities

Telebehavioral health allows providers to serve a diverse array of populations, communities and cultures they may not have the opportunity to work with otherwise. Many providers enjoy the challenges and experiences of adapting to a new community and having variety within their practice.

Work With a Team

A common misconception about telebehavioral health is that you are providing care “on an island.” In reality, many telebehavioral health positions rely heavily on collaboration with in-person staff. Remote providers and the on-the-ground team will work together and form a long-term working relationship in order to deliver the highest-level care.

Engage Your Consumers

Clinical research shows that telebehavioral is actually more effective than face-to-face care for many consumers. Providers find that consumers are often more likely to open up about their concerns more quickly when communicating with a remote provider.

Explore a Range of Settings

The range of places where telebehavioral health is being utilized is growing all the time. Outpatient clinics, hospital EDs, universities, nursing homes, community mental health centers, correctional facilities, substance abuse treatment centers, and many other settings can benefit from the addition of telebehavioral health programs. As more types of organizations incorporate this medium of care, more opportunities arise for remote providers.

Live Anywhere

With telebehavioral health, providers can split their time throughout the year in different locations without changing their work schedule. As long as a provider abides by licensure and other regulations and has access to secure internet and a private, quiet space to have their sessions, there is flexibility in where they choose to work.



“Like most people, I was nervous about leaving the confines of an arena that I was familiar with to explore telepsychiatry. I was used to being in the ED with nurses, technicians, other doctors and support staff to assist me if needed.

While working from home did sound appealing, I was worried about treating patients ‘on an island’ and losing the support staff that I was so accustomed to.

I quickly discovered that I had more than enough support in place to assist me as I acclimated to the new medium of care. My onsite peers are friendly, patient and extremely helpful. They often provide me with details about my cases that are not written down.

Once my fears about telepsychiatry were alleviated, I realized that I was simply doing what I’ve always done – a psychiatric evaluation. The patients I encounter are sometimes a little uneasy with speaking to a computer, but after a few minutes it appears as if they feel that I am physically in the room. By the end of the conversation, I am often thanked by the patient for my time. These patients are grateful because they are aware that without this technology they would have to wait several hours or days before being evaluated.

Since starting to practice telepsychiatry a year ago, I have often asked myself why didn’t I do this earlier? I am able to provide a valuable service from the comfort of my home. As a result, I am spending more time with my family and less time in traffic. I am very happy doing this work and I envision doing it for a long time.”

– Elton Smith, MD

Grow Professionally

Through the range of settings, community demographics and work-style choices telepsychiatry offers a unique opportunity to grow the field of behavioral health. Telebehavioral offers unique challenges to a provider as they learn to adapt their style, project via televideo and develop rapport with onsite staff.

Worry Less About No-Shows

Research indicates that consumers are less likely to miss online appointments. For providers serving facilities, a skipped appointment is much less of a hassle when you are working from home and gives you the chance to catch up on some paper or even house work between sessions.

Enjoy a Flexible Schedule

Telebehavioral health providers are often able to set their own schedules and hours the week and can adjust their schedules to match their lifestyle.

Be a Pioneer

Telebehavioral health is a rapidly growing medium of care. By getting started while this mode of care is still new, providers are able to offer an innovative service and help shape the future of telebehavioral health.