

# Telehealth Services

Connecting care to **you**



Our clinical team is now providing patients with telehealth and web-based services, saving them time and lessening the burden of travel and associated costs.

## What is telehealth and Computer-Based Training for Cognitive Behavioral Therapy (CBT4CBT)?

Telehealth is the use of electronic information and telecommunications technology to support long-distance care and patient education. CBT4CBT may be available in coordination with telehealth to provide a self-guided, web-based program that uses movies and activities to provide additional client support.

### The advantages of telehealth:

- Easy, convenient and free to the client
- Less, or no, travel time and associated costs
- Secure video link
- More flexible schedule
- Fewer disruptions

### What happens in a telehealth consultation?

- You connect to your clinician via a secure video conference.
- You will see yourself on your screen, as well as your provider.
- During the consultation you can discuss any concerns and questions as you would if you were with them in person.

**For additional information, please contact Chestnut's Central Access intake number at (888)924-3786 and ask for telehealth services.**

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#### GRANT DISCLOSURE:

This award agreement is supported through a State Opioid Response (SOR) grant to the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (TI-081699).