**Title**: Providing Technology-Based and Culturally Competent Mental Health Care to Military-Connected Populations

**Objectives**: This session will discuss the use of technology to deliver care to Service Members, Veterans, and their families, and will include an understanding of Military Culture as a component to care especially when delivered via technology.

* Understand the mental health needs of military-connected populations.
* Identify available resources and how to access them, especially through telehealth.
* Understand the value of military cultural competence.

**Description**: Telemental health is a standard of care for varied populations and mental health concerns. This presentation will provide an overview of the efficacy literature and current telemental health guidelines. The presentation will be interactive with a focus on understanding telemental health and its various applications to provide services to military-connected populations. It will discuss mental health access concerns and telemental health use-cases for Service Members, Veterans, and their Families. It will provide recommendations for developing new services. Finally, it will discuss military cultural competence as it relates to mental health care in general and telemental health specifically. The following is a brief outline of the presentation:

* Definitions and History of Telemental Health
* Evidence for Various Telemental Health Models of Care
* Guidelines for Legal and Ethical Telepsychiatry
* Guidelines and Program Development for Service Members, Veterans, and their Families
* Common Practice Considerations
* Telemental Health for COVID and Beyond
* Military Cultural Competence and Telemental Health Practice

Matt Mishkind, PhD, SHRM-SCP

Deputy Director, and Director of Operations for Military and Veteran Programs, Helen and Arthur E. Johnson Depression Center, University of Colorado Anschutz Medical Campus, School of Medicine

303-724-4967, [matthew.mishkind@cuanschutz.edu](mailto:matthew.mishkind@cuanschutz.edu), Coloradodepressioncenter.org

**Notes:**