

Although you may be miles away, our friendly and supportive Behavioral Health team will help to make sure that you feel no distance in your telehealth therapy session experience. The following tips will help.

## The Day Before Your Scheduled Appointment



### Choose Your Ideal Space

- Pick a quiet and safe space where you can express your thoughts and feelings. Choose what feels right to you.
- Make sure your space is free of distractions.
- Lighting is important! Be sure your space is well-lit. We want to see you and will make sure you can see your therapist.
- Most importantly, check to be sure your internet connection is in good working order.

**Test out your camera, headphones, and microphone. Connect with a friend or family member to be certain they work. A few small adjustments can make a big difference!**



### Make a "Talk About" List

- Your list can help you to remember something you wanted to talk about that you may forget in session. Some ideas may include:
  - *What I hope to change or become better at*
  - *Frequent worry or dream I've been having*
  - *Someone or something that has been bugging me*
  - *Things or experiences I wish to have*
- Along with your list, make sure that you have a pencil or pen and paper, just in case you may need to write something down during the session. Other helpful items include reading glasses and tissues.

## The Day of Your Scheduled Appointment

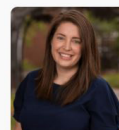
**With every session, our experienced team will help you to better adjust and overcome life's challenges.** Should we lose connection at any point, you can be assured that the therapist or Certified Registered Nurse Practitioner (CRNP) will call you to finish the session. **Here are some areas we will likely complete in the first appointment:**

- The initial session will begin with a *warm introduction* that may include a summary of our professional experience, along with a meaningful conversation about what has brought you to counseling, and what hopeful outcomes you may wish to achieve from the therapy experience.
- The person who is receiving our help will be given an *assessment* on personal and family history. This will help inform your therapist about your social and emotional needs and development, and learn about how you are interacting with others at home, school, and community environments.
- Your therapist will recommend weekly or bi-weekly sessions based upon the completed assessment. *Arrangements for meeting times* will be collaborative, based on the availability of both you and your therapist.



### Your Online Privacy

**Whether online or in person, we take privacy very seriously here at The Children's Institute of Pittsburgh. We will take every measure to make sure that we keep our sessions as secure and safe as possible. We look forward to talking with you online!**



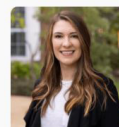
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Amanda Rubino, LCSW  
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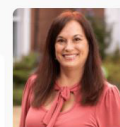
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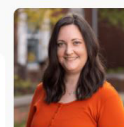
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