


Resources for Individuals and Families

Our online Knowledge Base is completely FREE to use! It contains many answers to common questions about SMI.


All of the content in Knowledge Base is reviewed by our team of national experts in SMI. This includes leaders from the National Alliance on Mental Illness (NAMI) and Mental Health America (MHA). We are proud to have both NAMI and MHA as active partners with us on this initiative.



 Find answers to questions about treatment options.

The screenshot shows a web page from SMI Adviser. At the top, there is a navigation bar with links for CLINICIANS, INDIVIDUALS & FAMILIES, ABOUT US, CALENDAR, and CONTACT. The main content area features the article title "What is the best antidepressant?". Below the title, there is a paragraph of text explaining that there is no single best medication and that research suggests different people respond differently. The article includes metadata such as "Type: Knowledge Base", "Answered by: John Torous, MD, MBI, SMI Technology Expert - Harvard Medical School", "Date Answered: June 5, 2019", "Topic: Psychopharmacology, Medication as part of the treatment plan", and "Tags: Bipolar, Psychopharmacology, Schizophrenia". There are social media sharing icons for Facebook, Twitter, LinkedIn, and Email, along with a "KNOWLEDGE BASE" button. At the bottom, there is a "Was this Helpful?" section with "Yes" and "No" buttons.

The screenshot shows a web page from SMI Adviser. At the top, there is a navigation bar with links for CLINICIANS, INDIVIDUALS & FAMILIES, ABOUT US, CALENDAR, and CONTACT. The main content area features the article title "Is there help available to pay for medications to treat mental illness?". Below the title, there is a paragraph of text explaining that the first place to begin addressing this question is in a conversation with the clinical team. The article includes metadata such as "Type: Knowledge Base", "Answered by: Teri Brister, PhD, LPC, SMI Patient and Family Engagement Expert - National Alliance on Mental Illness", "Date Answered: May 24, 2019", "Topic: Service Delivery", and "Tags: Alternative Payment Models Standards (APMS), Family Involvement, Financing, Support of Families". There are social media sharing icons for Facebook, Twitter, LinkedIn, and Email, along with a "KNOWLEDGE BASE" button. At the bottom, there is a "Was this Helpful?" section with "Yes" and "No" buttons.

 Find insights about recovery, self-care, and other supports you may need.

How confidential and effective is telemedicine?

Telepsychiatry and telehealth therapy can be effective for most conditions. There is a good research base to show that mental health care can be delivered effectively virtually, with face to face interactions in real time having the best evidence. Most payers will only pay for this type of telehealth treatment for mental health conditions. This is a rapidly evolving space, so be sure to check the protocols for your organization, and what is covered by the insurance carrier before you begin. For confidentiality, there are many HIPAA compliant platforms available in the market. However, it's important to be aware that commercial applications like Skype and Facetime do not have this privacy protection and should not be used professionally. The American Psychiatric Association provides useful [information and toolkits on telepsychiatry](#).

Type: Knowledge Base

Answered by: Teri Brister, PhD, LPC, SMI Patient and Family Engagement Expert - National Alliance on Mental Illness

Date Answered: May 24, 2019

Topic: [Using technology as part of the treatment plan](#).

Tags: [Apps](#), [Health System](#), [Practice](#), [Screening](#), [Telemedicine](#).



KNOWLEDGE BASE

Was this Helpful ?

Yes

No

 Find answers on smartphone apps, telehealth, chatbots and more.

Browse questions and find answers across all of these topics related to SMI.

Assisted Outpatient Treatment
Bipolar Disorder
Clozapine as Part of the Treatment Plan
Co-Occurring Medical Conditions
Co-Occurring Substance Use Disorders
Collaborative Care/Integrated Care Models of Treatment
Family Involvement/Engagement in Treatment
Major Depressive Disorder
Manualized Psychotherapies
Peer Specialists

People at High Risk of Developing SMI/Relapsing from Symptoms of SMI
Psychopharmacology: Medication as Part of the Treatment Plan
PTSD
Schizophrenia
Self-Management of SMI Symptoms
Service Delivery
SMI in Special Populations
Suicide Prevention and Crisis Management
Using Technology as Part of the Treatment Plan

Knowledge Base is Completely FREE!
Visit SMIadviser.org and find answers.



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