

COVID-19 Practice Guidance for Licensees and Facilities

(Psychology, Professional Counseling, Social Work, Marital and Family Therapy, Behavior Analysis)
DCCED CBPL Mental Health Workgroup, 11/12/20

The purpose of this document is to provide guidance in formulating evidence based, best practices to serve clients/patients, adapting as needed for unique settings and situations, during the COVID-19 pandemic.

- Develop an office or provider plan for yourself and clients/patients per CDC guidelines. Be prepared, communicate with staff and clients/patients, protect your workforce, and protect your clients/patients
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/steps-to-prepare.html>
<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>
 - Consider including the following in planning and documentation
 - Rationale for telehealth or face to face
 - Safety plan and local resources, if telehealth
 - Consent to COVID-19 office procedures and potential risks, if in person
- Utilize telehealth services if appropriate for the diagnosis, treatment modality, or testing
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/telehealth.html>
<https://www.telehealth.hhs.gov/providers/policy-changes-during-the-covid-19-public-health-emergency/>
 - Psychologists use APA tele-assessment guidelines re: test security, ethics, data quality, test quality, and reporting.
<https://www.apaservices.org/practice/reimbursement/health-codes/testing/tele-assessment-covid-19>
 - Professionals should check their state licensing regulations for telehealth guidance or requirements.
- Schedule and hold in-person sessions only after verbal/written check for COVID-19 symptoms
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Follow State of Alaska COVID-19 testing guidance when applicable: <http://www.dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/testing.aspx>
- Provide or request masks be worn per CDC recommendations if safe distances cannot be maintained
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>
- Use CDC guidance in developing plans for group settings and/or working with people who have developmental or behavioral disorders. These guidelines may also be helpful in developing plans for working with children.
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/developmental-behavioral-disorders.html>

Additional resources and guidance in addition to state licensing statutes and regulations:

- Marriage and Family Therapy: <https://www.aamft.org/Events/Coronavirus-Event-Status-Updates.aspx?WebsiteKey=8e8c9bd6-0b71-4cd1-a5ab-013b5f855b01>
- Professional Counseling: <https://www.counseling.org/knowledge-center/mental-health-resources/trauma-disaster/mental-health-professional-counseling-and-emergency-preparedness>
- Psychology: <https://www.apa.org/ethics/covid-19-guidance>
- Social Work: <https://www.socialworkers.org/LinkClick.aspx?fileticket=akHuTlIoFNPM%3D&portalid=0>