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
  
  
  o Consider including the following in planning and documentation
    o Rationale for telehealth or face to face
    o Safety plan and local resources, if telehealth
    o Consent to COVID-19 office procedures and potential risks, if in person

- Utilize telehealth services if appropriate for the diagnosis, treatment modality, or testing
  
  
  o Psychologists use APA tele-assessment guidelines re: test security, ethics, data quality, test quality, and reporting.  
  
  o 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
  

- 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
  

- 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.
  

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=akHuTloFNPM%3D&portalid=0