Pediatric Behavioral Telehealth Clinic

**Q. Where can I be seen?**

**A.** The Pediatric Behavioral Telehealth Clinic is working with the Mid-Nebraska Telemedicine Network at the Good Samaritan Hospital in Kearney, Nebraska. Presently there are 13 sites where you may be seen. The map below shows the towns where you can access the Network.

**Q. How do I make an appointment?**

**A.** Talk with your physician about a referral to the clinic or call our clinic coordinator, directly at (800) 656-3937.

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For additional information, please contact:

Munroe-Meyer Institute Psychology
University of Nebraska Medical Center
402-559-6408
or
800-656-3937

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Questions and Answers About
The Pediatric Behavioral Telehealth Clinic

Q. What is telehealth?
A. Telehealth uses technology to help patients access services from health professionals who are not available in their local community. Using televisions hooked up to cameras and microphones, you can see and talk with a professional who can see and talk with you about your family’s needs.

Q. What is the Pediatric Behavioral Telehealth Clinic?
A. The Pediatric Behavioral Telehealth Clinic provides services to children, adolescents, and their families to address developmental, behavioral, or emotional concerns. These services are provided using telehealth technology, so families do not need to drive long distances to access specialty care for children.

Q. What kind of concerns are seen at the Pediatric Behavioral Telehealth Clinic?
A. The clinic addresses a wide variety of concerns including:
   • Attention Deficit Hyperactivity Disorder (ADHD)
   • Oppositional, defiant, aggressive, and destructive behaviors
   • Academic and school behavior problems
   • Anxiety and depression
   • Chronic pain
     – Migraine
   • Abdominal pain
   • Adherence with medical treatment
   • Developmental disabilities
     – Autism
     – Mental retardation
   • Elimination problems
     – Enuresis (bed-wetting)
     – Encopresis (soiling)
     – Toilet training
   • Fears and phobias
   • Feeding problems
   • Obsessions and compulsions
   • Sleep problems
     – Bedtime resistance
     – Night-time awakening
     – Sleep/wake schedule problems
   • Psychoeducational assessment and school consultation
   • Tic and habit disorders

Q. How is treatment conducted?
A. Usually, both the child and their parents attend all sessions. During the first session, parents are interviewed to determine the nature of the problem and a potential course of treatment. Additional sessions are scheduled weekly or every other week. The number of additional sessions depends on the nature and severity of the problem, but a total of four to ten visits is common.

Q. Who operates the clinic?
A. Services are provided by Licensed Psychologists in the Department of Psychology at the Munroe-Meyer Institute (MMI), University of Nebraska Medical Center. These professionals have special training in behavioral pediatric psychology. In addition, when you attend services, an on-site coordinator will be there to help with equipment, answer questions, and help if there is an emergency though he or she will not usually participate in your meeting with the psychologist.

Q. Will my health insurance cover services with this clinic?
A. Services at BHC are covered under the mental health portion of many insurance plans, including Medicaid. If you are not sure about coverage, contact your insurance carrier or the benefits office at your place of employment and ask about your coverage. Individuals seen at the clinic are registered as patients of the Munroe-Meyer Institute at UNMC, which is responsible for all billing and record management.

Q. Is it confidential?
A. Our patient’s confidentiality is protected, through the use of private rooms and a dedicated point-to-point T1 network connection. In addition, like any behavioral health professional, Dr. Polaha maintains a strict confidentiality policy in her practice.