

THE
E B R I G H T
COLLABORATIVE

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To all clients using Telehealth.

During this time of following the recommendations of the CDC, Ebright will increase the use of telehealth for all sessions, including DBT skills group. We ask you to observe the guidelines below and help us with transitioning to a different platform you may not be used to. Your therapist may provide additional information about telehealth as well.

To help maintain HIPAA compliance, we use a service called Regroup Connect. **Regroup Connect** is a service that meets the requirements needed to maintain your confidentiality. For more information regarding HIPAA requirements, click [HERE](#).

Regroup Connect uses a video platform called Zoom. You will need to download the software/app called "Zoom Cloud Meeting." You can download it through your app store or on your PC here: <https://zoom.us/download>

If you have any questions, please contact your individual therapist for assistance. We will also provide a short instructional how-to guide on our website for using Zoom.

For online DBT skills group:

- **Your group co-leader will be available for coaching during group.** Your co-leader will also be able to navigate any technical issues that may come up. Please reach out to the co-leader for any coaching or questions that arise.
- **Inform the group leaders where you are located.** This is important so that we can be aware of your location should any crisis occur that requires immediate attention. The group leader may ask for this information at the beginning of group.
- **Keep names of other participants and information obtained during sessions confidential.** Conducting skills group online, even when a HIPAA-compliant platform is used, increases the risk of confidentiality breaches because there are limitations to which group members can fully control the environment.



We ask that each group member adhere to this agreement while participating in group virtually. This includes finding a space in your home or office that prevents information from leaving group or being overheard by others. Please consider using headphones if others are in your home. We encourage you to reach out to your individual therapist to problem solve ways to uphold this guideline.

- **Validate each other, avoid judging each other, and assume the best about each other.** Please minimize distractions (e.g. phone, email notifications) that may make it harder to validate your peers and skills trainers during group. Please also be patient with the group leaders as they address any technical issues that may arise.
- **In cases of emergency, know how to get help.** Since we are not physically present to help you, please be aware of other ways to help if needed. Your group co-leader will be available for coaching during group. If you need additional help, please text “help” to 741-741 or call 911.

