

Introducing Telepsychiatry with Kelley Bitter, NP



Kelley Bitter, NP is a board certified psychiatric nurse practitioner. She received her initial nursing education from Cleveland Clinic, and after working in mental health inpatient units as an RN, she received a Masters of Nursing with a minor in education from the University of Phoenix. Kelley then went on to the University of Akron for her post-graduate certificate in family psychiatric mental health. She is currently pursuing a Doctorate of Nursing from the Rocky Mountain School for Health Care Professionals.

Kelley began her career in the community mental health field where she worked for five years before going into private practice. For the last three years, she has been working in the telehealth field and sees individuals in outpatient facilities, inpatient units and consults with emergency departments.

Kelley is a member of the American Nurses Association, American Psychiatric Nurses Association, Sigma Theta Tau and the Minnesota Nurse Practitioner's Coalition.

What Is Telepsychiatry?

Telepsychiatry is mental and behavioral health care delivered through video in a secure, private place. In-person staff will help set up the appointment and remain close by to help with any issues that may come up during your session. Telepsychiatry has been proven to be as effective as in-person care.

How Does Telepsychiatry Work?

Telepsychiatry is very similar to in-person psychiatry services. The main difference is that the clinician is not in the same room or location as you. Instead, remote clinicians use a device with a camera and internet to lead sessions over video. You'll find that telepsychiatry sessions are similar to using tools like Skype or FaceTime, but telepsychiatry uses platforms that are safe and private.

Why Is Telepsychiatry Used?

Telepsychiatry is great for allowing more people access to behavioral health care. There are not enough psychiatry clinicians in the country and telepsychiatry makes it easier for them to see more people in more places. Your telepsychiatry clinician is an expert in their field and trained in providing quality care through technology.

Will the Telepsychiatry Session Be Recorded?

No part of your session with the telepsychiatry provider will be recorded.

What Happens During a Session?

The telepsychiatry clinician will ask you about the issue that brought you in today. They may also ask about anything that has happened in your life, your thoughts and feelings and your physical health. They do this to get a good understanding of your situation and how they may be able to help craft a care plan that meets your wants and needs.

What Should I Do If I Am Having Trouble Seeing or Hearing My Clinician During an Appointment?

Please immediately contact the staff at your location if you are unable to see or hear your clinician.

How Will My Medical Records Be Updated?

Your medical records will be updated by your telepsychiatry clinician just as they would for a typical in-person session.

Do I Have to Have a Telepsychiatry Session?

No. You don't have to have a telepsychiatry session if you don't want to. If this is the case, please tell an onsite staff member and they'll share other options with you.