

Introducing Telepsychiatry with Ruth Adepetun, NP



Ruth Adepetun, NP is a board-certified psychiatric-mental health nurse practitioner offering medication management services to patients across the lifespan (ages 6 years and older) in Washington. She has a variety of clinical interests; however, she specializes in mood disorders, PTSD, anxiety disorders, and psychotic disorders. Her motto is “Whole Health Begins With Mental Health” and she believes in empowering her patients to take ownership of their health-related decisions. Ruth approaches her work in behavioral health (as more than just a job necessary to make ends meet, but) as a calling; she sees it as “This is what I was born to do.” Her practice style involves working with (instead of talking at) her patients by establishing and maintaining a good therapeutic rapport, and she views it as an amazing opportunity and privilege to instill hope and to help bring about change and healing in people’s lives. Outside of work, she enjoys spending time with family, cooking new dishes, reading, (binge)watching movies and traveling.

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.