



COVID-19 Policy as of 03/15/2020 “The disease is ahead of the data.” –PBS Newshour 3/14/2020

The Colorado Center began in 2010 because we knew how wrong intuition can be about treatment effectiveness. To do great work, we need to acknowledge uncomfortable data.

When talking about data, it is always important to ask “Whose data?” because the selection of data is ‘picked’ by someone who is using it to make decisions. With that in mind, The Colorado Center is looking at the coronavirus data to make decisions about our patients’ and therapists’ safety, and to help contain the spread while providing the best psychotherapy services for our patients.

Some very recent data (as of 3/14/2020) on COVID-19 (coronavirus) are changing how we will run our practice in the coming weeks:

- The R0 (“R-naught” or reproductive number, or speed of contagion) variously has been reported as 2.3, between 1.5 and 6.5, and between 2 and 3, reflecting an exponential spread¹
- The incubation is roughly 5 days before people start showing symptoms²
- Pre-symptomatic people—not just symptomatic people—spread COVID, with a pre-symptomatic transmission of about 50-60%³
- Children generally have more mild cases, but contract it (and presumably spread it) at a rate similar to adults⁴
- Testing in the U.S. is still extremely restricted compared with the number of suspected cases, yet the number of *confirmed* cases is already doubling about every 3 days⁵

Mortality is low, but there are some reports of sustained lung injury in those recovering. These factors tell us that **we now need to shift to “telemental health”** (psychotherapy with video-conferencing) rather than in-office sessions. Telemental health has been growing, and some providers at The Colorado Center have been conducting therapy this way for more than a year. Video platforms have gotten simpler and more secure, and we use HIPAA-compliant, encrypted platforms. We just need you to read and sign our [additional disclosure](#) to be ready. On the next page, there are some tips for how to get ready for your next session. **Starting immediately, with your very next session, we will be doing therapy this way** (or by phone if we have technical difficulties with video) **until April 6**. We will reassess along the way and provide you with updates. We care about the safety of our community and about continuing to provide the highest-quality therapy we can under these challenging circumstances.

In Service, and Wishing You Good Health,

A handwritten signature in black ink, appearing to read 'Jason Seidel'.

Jason Seidel, Psy.D.
Director
Cell: 303-377-0999

¹ (<https://www.ncbi.nlm.nih.gov/pubmed/32097725>) (<https://www.ncbi.nlm.nih.gov/books/NBK554776/>), (<https://academic.oup.com/jtm/advance-article/doi/10.1093/jtm/taaa021/5735319>),

(<https://www.ecdc.europa.eu/sites/default/files/documents/RRA-sixth-update-Outbreak-of-novel-coronavirus-disease-2019-COVID-19.pdf>)

² (<https://annals.org/aim/fullarticle/2762808/incubation-period-coronavirus-disease-2019-covid-19-from-publicly-reported>)

³ (https://wwwnc.cdc.gov/eid/article/26/6/20-0412_article), (<https://www.ecdc.europa.eu/sites/default/files/documents/RRA-sixth-update-Outbreak-of-novel-coronavirus-disease-2019-COVID-19.pdf>)

⁴ (<https://www.ecdc.europa.eu/sites/default/files/documents/RRA-sixth-update-Outbreak-of-novel-coronavirus-disease-2019-COVID-19.pdf>)

⁵ (<https://ourworldindata.org/coronavirus>)



Tips for Telemental Health

- Open our [additional disclosure](#), read it carefully, print it out, complete it, and sign it.
- Scan and return it via email, or take a photo of the completed Page 3 and email the photo to your therapist (ask your therapist for their email address).
- If you do not have a printer at home, or even a computer, it is possible to open that form on your phone, take a screenshot, and then add text and a signature to the screenshot, and return it to your therapist on your smartphone! Here's a tutorial for an iPhone: <https://youtu.be/pJCZd-mNAws>
- Make sure your mic is turned on and try testing your speakers prior to your session. There can be a few technical bumps at first and then it's usually very easy.
- Close any other open apps and programs on your computer—they can rob you of processing power and degrade your signal. Desktops & Laptops tend to work slightly better than iPads and smartphones.
- If you do not do a lot of videoconferencing, give yourself a break as you adjust to a slightly different rhythm of conversation than we have in-person.
- You will receive a meeting link/invitation from your therapist by email, so we need your email address to do video therapy.
- **If your therapist is using Google Meet**, and if you want to use your phone, first download the Google “Hangouts Meet” app for your phone. If you are asked to enter a “meeting code” it's the letter combination at the end of the URL of the meeting link but without the hyphens and question mark. Your therapist can text it to you if you have difficulty. If you using a computer where someone else is logged into Google, their name will show up when you are on the Meet. On a computer, you will have the meeting through the browser (or Chrome). On a phone you will have it through the Meet app.
- **If your therapist is using VSee**, then when you click on the email invitation for the first time, you will be asked to download an app on your computer (it will progress automatically) and it will ask you to add your name and click a box or two to “agree.” You will have the meeting through the VSee app rather than through a browser window.