



EVALUATION OF TELEHEALTH SERVICES ON MENTAL HEALTH OUTCOMES

for People with Intellectual and Developmental Disabilities

Making a Choice About Participating in this Study

Micah Peace Urquilla
Research & Training Assistant

Why Are We Meeting Today?

- You receive START services in a state participating in this study
 - What state do you live in?
- You are 12 – 45 years old
- You live with family or by yourself and are your own guardian



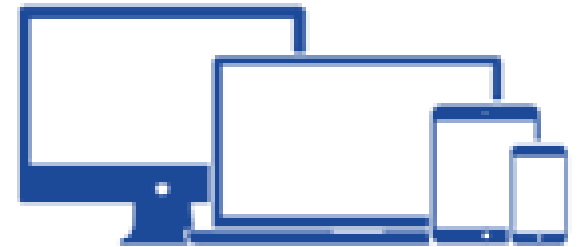
What Is A Research Study?

- A **research study** is one way to find the answer to a question.
- The name of this research study is “Evaluation of Telehealth Services on Mental Health Outcomes for People with Intellectual and Developmental Disabilities.”



What we want to learn from this research study

- We want to know if START services over the phone or internet are as helpful for people with IDD-MH and their families as in-person.
- Services provided over the phone or internet are called “**telehealth.**”



How Long Will I Be In The Research Study?

- You will be in the research study for about one year.
- You can still get START services if you need them when you are done with the study.



What Will The Study Team Do?

- The researchers will get information in 2 ways:
 1. The study team will check in with you 3 times while you are in the study to ask how things are going.
 2. The study team will use information that START normally collects for all people who use START services.
- We will not tell your START team what you share with us.



What Are Risks and Benefits?

- A **risk** is something that might happen that feels uncomfortable or bad to you.
- Risks can have a small chance or a large chance of happening.



What Risks Are In This Study?

- Our study has 3 risks:
 1. You may lose your privacy of information collected by the research team.
 2. Other people in your house might hear what you say when you meet with your START team on telehealth.
 3. There might be a “**breach of confidentiality**”. This is when someone sees or shares your information without your permission.



How Am I Protected From Risks?

- We will keep your information in a password-protected system.
- We will not share your information with anyone who is not on the START or research team.
- You will be given a number in our data system to protect your privacy
- If you experience any risks, we will check in with your START team to make sure you are safe.



What Benefits Are In This Study?

- A **benefit** is something that might happen that helps you or other people.
- A **direct benefit** is something that helps you.
- There are no direct benefits in this study.



What Benefits Are In This Study?

- This study will help improve START services
 - What we learn in this study will help us improve START telehealth services.
 - It will help other START service users get better mental health services.
 - It might feel good to know you are helping other people get better care in the future.



Do I Get Compensated?

- You will get 4 gift cards, \$50 each, if you complete the study
- That is a total of \$200 in gift cards if you are in the study for 1 year.



What Is My Choice?

- Being in a research study is always **voluntary**.
- Voluntary means it is your choice - you don't have to say "yes."
- If you have a guardian, they also need to say "yes" for you to be in the study.



What Is My Choice?

- You can say “no” at any time and no one will be mad at you.
- If your guardian says “yes” you can still say “no.”
- You can stop being in the study at any time.
- If you stop the study, you will not get in trouble and will still get START services.





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Please ask us any questions you have about the study.

You can also call or email us:

- 1-866-807-0987
- start.telehealthstudy@unh.edu

