



CTS COMMUNITY THERAPY SERVICES

OT • PT • SPEECH • COUNSELING

TELEHEALTH BY THE NUMBERS

*Evidence Supporting
School Based Telehealth Services*



Research over the past decade continues to confirm what schools have experienced firsthand: **telehealth** is an **effective, evidence-supported service delivery model** that helps students make meaningful progress while supporting compliance and access to care.



17+ YEARS OF SCHOOL TELEHEALTH EXPERIENCE

Community Therapy Services has delivered school based telehealth services since 2009, partnering with virtual and public schools across the United States.



RESEARCH REVIEW^{1,5,8}

Extensive evidence supports telehealth across disciplines.

- 43 studies of OT telehealth (2019 to 2024)¹
- Systematic review of SLP telepractice (2018)⁵
- Systematic review of PT telehealth (2021)⁸

Confirms effectiveness across multiple populations and settings.



COMPARABLE OUTCOMES TO IN-PERSON SERVICES^{5,8,9}

Multiple systematic reviews report that telehealth outcomes are similar to traditional face-to-face services across pediatric rehabilitation and related services.



HIGH SATISFACTION RATES^{2,3,6}

Students, families, caregivers, and providers consistently report high satisfaction with telehealth services, regardless of setting or population.



IMPROVED COLLABORATION OPPORTUNITIES^{2,3,6}

Research suggests telehealth can increase caregiver and school staff involvement, improve carryover of strategies, and support learning in the student's natural environment.



SUPPORTS SCHOOL STAFFING CHALLENGES^{4,5}

Telehealth helps schools maintain continuity of services and avoid gaps when in-person staffing is difficult to fill. A critical solution for today's provider shortages.



SUPPORTS COMPLIANCE & CONTINUITY^{1,3}

Telehealth helps schools meet IEP requirements, reduce delays, and maintain consistent service delivery for students.



RESEARCH SUPPORTS MORE THAN ACCESS^{1,5,8,9}

Studies show telehealth can improve continuity of care, reduce service delays, and promote student progress across environments.



STUDENT CENTERED. FAMILY FOCUSED. EVIDENCE BASED.^{2,3}

Telehealth allows us to meet students where they are—supporting engagement, participation, and progress every step of the way.

SELECTED SUPPORTING LITERATURE

OCCUPATIONAL THERAPY

- 1 Lucas Molitor, W., Feldhacker, D. R., Li, Z., Kuhl, N., & Jewell, V. D. (2025). Occupational therapy telehealth interventions across populations from 2019 to 2022: A systematic review. *American Journal of Occupational Therapy*, 79(4), 7904205160. doi: 10.5014/ajot.2025.050939
- 2 Tkach, M. M., & Earwood, J. H. (2025). Roles caregivers take on in pediatric rehabilitation telehealth services: A scoping review. *OTJR (Thorofare N J)*, 45(4), 507–518. doi: 10.1177/15394492241291576
- 3 Feldhacker, D. R., Jewell, V. D., Jung LeSage, S., Collins, H., Lohman, H., & Russell, M. (2022). Telehealth interventions within the scope of occupational therapy practice: A systematic review. *Am J Occup Ther*, 76(6), 7606205090. doi: 10.5014/ajot.2022.049417

SPEECH-LANGUAGE PATHOLOGY

- 4 Grogan-Johnson, S., Schmidt, A. M., Schenker, J., Alvares, R., Rowan, L. E., & Taylor, J. (2013). A comparison of speech sound intervention delivered by telepractice and side-by-side service delivery models. *Communication Disorders Quarterly*, 34(4), 210–220.
- 5 Sutherland, R., Trembath, D., & Roberts, J. (2018). Telehealth and autism: A systematic search and review of the literature. *International Journal of Speech-Language Pathology*, 20(3), 324–336.
- 6 Wales, D., Skinner, L., & Hayman, M. (2017). The efficacy of telehealth-delivered speech and language intervention for primary school-age children: A systematic review. *International Journal of Telerehabilitation*, 9(1), 55–70.

PHYSICAL THERAPY

- 7 McKenzie, C., Titzer, M., Hutchinson, A., Dodge, C., & Fergus, A. (2024). Analysis of a model for pediatric physical therapy and clinical education via telehealth. *Journal of Pediatric Rehabilitation Medicine*, 17(2), 271–288. doi: 10.3223/pm-220112
- 8 Alonazi A. (2021). Effectiveness and acceptability of telerehabilitation in physical therapy during COVID-19 in children: Findings of a systematic review. *Children (Basel)*, 8(12), 1101. doi: 10.3390/children8121101
- 9 Scott, K., Wissinger, J., Maus, E., & Heathcock, J. (2022). Comparing domain-specific self-efficacy in pediatric physical therapy education across classroom-based, online, and hybrid curriculum designs. *Pediatr Phys Ther*, 34(3), 391–398. doi: 10.1097/PEP.00000000000000910



PIONEERS IN SCHOOL-BASED TELEHEALTH: CTS helped shape school telehealth long before widespread adoption, with published research dating back to 2013 and **over 17 years** of school-based telehealth experience.

Criss, M. J. (2013). School-Based Telerehabilitation in Occupational Therapy: Using Telerehabilitation Technologies To Promote Improvements In Student Performance. International Journal of Telerehabilitation, 5(1).



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Better Outcomes.