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College of Health Sciences
Wyoming Institute
for Disabilities

September Telehealth Newsletter

Wyoming Telehealth Newsletters aim to inform and educate people about news happening in the world of healthcare and telehealth!

This Newsletter includes:

- Provider Spotlight
- How Libraries Are Bringing Heart-Health Resources to Rural Communities
- From Gaming to Healing: How Video Games Are Transforming Mental Health and Telerehabilitation
- Considerations for Health Systems Adopting AI Chatbots
- EMS Programs Face Many Challenges. In Rural Colorado, the Hurdles Are Even Higher
- VA Telehealth Is Reaching Veterans Where They Are
- Adolescent Telehealth: Rethinking the “Difficult Teen” Patient
- Maternity Care Deserts Impact 2.4M Women

Provider Spotlight

After losing her mother-in-law, whom she considered a mother, to stage IV lung cancer, Anna Chytka knew she wanted to change the way people experience healthcare. She founded Community Strong with two simple beliefs: patients deserve support before they reach a crisis, and where someone lives should never determine the quality of care they receive.

As a Board-Certified Provider by the American Association of Drugless Practitioners (AADP), Cognitive Behavioral Therapist, Certified Health & Life Coach and Cherokee Nation citizen, Anna brings a multitude of perspectives and experiences to her grassroots, Wyoming-based business.

Anna Chytka



How Libraries Are Bringing Heart-Health Resources to Rural Communities



Public libraries are becoming an important resource for rural and tribal communities, helping residents access health information and services closer to home. Through the American Heart Association's Libraries with Heart initiative, participating libraries offer blood pressure monitoring stations, loanable blood pressure kits, health

education, and connections to local health care resources. From July 2025 to July 2026, 455 libraries across eight states implemented the initiative, demonstrating how trusted community spaces can help make heart-health resources more accessible.

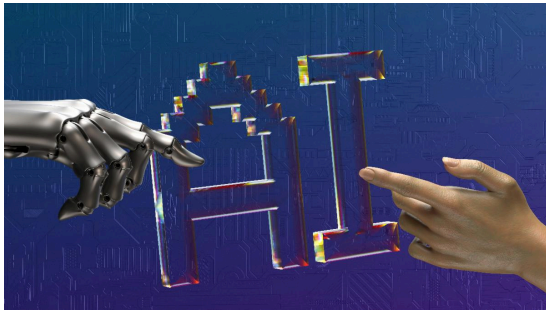
[Full Article](#)

From Gaming to Healing: How Video Games Are Transforming Mental Health and Telerehabilitation

Video games are increasingly being explored as more than entertainment, with potential applications in mental health support, social connection, education, and telerehabilitation. Interactive gaming technologies can help make rehabilitation exercises more engaging while providing opportunities for remote monitoring, feedback, and continued participation outside traditional clinical settings. As telehealth and digital health technologies evolve, video games may offer new ways to create accessible, personalized, and engaging healthcare experiences.

[Full Article](#)

Considerations for Health Systems Adopting AI Chatbots



As healthcare organizations embrace AI chatbots, the biggest question may not be “Should we use AI?” but rather “How can we use it well?” Successful implementation requires health systems to consider patient privacy, existing provider workflows, EHR integration, patient preferences,

and whether the technology genuinely improves the healthcare experience. For rural and smaller health systems, thoughtful planning can help ensure AI becomes a practical tool for improving access and patient engagement rather than simply another technology added to an already complex healthcare system.

[Full Article](#)

EMS Programs Face Many Challenges. In Rural Colorado, the Hurdles Are Even Higher.

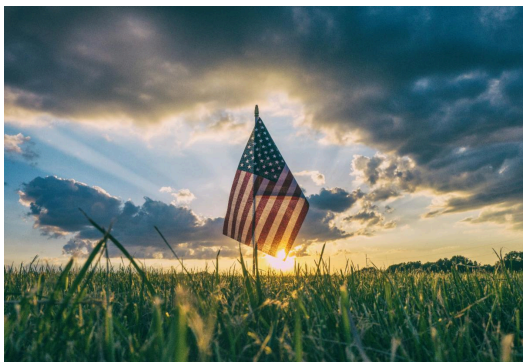
For rural communities, EMS teams often face long response and transport times, limited staffing, and fewer opportunities for hands-on training. Programs like the University of Colorado Anschutz Department of Emergency Medicine’s MEDIC initiative are bringing education and resources directly to rural



providers through hybrid learning, virtual training, and a mobile simulation unit that travels to communities across the state. These efforts demonstrate how bringing training and clinical support closer to rural communities can help EMS providers continue delivering high-quality care despite geographic and resource challenges.

[Full Article](#)

VA Telehealth Is Reaching Veterans Where They Are



Telehealth continues to expand access to care for Veterans, with 92.5% of Veterans reporting satisfaction with their telehealth experience so far in fiscal year 2026. From physical therapy to mental health care, virtual appointments can reduce the challenges of traveling to a VA facility while allowing Veterans to receive care in a comfortable and

familiar environment. With more than 2.3 million Veterans participating in over 8.7 million telehealth episodes between October 2025 and April 2026, the VA's experience highlights the growing role of telehealth in providing accessible, patient-centered care.

[Full Article](#)

Adolescent Telehealth: Rethinking the “Difficult Teen” Patient

For adolescents, healthcare is closely connected to their social and developmental experiences, and telehealth can create a comfortable space where they feel more at ease communicating. Teens may be more open to discussing sensitive topics from familiar environments, while the flexibility of virtual visits can give them greater independence from parents or caregivers and make it easier to fit care around school, activities, and their social lives. By recognizing that behaviors such as limited eye contact, short answers, or periods of silence can be a normal part of adolescent development rather than resistance, providers can build greater trust and create stronger connections with their young patients.



[Full Article](#)

Maternity Care Deserts Impact 2.4M Women

Maternity care access remains a significant challenge across the U.S., particularly in rural communities, where 58% of rural counties lack obstetric clinicians. Long travel distances, provider shortages, labor and delivery unit closures, and gaps in insurance coverage can make it difficult for families to receive timely prenatal and maternity care. Expanding options such as mobile health clinics, community-based doulas, provider

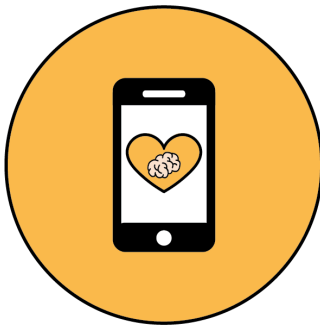


training, and other locally focused resources could help bring maternity care closer to rural families.

[Full Article](#)

Additional Special Interest Group Meetings

Special interest groups are facilitated by the WyTN to improve collaboration, education, and communication for distinct groups and fields in regards to telehealth. They allow for tangible support on specific needs and access to a network of champions and experts. Each group fosters their own goals to help improve their practices.



Telemental Health

Second Friday of the month

October 9, 2026
11:00am - 12:00pm

uwyo.zoom.us/j/95240781475



Community Health & Chronic Disease Prevention

Second Tuesday of the month

October 13, 2026
11:00am - 12:00pm

uwyo.zoom.us/j/93441114342



Hospital

Third Tuesday of the month

October 20, 2026
12:00pm - 1:00pm

uwyo.zoom.us/j/95095202959

Check out the Special Interest Group webpages!

Here you'll find SIG-specific updates, agendas, minutes, and education opportunities.

Telemental
Health Website

Community
Health Website

Hospital
Website

For more information on the special interest groups, or if you would like to join one, please contact wyttn@uwyo.edu

Contact Information

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