

# University of Vermont Project ECHO Adult Complex Mental Health



This program will highlight best practices and evidence-based care for treating patients with complex mental health issues and disorders. The program will identify strategies, best practices, and emerging topics in this field – and highlight resources for patient care. The intended audience is a cohort of individuals or practice teams throughout Vermont, including Family Medicine and Internal Medicine Adult Primary Care.

Learning objectives for this ECHO series include the ability to:

- Enhance diagnostic skills in patients with complex mental health issues
- Incorporate new treatment strategies into management of common but challenging mental health disorders
- Improve the care that patients with mental health issues receive in the primary care setting

**This program is offered at no cost to participants through a grant from the Vermont Department of Health.**

Participants can receive continuing medical education (CME) credits for each learning session attended.

## 2022 PROGRAM SCHEDULE

<b>**SESSIONS ARE ON WEDNESDAYS FROM 12:00PM TO 1:30PM**</b>		
<b>DATES</b>	<b>SESSION</b>	<b>DIDACTIC TOPICS (in addition to case review)</b>
<b>Jan 19</b>	TeleECHO Session 1	<b>Attention Deficit Disorder – Diagnosis</b> (Sara Pawlowski, MD)
<b>Feb 2</b>	TeleECHO Session 2	<b>Attention Deficit Disorder – Management</b> (Sara Pawlowski, MD)
<b>Feb 16</b>	TeleECHO Session 3	<b>Resistant Depression</b> (Evan Eyler, MD)
<b>Mar 2</b>	TeleECHO Session 4	<b>Management of Sleep Disruption (including menopause) and Impact on Mental Health</b> (Jess Oehlke, MD)
<b>Mar 16</b>	TeleECHO Session 5	<b>Role of Electroconvulsive Therapy</b> (Evan Eyler, MD)
<b>Mar 30</b>	TeleECHO Session 6	<b>Mental Health in Patients with Substance Use Disorders</b> (Speaker TBD)
<b>Apr 13</b>	TeleECHO Session 7	<b>Eating Disorders</b> (Kathy Mariani, MD)
<b>Apr 27</b>	TeleECHO Session 8	<b>Chronic Pain and Mood Disorders</b> (Mark Pasanen, MD)
<b>May 11</b>	TeleECHO Session 9	<b>Mental Health in the Elderly</b> (Jennifer Hall, DO)
<b>May 25</b>	TeleECHO Session 10	<b>Resistant Anxiety</b> (Jessica O’Neil, DO)
<b>June 8</b>	TeleECHO Session 11	<b>Bipolar Disease – Diagnosis</b> (Stephanie Fosbenner, MD)
<b>June 22</b>	TeleECHO Session 12	<b>Bipolar Disease – Management</b> (Stephanie Fosbenner, MD)

## TO REGISTER

Register by January 5, 2022

Complete the registration form at: <https://redcap.med.uvm.edu/surveys/?s=DRPYHPMFR8>. As part of the registration process, participants are asked to complete a Statement of Collaboration (SoC) outlining the program commitments.

**NOTE: Pre-registration is required. This program has limited enrollment. Registrations will be accepted on a first-come, first-served basis. Cohort-based learning in a peer supportive environment is foundational to this ECHO series. This cohort will be finalized on January 5; registrations will not be accepted after that date.**

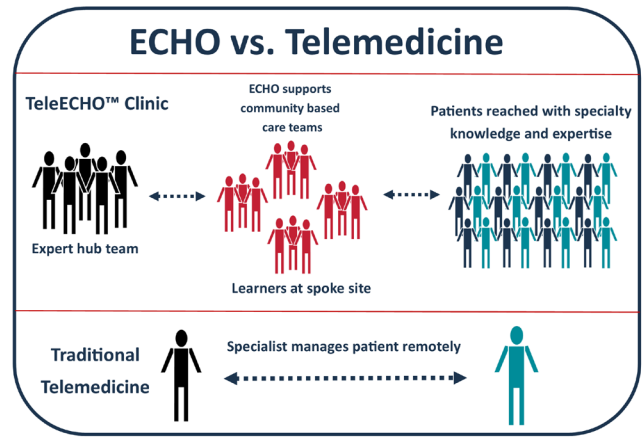
General questions about the University of Vermont’s Project ECHO can be directed to Elizabeth.Cote@uvm.edu, clinical/topic-specific questions can be directed to Mark.Pasanen@uvm.edu

## About Project ECHO

This program uses the Project ECHO model™. **Project ECHO**® (Extension for Community Healthcare Outcomes) is an evidence-based interactive distance-learning method developed by researchers at the University of New Mexico. During teleECHO™ sessions, experts and peers share their expertise across a virtual network via case-based learning, enabling practice teams to treat patients with complex conditions in their own communities.

### The program will help participants build capacity by:

- Providing consultation from an experienced team of experts, specialists, and peers through regular web-based case conferences and teaching;
- Providing an interactive and engaged virtual learning environment;
- Focusing on critical issues that arise in the care of patients;
- Helping to support and facilitate quality care for patients.



### Participants commit to:

- Participate in each Project ECHO case-based learning session, using a virtual meeting platform (see program schedule);
  - Each virtual learning session will consist of a brief lecture, a case presentation, and discussion;
- Use a webcam to participate face-to-face in each session (this is a core element of the Project ECHO model and is required for this program);
- Submit case(s) and present them to the group;
- Complete an evaluation survey at end of each session; and
- Provide requested evaluation feedback at the end of the full program.

## PROJECT ECHO: Doing More for More Patients

