University of Vermont Project ECHO
Perinatal Mental Health
Preconception Through the First Year Postpartum

This program will highlight best practices and evidence-based care for screening and treating patients with perinatal mood and anxiety disorders. The series will identify strategies and emerging topics in perinatal mental health and highlight resources for patient care. The target audiences are individuals or teams of health professionals in family medicine, obstetrics/gynecology, psychiatry, internal medicine adult primary care, and pediatrics; including prescribers, nurses, mental health professionals, and social workers/case managers throughout Vermont.

Learning objectives for this ECHO series include the ability to:
- Explain clinical knowledge about presentation of perinatal mental health complications
- Discuss treatment and management approaches
- Apply appropriate diagnostic and treatment strategies for the perinatal population, with an emphasis on diversity, equity, and inclusion
- Describe statewide resources that can assist patients who may experience perinatal mood and anxiety

This program is offered at no cost to participants through a collaboration between the Vermont Department of Health and the Vermont Department of Mental Health through the HRSA MCHB STAMPP (Screening, Treatment & Access for Mothers and Perinatal Partners) funding, and The UVM Larner College of Medicine Office of Primary Care and AHEC Program. Participants can receive continuing medical education (CME) credits for each learning session attended.

2022 PROGRAM SCHEDULE

SESSIONS ARE ON TUESDAYS FROM 12:00PM TO 1:00PM		
DATES	**SESSION**	**DIDACTIC TOPICS (in addition to case review)**
Jan 11	TeleECHO Session 1	**Depression & Anxiety in the Prenatal Period** (Sandy Wood, CNM, PMHNP)
Feb 8	TeleECHO Session 2	**Cultural Considerations in Perinatal Mental Health** (Sayida Peprah, PsyD)
Mar 8	TeleECHO Session 3	**Depression & Anxiety in the Postpartum Period** (Sandy Wood, CNM, PMHNP)
Apr 12	TeleECHO Session 4	**Resources & Referrals** (Amy Wenger, RN, Elizabeth Gilman, Carol Lang-Godin, BA, and Maria Rossi, CLC, CLD, BS)
May 10	TeleECHO Session 5	**Bipolar Disorder in the Peripartum** (Sarah Guth, MD)
May 31	TeleECHO Session 6	**Postpartum Psychosis** (Sarah Guth, MD)
June 14	TeleECHO Session 7	**Birth Trauma/Perinatal Grief & Loss** (Fiona Griffin, LCMHC)

TO REGISTER
Register by January 6, 2022
Complete the registration form at: **https://redcap.med.uvm.edu/surveys/?s=H7A3HMDXD748W4AM**. 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 6; 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 Katherine.Mariani@uvmhealth.org.

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.

ECHO vs. Telemedicine
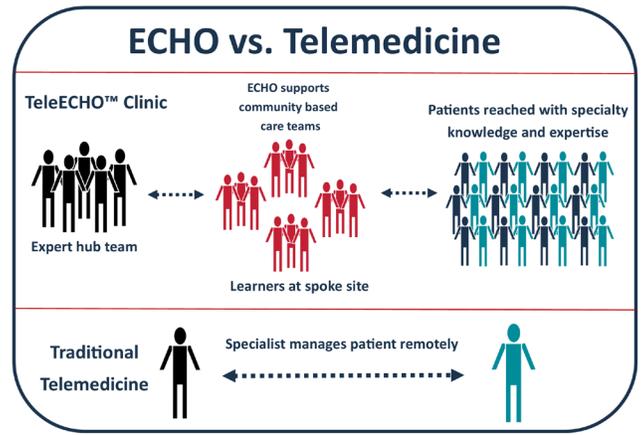
Participants commit to:

- 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

PATIENT
- Right Care
- Right Place
- Right Time

PROVIDER
- Acquire New Knowledge
- Treat More Patients
- Build Community of Practice

COMMUNITY
- Reduce Disparities
- Retain Providers
- Keep Patients Local

SYSTEM
- Increase Access
- Improve Quality
- Reduce Cost