

University of Vermont Project ECHO Mental Health Advanced Series: Anxiety in Primary Care



COURSE DESCRIPTION:

The Mental Health Advanced Series is a multi-year program with a fall and spring series each year. The 8-session spring series will discuss best practices and evidence-based care for patients experiencing anxiety, including strategies, screening tools, resources, clinical pearls, and emerging topics in the field. The multi-year program is designed to provide a solid knowledge base and opportunities for in-depth exploration of mental health integration, with the aim of increasing provider confidence and skill.

LEARNING OBJECTIVES FOR THIS ECHO SERIES INCLUDE:

1. Describe the various diagnoses in the anxiety disorders family, and the nuances and complexities of these diagnoses
2. Implement brief intervention and “rapid” cognitive behavioral therapy into practice
3. Design standard of care pharmacologic and therapeutic treatment plans for patients with anxiety disorders

This series is offered at no-cost to participants through a grant from the Vermont Department of Health. Participants can receive 1.5 CME credits for each learning session attended.

2024 SPRING SERIES – Wednesdays from 12:00 to 1:30PM

WHO SHOULD ATTEND?	DATES	DIDACTIC TOPIC
The target audience is individuals or practice teams throughout Vermont providing adult primary care, including Family Medicine and Internal Medicine, Gynecology, as well as pediatricians serving young adults in transition from pediatric to adult mental health care.	Feb 7	Evaluation and Screening of Anxiety Disorders in Primary Care Sara Pawlowski, MD
	Feb 21	Collaborative Care Model Approach to Anxiety Disorders Kerry Stanley, LICSW and Clara Keegan, MD
	March 6	Brief Intervention Highlights and “Ultra-Rapid CBT” Julia Terman, MA
	March 20	Advanced Medication and Therapeutic Interventions for GAD and Panic Disorders Evan Eyer, MD
	April 3	Advanced Medication and Therapeutic Interventions for OCD and Tic Disorder Suzanne Kennedy, MD
	April 17	Advanced Psychopharmacology for Anxiety Disorders in the Context of Substance Use Disorders Adam Greenlee, MD
	May 1	Treatment Approaches to Agoraphobia and Social Anxiety Disorder Liz May, MD
	May 15	Wrap-Up and Review/Participant identified Topics Mark Pasanen, MD

This program uses the Project ECHO model. Each session includes a brief didactic presentation, cases generated from the participant cohort, and group discussion. Please read the Participant Commitment section on the next page prior to registering. Active engagement and a willingness to bring forward cases are expected. Cohort-based learning in a supportive peer environment is foundational to this ECHO series.

TO REGISTER

Register by Friday, January 26, 2024: <https://redcap.link/j4yquqzr>. **This program has limited enrollment.** We encourage primary care teams to send multiple members; each participant must register individually. **Registration closes and the cohort will be finalized on January 26, 2024.**

General questions about the University of Vermont's Project ECHO can be directed to Patti.Smith-Urie@uvm.edu; clinical/topic-specific questions can be directed to Mark.Pasanen@uvm.edu

About Project ECHO

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.

Each virtual learning session includes a brief lecture, a case presentation, and discussion. Participants commit to:

- Participate in each Project ECHO case-based learning session, using a virtual meeting platform (see program schedule);
- Use a webcam to participate face-to-face in each session (this is a core element of the Project ECHO model);
- 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.

Learn more about UVM Project ECHO by visiting vtahec.org.	Other UVM Project ECHO 2023-2024 Series:
	<u>UVM Project ECHO: Pediatric Mental Health – Complex Cases and Deeper Dives</u> <i>Course Director: Haley MacGowen, MD</i> <ul style="list-style-type: none">• Monthly, 2nd Thursday 12:00-1:00PM• October 12 – May 9, 2024
	<u>UVM Project ECHO: Dementia Diagnosis and Care for the Primary Care Team</u> <i>Course Co-directors: Mary Val Palumbo, DNP, APRN, GNP-C and John Steele Taylor, MD</i> <ul style="list-style-type: none">• 2nd and 4th Thursdays 7:30-9:00AM• SPRING SERIES: Advanced Topics in Dementia Care for the Primary Care Team (February 8 – March 21, 2024)
	<u>UVM Project ECHO: Current Topics in School Nursing</u> <i>Course Director: Kathy Mariani, MD, MPH</i> <ul style="list-style-type: none">• Monthly, Wednesdays 3:15-4:45PM• October 4 – February 7, 2024

Project ECHO: Doing More for More Patients

