# Behavioral Health in Primary Care 2019 Schedule

**1st and 3rd Wednesday | 12:00 p.m. - 1:00 p.m. MT**

## LIFE SPAN
- **1/16/19** Medicinal Considerations in Pregnant and Postpartum Women
- **2/6/19** Adolescents and ADHD
- **2/20/19** Dementia and Nonpharmacologic Interventions
- **3/6/19** Dementia and Pharmacologic Interventions
- **3/20/19** Self-Care for Helpers

## DISORDERS
- **4/3/19** Autism Spectrum Disorders
- **4/17/19** Autism Spectrum Disorders
- **5/1/19** Co-Occurring Disorders
- **5/15/19** Personality Disorders
- **6/5/19** Sleep Disorders
- **6/19/19** Sleep Disorders

## MENTAL HEALTH CRISSES
- **7/3/19** No ECHO
- **7/17/19** Adolescents and Suicide
- **8/7/19** Safety Planning
- **8/21/19** Community Resources for Mental Health Crises

## TREATMENT OPTIONS
- **9/4/19** Long Acting Injectables
- **9/18/19** Evidence for Herbals and Supplements for Mood
- **10/2/19** CBT for Anger Management
- **10/16/19** Electroconvulsive Therapy

## CONSIDERATIONS IN PRIMARY CARE
- **11/6/19** Chronic Medical Conditions and Mental Illness
- **11/20/19** Anxiety
- **12/4/19** Polypharmacy
- **12/18/19** Exercise and Mood: a Review of the Evidence

To learn more and sign up to participate, visit: [www.uidaho.edu/echo](http://www.uidaho.edu/echo)

If you miss a session, videos are available on the website.