

NOVEMBER 2020

ECHO IDAHO NEWSLETTER



November 2020 ECHO Idaho Newsletter

Hello, ECHO Idaho! This newsletter comes (turkey) sandwiched between a big election and Thanksgiving. We are well into November 2020, which looks totally different than our January-selves could have ever imagined.

Reflecting on ECHO Idaho's year, the word "growth" comes to mind. With an engaged network across the state and the infrastructure and expertise to deliver, our team designed and launched the [COVID-19 Program](#) in a mere two weeks. It was the highest-attended kickoff session we've ever seen (~730 people in attendance) and remains our most popular series to date.

In September, we set a new attendance record at our [Medication for Addiction Treatment](#) waiver training – scroll down to see the stats and learn how to register for the next MAT waiver training in February 2021.

This month, two new Project Coordinators joined the team. Please take a moment to learn more about Sam and Karley in this newsletter – with their help, ECHO Idaho can continue offering programs that are easy to join and relevant to your work.

What. A. Year. Through all the turmoil, I am grateful for you and for this ECHO community that we are building. Our program welcomes all to attend and with four new series launching in early 2021 – **Hepatitis C, Pediatric Behavioral Health, Substance Use Disorder Education for Counselors** and a re-boot of 2020's **Perinatal Substance Use Disorder** (yes, more info below and yes, growth!) – I am confident that every provider and clinician in Idaho can find something of interest at ECHO. Please help us get the word out by [sharing this newsletter](#), encouraging your colleagues to attend or by joining our [Facebook community](#).

With that, I wish a resounding happy Thanksgiving to you and yours. Take care, be well and please, have a slice of pie for me. I'll do you the same.



Best,

A handwritten signature in blue ink that reads 'Lachelle Smith'.

Lachelle Smith
Director, ECHO Idaho

Idaho Rural Health Heroes part of ECHO Community

National Rural Health Day ~ Nov 19, 2020

To help celebrate National Rural Health Day, the Idaho Rural Health Association presents deserving individuals and organizations with Rural Health Hero Awards. This year, ECHO Idaho nominated two of the six awardees: **Cathy Oliphant, PharmD** (southeast Idaho) and the **Clearwater Medical Clinic Staff** (northern Idaho).

The ECHO Idaho team extends its congratulation and gratitude to these outstanding practitioners and educators. We are grateful for your continuous commitment to the health and wellness of rural Idahoans!



Cathy Oliphant, PharmD, is an infectious disease/microbiology pharmacist at Idaho State University. You may recognize her from ECHO Idaho's

[Opioid Addiction and Treatment](#) and [COVID-19](#) specialist panels.

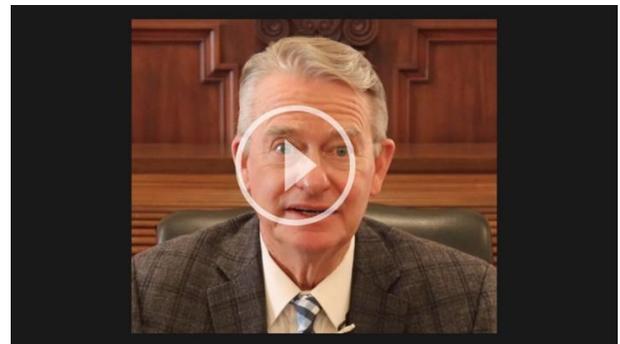


Cumulatively, twelve members of **the Clearwater Medical Clinic staff** in Lewiston have earned 287 continuing medical

education credits through ECHO Idaho's professional development program since March 2018.

[More details about the Idaho Rural Health Hero Award](#)

Governor Little Kicks off Nursing Home COVID 19 Safety



“Managing the coronavirus pandemic in Idaho’s nursing homes is a top priority for our state. It is also a critical focus of my coronavirus working group.”

In response to the impact of COVID 19 on nursing home residents and staff, ECHO Idaho's latest series, [Nursing Home COVID-19 Safety](#), recently kicked off with Governor Brad Little's endorsement. We're proud to say that over two-thirds of Idaho's nursing homes have enrolled in this important series, which strives to provide nursing home clinicians and staff useful information, skills and resources to reduce infection and spread among the state's most vulnerable citizens.

[Watch the Governor's video](#)

September's MAT-Waiver Training Breaks Attendance Records



Thanks to those of you who attended September's Medication for Addiction Treatment (MAT) Waiver Training. We set new attendance records and had participation from all seven health districts in Idaho (and beyond).

- Seventy-five people attended; the most we've ever hosted! Participants represented 59 organizations in 25 communities.
- Attendees included: 29 physicians, 22 NPs/PAs, 10 students, eight SWs/LCs, two RNs, two health educators, one pharmacist and one dentist.
- Four states were represented (ID, UT, WA, and AZ).

Want to help people in your community with recovery? Consider earning your MAT waiver with ECHO in 2021.

[Register for MAT Waiver Training](#)

Data Collected from ECHO Idaho Published in the Journal of Rural Mental Health

Add "published in a peer-reviewed journal" to the list of ECHO Idaho accomplishments this year.

Data collected in our [Behavioral Health in Primary Care](#) series (BH) was used in a recent study published in the Journal of Rural Mental Health.



Key findings include:

- Attendees report the BH series improved their clinical practice.
- The series enhanced attendees' knowledge.
- Attendees report the BH series helped improve their patient care.

The Journal of Rural Mental Health is the official journal of the National Association for Rural Mental Health and is published by APA.

[Read the published article](#)

Welcome New Project Coordinators!



Sam Steffen

Sam recently relocated to Boise from Philadelphia, where he worked in the non-profit sector to advocate for the homeless community through the provision of a stable mailing address and identity procurement services. His commitment to the improvement of systems through community investment and education makes the transition to the ECHO Idaho team a seamless one. Sam has a M.A. in Theological Studies from Vanderbilt University and a B.A. in Creative Writing from Bard College. Sam likes to get out on his bike, play guitar and explore Boise's foothills with his wife and dog.



Karley Kline

Originally from South Bend, Indiana, Karley moved to Boise early this year. From 2015 to 2020, she worked in the non-profit healthcare sector. She also previously served as a Special Victims Advocate for the Prosecutor's Office of Saint Joseph County in Indiana and S.O.S Advocate for the Family Justice Center in St. Joseph County. Her interests include healthcare and victim advocacy, research and public policy. She holds a B.A. and M.A. in English from Indiana University. She enjoys running, hiking with her two dogs and sampling nachos from local eateries.

[Learn more about ECHO staff](#)

Current Series at ECHO Idaho

Earn free CE/CME by attending ECHO Idaho live over Zoom.

COVID 19 : Ambulatory and Acute Care: This ongoing series meets the first and third Tuesday of each month from noon to 1 p.m. MST. For the latest updates on our session topics, please see the schedule [on our website](#).

Opioid Addiction and Treatment: Our longest-running series meets from 12:15 – 1:15 p.m. MST on the second and fourth Thursdays of the month and has seen an increase in attendance due to the burden of the coronavirus on those with substance use disorders. Mark your calendars for [Infectious Disease and Opioid Use Disorder](#) on Jan. 14, 2021. Dr. Cathy Oliphant has dual expertise in infectious disease research and pharmacology and will provide an overview of the science behind Medication for Addiction Treatment (MAT).

Behavioral Health in Primary Care: This program helps identify best practices for treating common mental health conditions. Sessions are from noon to 1 p.m. MST on the first and third Wednesdays of the month. On Wednesday, Dec. 2, join us for [Patient Management Q & A](#). Bring your questions about patient management to our interdisciplinary team of experts. They can help with behavioral interventions, pharmacological treatments and helpful resources, among other things.

Nursing Home COVID 19 Safety: Our newest series is only available to nursing home staff and administrators. Please contact echoidaho@uidaho.edu if you are interested in participating.

Missed a session? Find it on [our YouTube channel!](#)

New Programs Coming to ECHO Idaho

Substance Use Disorder Education for Counselors: This series will equip counselors and clinicians to provide high-quality substance use disorder care right in your own communities. You may be especially interested if you are a bachelor's or master's level counselor (ACADC, LCSW, LCPC, LMSW, LPC, etc.) or an addiction professional (CADC, ISAS), but all clinicians and behavioral health specialists are welcome. This series is scheduled to launch in early 2021.

Perinatal Substance Use Disorder – Noon to 1 p.m. MST, second and fourth Wednesdays starting March 10, 2021: We are bringing back this popular series from 2020. Learn best practices for MAT in pregnancy, medications and substances in pregnancy, marijuana use in the perinatal period and labor and pain management considerations. You may be especially interested in this series if you are a family practice, pediatric, or OB/GYN physician, NP, PA or nursing staff, though anyone interested may attend.

Hepatitis C: Learn best practices for treating and screening for hepatitis C, a leading cause of chronic liver infection and subsequent mortality from liver disease in the United States. Attendees will connect with peers from around the state to discuss what really works and get feedback on patient cases. Primary care providers (MD, PA, NP, RN, etc.) are the primary target audience for this series, but all clinicians are welcome. We anticipate this 8 part ECHO series will begin in early 2021.

Pediatric Behavioral Health: We are looking forward to this much requested 8 part series, especially given the stressors children are under right now. Led by a panel of pediatric mental health experts, this series will help you learn

best practices for treating common pediatric mental health conditions including anxiety, mood, attention and behavioral disorders. Primary care providers (MD, PA, NP, RN, etc.) are the primary audience, but all clinicians and behavioral health specialists are welcome. Pediatric Behavioral Health will begin in early 2021.

[Sign Up Now](#)

ECHO Idaho in the News



ECHO Idaho featured prominently in the Fall 2020 issue of Here We Have Idaho, the University of Idaho's alumni magazine. Read "[ECHO Idaho's Statewide Impact](#)," featuring participant extraordinaire Dr. Andy Bradbury of Rexburg, Idaho.

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