

FEBRUARY 2021

ECHO IDAHO NEWSLETTER



February 2021 ECHO IDAHO NEWSLETTER

On behalf of all of us at ECHO Idaho, we hope 2021 finds you rested and well with brighter days right around the corner. We are heartened that many of you are receiving COVID-19 vaccines and that more Idahoans will get their shot in the coming weeks and months. COVID-19 panelist Dr. Carolyn Buxton-Bridges reminds us, “History has demonstrated many times before that vaccines are the light at the end of the tunnel to help us return to our lives, school, and celebrations with friends and family.”

Around here, things are feeling fresh and new. We re-branded our longest running series, “Opioid Addiction and Treatment,” to the more descriptive “[Opioids, Pain and Substance Use Disorders](#)” and the series has seen a jump of over 100 new registrants since the year started. We look forward to hearing and learning from each of you.

A brand-new series, [Counseling Techniques for Substance Use Disorders](#) is well underway and also has robust attendance. It is no wonder, unfortunately. COVID-19 conditions

are driving up demand for substance use disorder (SUD) counselors and by 2026, Idaho is expected to see a 13% increase in the need for SUD counselors. This trend is, in part, why we decided to re-run our 2020 [Perinatal Substance Use Disorder](#) series as well. Perinatal SUD kicks off March 10, but you can register today – more details about that down below.

Behind the scenes, we are preparing to launch two new series later on this spring: Pediatric Behavioral Health and Hepatitis C webpages are in the works, but you can read about them in this newsletter. Register for them on our [registration page](#).

To 2021,

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

Lachelle Smith
Director, ECHO Idaho





Last year brought more people and programming to ECHO Idaho than we've ever seen. In addition to expanding our team and increasing our programming, we also connected with new faces and facilities across the state. We appreciate each of you for creating a virtual community with us!

Check out some 2020 end-of-year stats:

- We welcomed 1,498 new registered participants - a 397% increase over 2019.
- We launched four new series: Perinatal Substance Use Disorder, COVID-19, COVID-19 Nursing Home Safety and Syphilis in Pregnancy. Comparatively, we launched one new series in 2019 and three in 2018 (the year we started).
- We welcomed back 18 panelists (specialists that lead our series) from the 2019 line-up and on-boarded 24 brand new ones.
- In total, we offered 106 free virtual education sessions.

- We issued 8,247 CME/CEU hours.
- Our COVID-19 Series was by far our most popular series, by attendance, with 1,051 unique individuals attending. Opioid Addiction and Treatment came in second, with 391 unique individuals in attendance.

Nurse Practitioner Finds Her Voice With ECHO Idaho's Perinatal Substance Use Disorder Series



Emma Henggeler, RN has spent five and a half years at St. Luke's Neonatal Intensive Care Unit. Attending ECHO Idaho's Perinatal Substance Use Disorder series in 2020 helped her feel empowered to advocate for mothers with substance use disorders and provided her a connection with specialists in the state who have since influenced her NP capstone project. [Read her story on our website.](#)



February's MAT Waiver Training: What You Need to Know

The CDC estimates 130 lives were lost daily to opioid use in 2019, nationwide. In Idaho, the toll of the opioid epidemic is exacerbated by the state's predominantly rural demographics and the overall lack of healthcare resources and treatment options. Qualified physicians, advanced nurse practitioners and physician assistants are required to acquire a waiver (commonly known as the x-waiver or MAT waiver) to prescribe opioid use disorder medications.

ECHO Idaho, in conjunction with Providers Clinical Support System, is making it easy for you to obtain an x-waiver this month:

WHEN: Monday Feb. 22 from 12:30 – 5:00 p.m. MT / 11:30 a.m. – 4:00 p.m. PT. Interested participants can [register via ECHO Idaho's website](#).

WHERE: The virtual training is offered through Zoom. Login info will be provided to participants following registration.

TRAINERS: Led by Idaho physicians Drs. Magni Hamso (Medical Director, Idaho Medicaid) and

Todd Palmer (Addiction Medicine Fellowship Director, FMRI) who have extensive experience treating patients with OUD and leading MAT Waiver Trainings.

COST: Participation in this training is free to clinicians and organizations. In fact, contact us to find out how your employer can receive reimbursement for your time in the February training.

CONTACT: ECHO Idaho's MAT Waiver Training Project Coordinator, Kayla Blades: kblades@uidaho.edu 208-364-4569.

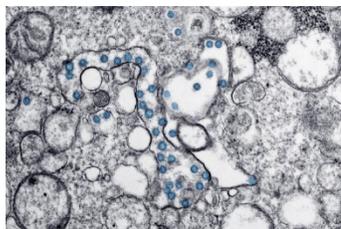
Attention Primary and Behavioral Tele-Health Workers in SE Idaho

The Southeast Idaho Area Health Education Center (AHEC) is leading a research project through the February designed to inform policymakers about the experiences and challenges faced by primary and behavioral healthcare providers relying on telehealth to administer mental health services in Health Districts 5, 6, and 7. Researchers will provide evidence-based recommendations to policymakers for how to improve telehealth in the region.

If you're a primary care or behavioral healthcare worker in Health Districts 5, 6, or 7, and want to participate or learn more, email mcdeann@isu.edu or call Ann Thomson at (208) 240-3409. In exchange for your time, Idaho's Southeast AHEC is prepared to make a \$100 donation to the regional nonprofit mental-health organization of your choice.

Current Series at ECHO Idaho

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



[COVID-19 - Ambulatory and Acute Care:](#)

Connect with top experts and frontline colleagues across Idaho to learn the latest information about the disease, the variants, the vaccine and how each may impact life in 2021. This ongoing series meets the first and third Tuesday of each month from noon to 1 p.m. MST.

Downloadable schedule (PDF): [COVID-19 - Ambulatory and Acute Care: Dates and Topics](#)

Note: topics are designed in response to current COVID-19 trends. For the latest updates on our session topics, please [register for the series](#) or check out the schedule [on our website](#).



[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, March 3, join us for an in-depth discussion of “Perinatal Psychiatric Medication” with psychiatrist Nicole Fox, MD, MPA.

- Downloadable schedule (PDF): [Behavioral Health in Primary Care: Dates and Topics](#)



[Opioids, Pain and Substance Use Disorders:](#)

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. Join us on Feb. 25 for “Infectious Disease and Opioid Use Disorder” with Cathy Oliphant, PharmD, who has expertise in infectious disease research and pharmacology. She will provide an overview of how these issues go hand-in-hand and what to do about it.

Downloadable schedule (PDF): [Opioids, Pain and Substance Use Disorders: Dates and Topics](#)



[Counseling Techniques for Substance Use Disorders:](#)

ECHO Idaho’s newest series is tailored to meet the needs of therapists and counselors working with patients struggling with substance use disorders. This series equips attendees to provide high-quality care right in your own community. Sessions take place the first and third Thursdays of the month, from noon to 1 p.m. MST. Our April 1 session features panelist Radha Sadacharan, MD, MPH who will lead a discussion on the “Role of MAT in Addiction Recovery.”

- Downloadable schedule (PDF): [Counseling Techniques for Substance Use Disorders: Dates and Topics](#)

Upcoming Series at ECHO Idaho



Perinatal Substance Use Disorder

Noon to 1 p.m. MST, second and fourth
Wednesdays beginning 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 physician (family practice, pediatric, or OB/GYN), NP, PA or nursing staff, although anyone interested may attend.

HELP SPREAD THE WORD

[Perinatal Substance Use Disorder Series Flyer](#)

[Perinatal Substance Use Disorder: Dates and Topics](#)

[SIGN UP NOW](#)



Pediatric Behavioral Health

Expected launch date in May 2021

We are excited to offer this 10-part series and are busy recruiting pediatric mental health experts to bring you 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.



Hepatitis C

Expected launch date in April 2021

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. This series is what launched the original Project ECHO (in New Mexico) in 2003. Primary care providers (MD, PA, NP, RN, etc.) are the primary target audience for this series, but all clinicians are welcome.

Connect with ECHO Idaho: echoidaho@uidaho.edu

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