

May 2021

ECHO IDAHO NEWSLETTER



Hello ECHO Idaho,

I am floored at how much news we have to share with you since our [last issue](#). Foremost in my mind are the new series we've recently introduced to our already incredible line-up: our [Hepatitis C](#) series took off in a big way last month; we modified our closed-cohort COVID-19 Nursing Home Safety series to [COVID-19 Safety for Post-Acute and Long-Term Care](#) and opened it up to anyone interested in joining; and we'll be launching [Pediatric Behavioral Health](#) this Thursday, May 13. Three series in five weeks is nothing to sneeze at – learn more about each of them in this newsletter.

Moving that quickly, we seldom stop long enough to shout about the accomplishments of our staff and partners. Such as:

- Project ECHO's Director and Founder Sanjeev Arora, MD made time in his busy schedule to welcome attendees at our Hepatitis C kickoff alongside regional and state champions Terry Box, MD and Magni Hamso, MD. [Watch the video](#) to hear the origin story of Project ECHO from Dr. Arora himself!
- Before the re-brand, ECHO Idaho's COVID-19 Nursing Home Safety series was nationally recognized for leadership on an ECHO Institute call. More on that below.

- [Tina Loch](#), one of our expert panelists for the COVID-19 Post-Acute and Long-Term Care series, was awarded the Idaho Public Health Association's Public Health Champion Award.

- I had a lot of fun getting interviewed for the U of I's *The Vandal Theory* podcast. You can find it on [the website](#) or download it wherever you get your podcasts (Season 4, Episode 1).

And speaking of podcasts, ECHO Idaho has launched one of its own! This is something that we've wanted to do for a long time and finally actualized with support from the Valley County Opioid Response Project (VCORP). *Something for the Pain* focuses on opioid and substance use disorder prevention, treatment and recovery in rural Idaho. And get this – you can claim continuing education credit when you tune in! We're so, so proud of the work that our team has put into this product, especially Program Coordinator Sam Steffen (host and singer/songwriter), and we hope that every single one of you will [check it out!](#)

Best,

Lachelle Smith
Director, ECHO Idaho





ECHO Idaho's New Podcast: *Something for the Pain*

In partnership with the Valley County Opioid Response Project (VCORP), ECHO Idaho is extending the reach of our substance use disorder education through a whole new medium: the podcast. [*Something for the Pain*](#) is made for Idaho's healthcare professionals working to prevent, treat and facilitate recovery from opioid and substance use disorders in communities across the state. Using archived recordings from past ECHO sessions, supplemented with interviews with Valley County subject matter experts, *Something for the Pain* brings you up-to-date information on the best practices and resources available for responding to those in need.

As if that weren't enough of a reason to get excited, the podcast episodes are also CE eligible — yes, you can earn continuing education credit just for listening! Head to [our website](#) or download episodes now on [Spotify](#), [Stitcher](#), [Google Podcast](#), and [iHeart Radio](#).

Catch Us at IAFP and ICADD

We are proudly sponsoring the [Idaho Association of Family Physicians \(IAFP\) Virtual Annual Conference](#) on May 21-22. Pop into our virtual booth and say hi to Lachelle during breakout sessions on Friday, May 21 at 10:30 a.m. and 2:45 p.m. Mountain time. Be sure to visit Idaho WWAMI's virtual booth as well!

On May 24 and 25, you can find our virtual booth at the [Virtual 37th Annual Idaho Conference on Alcohol and Drug Dependency \(ICADD\)](#) conference. If you work in mental health services, corrections, dependency or recovery support, you won't want to miss it. Live stream events take place May 24 and 25. On-demand, CE/CME-eligible presentations are available through June 8.



Awards and Acknowledgements

The past few months at ECHO Idaho have yielded some noteworthy laurels. Check out all these honors and acknowledgements we've received:



ECHO Idaho Featured on National Project ECHO Call

ECHO Idaho COVID-19 Nursing Home Safety participants Chuck Bosen, RN, regional vice president of Edgewood Healthcare and Mary Egeland, LNHA, administrator of Royal Plaza Health and Rehabilitation discussed how they cultivated resilience among their teams on a call with other Project ECHOs from around the United States.

Panelists from ECHO Idaho's COVID-19 Nursing Home Safety program were invited to share how they promoted and built resilience among their teams on a national call with the Idaho Health Institute, the Agency for Healthcare Research and Quality, and the globally recognized ECHO Institute.



ECHO Idaho Panelist Awarded 2021 Idaho Public Health Champion Status

Tina Loch, infection preventionist and staff development coordinator at the Idaho State Veterans' Home, is one of this year's recipients of the Idaho Public Health Champion Award, a prestige issued by the [Idaho Public Health Association](#). Ms. Loch proved her dedication and commitment to the health and wellbeing of Idaho's long-term care facility residents and staff during the pandemic through her leadership and expertise as a panelist on ECHO Idaho's "COVID-19 Nursing Home Safety" series. Since the start of the pandemic in 2019, Ms. Loch has taken a leadership role in researching best practices and CMS regulations to guide staff decisions in her workplace. Thank you for your leadership, Tina!

Project ECHO Founder and Director Helps Kick Off Hepatitis C Series



Our new [Hepatitis C](#) series took off in a big way last month with some very special guests. Terry Box, MD, University of Utah, ECHO Utah Hepatitis C moderator; Magni Hamso, MD, medical director of Idaho Medicaid and ECHO Utah Hepatitis C series alumna; and Sanjeev Arora, MD (above), Project ECHO founder and director.

[Dr. Arora spoke about](#) how his work with hepatitis C inspired him to "democratize knowledge" and start Project ECHO. Thanks to all of our Hepatitis C participants who called in from ID, IL, MN, NM, UT and WA, and represented 29 organizations across all seven Idaho public health districts.



Nursing Home No Longer

*COVID-19 Nursing Home Safety Series
Renamed and Opened to All*

Our COVID-19 Nursing Home Safety series - formerly restricted to nursing home staff and administrators - is now open to anyone providing care to residents in post-acute and/or long-term care facilities.

The new series title is [COVID-19 Safety for Post-Acute and Long-Term Care](#) and we encourage anyone working in hospice, health centers, critical access hospitals or home care to consider signing up. Sessions meet weekly on Tuesdays from 1:15 - 2:45 p.m. Mountain time / 12:15 - 1:45 p.m. Pacific time.

ECHO Idaho: In the News

New Infections, Outbreaks Slow in Idaho Long-Term Care Facilities

ECHO Idaho Assistant Director Katy Palmer and COVID-19 Nursing Home Safety panelist [Megan Dunay, MD, MPH](#) were interviewed for this front-page article in the *Idaho Press* and the *Post Register*, which described how coronavirus infections in long-term care facilities are falling across the country, Idaho included. [Read it here.](#)

Postpartum Depression Education Opportunity

Postpartum depression (PPD) is a common but avoidable crisis for families and women. Primary care and community healthcare professionals, here's a chance to refresh your PPD knowledge, help enhance patient care and support a Family Nurse Practitioner DNP student at Idaho State University with her project.



Check out this [30-minute recorded presentation](#) that covers the common myths of PPD, screening, treatment, and offers referral suggestions specific to Idaho and surrounding areas. You'll have the option to complete a brief survey before and after the presentation for a chance to win a \$15 Visa gift card. Whether you complete the surveys or not, watching the presentation gives you access to helpful resources that can be downloaded and saved, including patient handouts and tools for navigating patients to counseling.

Physicians, nurse practitioners, physician assistants, nurses, social workers – this project is made with you in mind. If you have questions, reach out to ECHO participant and ISU student Emma Henggeler at emmahenggeler@isu.edu.

Current Series at ECHO Idaho

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

[Behavioral Health in Primary Care](#)

This series helps identify best practices for treating common mental health conditions in a primary care setting.

Schedule: Every first and third Wednesday from noon to 1:00 p.m. Mountain time, 11:00 a.m. to noon Pacific time.

Don't Miss It: On May 19, panelist Coire Weathers, MD, psychiatrist, will present on "Dissociative Identity Disorder."

PDF Flyer: [Behavioral Health in Primary Care - Downloadable Program Schedule \(PDF\)](#)

[Counseling Techniques for Substance Use Disorders](#)

This series is tailored to meet the needs of therapists and counselors working with patients living with substance use disorders. Sessions equip you to provide high-quality care right in your own community.

Schedule: Every first and third Thursday from noon to 1:00 p.m. Mountain time, 11:00 a.m. to noon Pacific time.

Don't Miss It: On July 15, panelist Scott Jones, BS, will lead a discussion on "The Role of Peer Recovery Specialists" in substance use disorder recovery.

PDF Flyer: [Counseling Techniques for Substance Use Disorders - Downloadable Program Schedule \(PDF\)](#)

[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.

Schedule: Every first and third Tuesday from noon to 1:00 p.m. Mountain time, 11:00 a.m. to noon Pacific time.

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.

PDF Flyer: [COVID-19- Ambulatory and Acute Care - Downloadable Program Schedule \(PDF\)](#)

[COVID-19 Safety for Post-Acute and Long-Term Care](#)

Join this interactive, virtual community to help advance improvements in COVID-19 preparedness and prevention in long-term and post-acute care settings.

Schedule: Every Tuesday from 1:15 – 2:45 p.m. Mountain time, 12:15 – 1:45 p.m. Pacific time.

PDF Flyer: [COVID-19 Safety for Post-Acute and Long-Term Care - Downloadable Series Flyer \(PDF\)](#)

[Hepatitis C](#)

Hepatitis C care can easily be delivered by primary care providers with appropriate training and guidance. Learn how to screen for and treat this curable disease, help your patients avoid complications such as cirrhosis and help prevent the spread of HCV.

Schedule: Every first and third Monday from noon to 1:00 p.m. Mountain time, 11:00 a.m. to noon Pacific time, through September 27.

Don't Miss It: On June 14, family medicine and HIV specialist Christopher Link, MD, AAHIVS, will present a lecture on "Navigating HCV Treatment in the Justice System."

PDF Flyer: [Hepatitis C - Downloadable Series Flyer \(PDF\)](#)

Current Series at ECHO Idaho (continued)

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

Our longest-running series has seen an increase in attendance due to the burden of the coronavirus on those with substance use disorders. Primary care providers, behavioral health and addiction/ recovery specialists can all benefit from these discussions.

Schedule: Every second and fourth Thursday from 12:15 - 1:15 p.m. Mountain time, 11:15 a.m. to 12:15 p.m. Pacific time.

Don't Miss It: On May 27, support specialist and recovery coach Lindsay Brown, PCSS and Kaitlyn Shreeves, BS will present on "Re-Integration After Inpatient Treatment."

PDF Flyer: [Opioids, Pain and Substance Use Disorders – Downloadable Program Schedule \(PDF\)](#)

[Perinatal Substance Use Disorder](#)

Learn best practices for treating opioid and substance use disorder 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.

Schedule: Every second and fourth Wednesday from noon to 1:00 p.m. Mountain time, 11:00 a.m. to noon Pacific time.

Don't Miss It: On July 14, panelist Nicole Fox, MD, MPA will present on "Marijuana Use in the Perinatal Period."

PDF Flyer: [Perinatal Substance Use Disorder Series – Downloadable Series Flyer \(PDF\)](#)

Video: [Perinatal Substance Use Disorder Series](#)

[SIGN UP NOW](#)

What's Ahead at ECHO Idaho



[Pediatric Behavioral Health](#)

Begins this week! This in-demand, eight-part series gives you a chance to learn best practices for treating common mental health conditions in children, including depression, anxiety, trauma, suicide, comorbidity, substance use disorders and more.

Schedule: Every second and fourth Thursday from 1:00 – 2:00 p.m. Mountain time, noon to 1:00 p.m. Pacific time.

Series Launch: May 13, panelist Renee Robinson, PharmD, MPH, MSPH, presents "Suicide Assessment and Medication Management."

PDF Flyer: [Pediatric Behavioral Health – Downloadable Series Flyer \(PDF\)](#)



[X-Waiver Training](#)

To prescribe opioid use disorder medications, physicians, advanced nurse practitioners and physician assistants can acquire an x-waiver (also known as a MAT-waiver). ECHO Idaho, in conjunction with Providers Clinical Support System, makes it easy for you to obtain an x-waiver at no cost. Sign up for our virtual X-Waiver Training on Monday, September 20, 12:30 – 5 p.m. Mountain time / 11:30 a.m. – 4:30 p.m. Pacific time. Read FAQs and pre-register [here](#).

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