Hello ECHO Idaho,

Spring is starting to show up here in SW Idaho and I, for one, am grateful for it.

ECHO Idaho burns bright year-round and relies on grants and awards to do so. Did you see that Behavioral Health in Primary Care was recently featured in the news because of an award from Optum Idaho? Support like this ensures that mental healthcare is accessible from across the Gem State - from Salmon to Sandpoint, Mountain Home to Montpelier.

Our joint accreditation status is also big news. ECHO Idaho is the first and only Idaho institution to offer CE credits to psychologists and PAs through Joint Accreditation. More on that down below.

Last month, we held our 8th X-Waiver Training and 88% of attendees were waiver-seeking, meaning they plan to prescribe Medications for Opioid Use Disorder (MOUD). If you’re curious about earning your X-Waiver, we can help. The next live training is June 21 (RSVP required).

Until then, you can always drop-in to our newest series, Medications for Opioid Use Disorder (MOUD) Office Hours, for quick questions related to bupe, MAT, SUDs, opioids... anything!

See you at ECHO,

Lachelle Smith
Director, ECHO Idaho
Beginning this year, ECHO Idaho is jointly accredited to provide CE, meaning all individuals on a healthcare team — including physicians, PAs, nurses, social workers, pharmacists, psychologists and others — can claim CE for participating in the same live ECHO sessions.

Got a question related to opioids and/or substance use but don't want to ask it during ECHO's live sessions? We got you covered.

Every Thursday between 12:30 - 1:30 p.m. Mountain time Zoom into Medications for Opioid Use Disorders (MOUD) Office Hours for some one-on-one time with our addiction and recovery specialists. Your questions related to opioids, buprenorphine, MAT, regional resources and psychosocial challenges are all fair game.

Spend all 60 minutes or just six minutes at MOUD Office Hours; the series is designed for flexibility so that you may come and go as your schedule allows.

ECHO Idaho is Jointly Accredited!

“ECHO offers collaboration that is seldom available but often necessary to provide the best care possible to complex patients who may be suffering from multiple physical and mental health diagnoses simultaneously.”
- Dr. Rachel Root, psychologist and Behavioral Health in Primary Care series panelist since 2018.

In the Spotlight

Providing a Crucial Link to Multiple Recovery Pathways

Lindsay Brown, a panelist on ECHO Idaho’s Counseling Techniques for Substance Use Disorders series, doesn't have an advanced degree in medicine, psychology or social work.

As a certified peer recovery support specialist, her specialty is her degree of life experience — and for individuals who are just starting out on their recovery journey, that can make all the difference. Read more here and check out ECHO Idaho's latest Something for the Pain podcast episode to hear our interview with her.
FNP Project Results

Last year, ECHO Idaho helped FNP student Emma Henggeler connect with a community of specialists to provide a short educational intervention on best practices for postpartum depression in primary care. The project reached participants from across Idaho and the U.S.

The results demonstrated that participants were likely to make evidence-based changes to their practices following the intervention. See the full write-up here.

Idaho Medicaid and Maternal Health

Attention clinicians who provide behavioral health care and prenatal care to pregnant women: Idaho Medicaid wants to learn how to better serve pregnant participants with substance use disorder(s) and will host three virtual conversations in April. Raise your voice, provide critical information and feedback, and help save lives.

Email rachel.groat@dhw.idaho.gov for more information.
**ACROSS**

5. How buprenorphine may be taken, a word meaning “applied under the tongue.”

6. The “C” of ACT: a locally-based assertive mental health therapy designed for individuals with a serious mental illness who may struggle in group settings.

8. The “R” of EMDR: a trauma-therapy technique that involves rapid eye movement.

9. _____ Idaho: an organization that recently awarded ECHO Idaho $200k for mental health programming.

11. ______ county: Idaho’s most densely populated county.

14. ___ university: an institution that has been designated by its state legislature or Congress to teach agriculture, military tactics, and the mechanic arts as well as classical studies so members of the working classes obtain a liberal, practical education (Hint: University of Idaho is one).

15. Peer Support Specialists in Idaho are certified by this credentialling organization.


20. A chemical produced by the brain that communicates a feeling of pleasure to the body.

21. An anti-convulsant medication that treats seizures by decreasing abnormal excitement in the brain.

22. ______ a scaling system used to clinically determine the extent of a patient’s opiate withdrawal.

23. A trauma response that may come as an alternative to fight or flight.

**DOWN**

1. A pharmacist’s doctorate degree.

2. Viral ____ and Liver Care: an ECHO Idaho series that launched in April 2021.

3. _____ county: Idaho’s least populated county.

4. A Zoom feature where one might type a question or comment.

7. The generic name for Kloxxado which offers 8 mg of this opioid-reversing drug.

10. The “M” of MOUD.

12. A substance that when consumed in large quantities over prolonged periods of time can cause liver-disease.

13. ____ attack: an extremely uncomfortable whole-body event, the fear of which is its number one cause.

16. The “S” of ASD

17. ____ Test: also known as VADRS, a psychological assessment used to determine ADHD symptoms and their effects on behavioral and academic performance in children, ages 6-12.

18. An orange-yellow pigment that occurs normally when part of red blood cells break down; high levels of this can be an indication of liver disease.

Send a pic of your completed puzzle to echoidaho@uidaho.edu to win some ECHO swag!

Print this puzzle as PDF.
ECHO Idaho: In The News

- **ECHO Idaho Awarded Joint Accreditation for Interprofessional Continuing Education Status**
  *Lewis-Clark Valley News, Jan. 28, 2022.*

- **$200k Grant Will Help Beef Up Mental Health Training in Idaho**
  *KTVB Channel 7 Local News, Jan. 28, 2022.*

- **New Training Series Brings Specialized Autism Care to Idaho’s Frontier Areas**
  *Idaho Department of Health and Welfare Division of Behavioral Health Newsletter, Jan. 20, 2022.*

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