

UW SCHOOL OF MEDICINE  
at University of Idaho

# ECHO IDAHO

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# Idaho's Health Workforce Data

**35%**

**of Idaho's residents live in underserved counties.**

**More than 2,000 people per Primary Care Provider.**

(2018, AAFP Workforce Report)

**98.7%**

**of Idaho is a Primary Care Shortage Area.**

(2021, IDHW)

**100%**

**of Idaho is designated a Mental Health Professional Shortage Area.**

(2021, IDHW)



# Project ECHO - Idaho

*A virtual community for Idaho's healthcare workforce*



People need access to specialty care for complex conditions.



There aren't enough specialists to treat everyone, especially in rural areas.



ECHO® trains primary care clinicians to provide specialty care services.



Patients get the right care, in the right place, at the right time.

# ANATOMY OF AN ECHO

Each ECHO session follows a similar layout

- Access sessions through Zoom
- 20-30 minute didactic or knowledge burst with a Q&A session
  - Pre-chosen topic related to series
- Case presentation by an Idaho clinician
  - Expert panelists and audience members have the chance to ask questions and provide recommendations to the case presenter.



# ECHO Idaho Programs

## Live & Virtual Programs

- Autism
- Behavioral Health in Primary Care
- **Counseling Techniques for Substance Use Disorders**
- Healthcare Vitality
- Liver Disease & Viral Hepatitis
- **Opioids, Pain and Substance Use Disorders**
- **Veteran Care for Substance Use Disorders**
- K12 Education, including K12 Substance Use Prevention and Treatment

## On-Demand Programs

- **Podcast: *Something for the Pain***
- Modules: Hepatitis, Liver Disease, and Behavioral Health topics

## Other Resources

- **Curbside Consult for Opioid and Substance Use Treatment**



# Counseling Techniques for Substance Use Disorders

1<sup>st</sup> and 3<sup>rd</sup> Thursdays, noon – 1 p.m. Mountain time

## Target audience:

Counselors and other behavioral health professionals (i.e., recovery coaches, case managers, etc.)

## Upcoming Topics:

Aug. 1<sup>st</sup> – Reducing Risk for Re-Entry of Justice-Involved Individuals - Radha Sadacharan, MD, Physician, Full Circle Health

...

Sept. 19<sup>th</sup> – Ethical Boundaries to Prevent Burnout - Alana Brunner, LCPC NCC CCMHC, Clinical Manager, St Luke's Health System - **Ethics credit offered!**

## Panelists:

- **Nari Hsiu, DO**, Psychiatry and Addiction Medicine Specialist, Boise VA Medical Center
- **Derek Hayton, DO**, Family Medicine and Addiction Medicine Specialist
- **Natalia Samudovsky, LCPC, NCC**, Counselor, Trivium Life Services
- **Sara Bennett, LCPC, CADC**, Executive Director, Riverside Recovery
- **Cloeie Hood, LCSW, AADC**, Tegmentum Counseling Services
- **Kaitlyn Shreves**, Case Manager, HealthTrust
- **Kaitlin Killingsworth**, Certified Peer Recovery Coach, Brick House Recovery

# Opioids, Pain, and Substance Use Disorders

2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 12:15 p.m. – 1:15 p.m. Mountain time

## Target audience:

Primary care providers (MD, DO, PA, NP, RN, etc.)

## Upcoming Topics:

Aug. 8<sup>th</sup> – Long-Acting Injectable Buprenorphine –  
Alicia Carrasco, MD, Internal Medicine and Addiction  
Medicine Physician, Boise VAMC

Aug. 22<sup>nd</sup> - Behavioral Interventions for Alcohol Use  
Disorder - Sarah Samson, LCSW, Therapist Team  
Coordinator, Trivium Life Services

## Panelists:

- **Todd Palmer, MD**, Addiction Medicine Fellowship Director, Full Circle Health
- **Jacob Harris, MD**, Psychiatry and Addiction Medicine Specialist, Boise VA
- **Nina Abul-Husn, MD, MSPH**, Medical Director for Trivium Life Services and Raise the Bottom Addiction Treatment
- **Eli Harris, MD**, Pain Management Physician, Saint Alphonsus Health System
- **Cathy Oliphant PharmD**, Pharmacist, Professor and Co-Chair, ISU College of Pharmacy
- **Brenda Hoyt, NP**, Nurse Practitioner, Raise the Bottom Addiction Treatment
- **Cheryl Suhr, NP-C**, Raise the Bottom Addiction Treatment
- **Amy McKenzie, LCPC, ACADC**, Boise Clinical Director, Trivium Life Services

# Veteran Care for Substance Use Disorders

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, noon – 1 p.m. Mountain time

## Target audience:

Primary Care Providers, Counselors, Social Workers, Public Health Professionals, and Community Organizations

## Upcoming Topics:

Aug. 13<sup>th</sup> - Veteran Harm Reduction – Tom Hogan, LCSW, Harm Reduction Program Manager, Boise VA

Aug. 27<sup>th</sup> - Now What? Beyond the Substance Use - Kevin McFarland, Executive Director, Idaho Backcountry Veterans, Inc

## Panelists:

- **Nari Hsiu, DO**, Psychiatry and Addiction Medicine Specialist, Boise VA Medical Center
- **Andria Hollingshead, LIMHP, LDC, LMHC, SUDP**, Counselor, Spokane VA Medical Center (retired)
- **Sarah Samson, LCSW**, Therapist Team Coordinator, Trivium Life Services
- **Kirk Stadelmeyer, LCSW, ACADC, SUD**, Outpatient Program Manager, Boise VA Medical Center
- **Victoria Thompson, LCSW**, Suicide Prevention Specialist, Boise VA Medical Center
- **Christopher Stoeher, AEMT**, Idaho Backcountry Veterans



# Curbside Consult for Opioid & Substance Use Treatment

1<sup>st</sup>, 3<sup>rd</sup>, & 5<sup>th</sup> Thursdays, 12:30 p.m. – 1:30 p.m. Mountain time

## Target audience:

Primary Care Providers (MD, DO, PA, NP, PharmD), Counselors, Social Workers, and other Behavioral Health Professionals

## Aim:

Connect healthcare professionals treating patients with opioid- and substance-use disorders with addiction specialists and behavioral health experts to receive quality feedback, suggestions and support in real time.

## Next Consultation Hour:

Aug. 1<sup>st</sup>, join anytime between 12:30 p.m. and 1:30 p.m. MT

# ECHO Idaho's CE-Eligible Podcast

Using archived recordings from past ECHO sessions with subject matter experts, *Something for the Pain* is made for Idaho's healthcare professionals who help prevent, treat and facilitate recovery from substance use disorders.

**Season 2 – Perinatal Substance Use Disorders**

**Season 3 – Surveying Substance Use Disorders**

**Season 4 – Adolescent Substance Use Disorders**

More details: [uidaho.edu/echo-podcast](http://uidaho.edu/echo-podcast)



## SOMETHING FOR THE PAIN

PROJECT ECHO - IDAHO  
PODCAST

Use your smartphone's  
camera to access the  
website :



# Get Involved

## LEVEL 1: Attend a session

- Free CE credits available and an invaluable experience with other healthcare professionals across the state.

## LEVEL 2: Share a case

- Receive recommendations in real-time from our panel of experts and the ECHO community of healthcare professionals.

## LEVEL 3: Be a guest speaker

- Paid opportunity and CE credits available.

# Attend an ECHO Session

1. [Register for ECHO](#) by creating an Account
2. [Register/Enroll](#) in sessions



**University of Idaho**  
WWAMI Medical Education

Home

Learning Groups

Catalog

Calendar

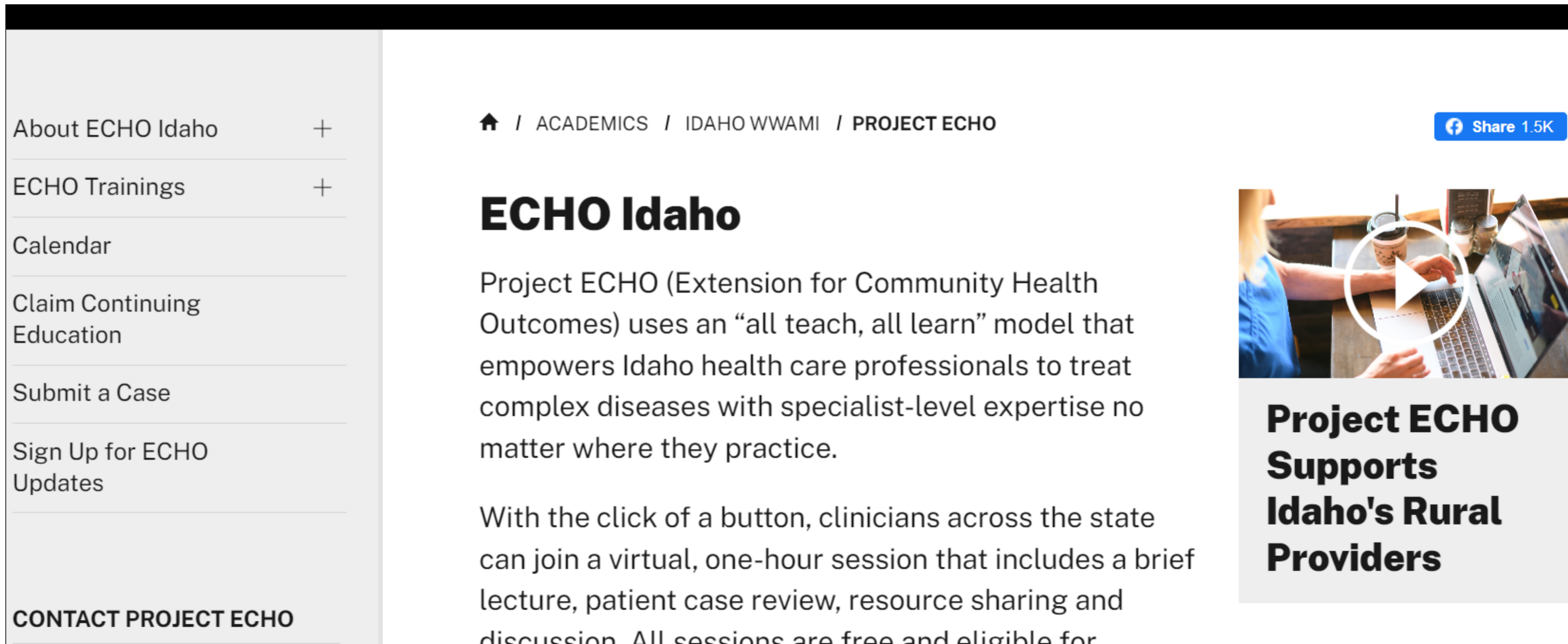
My account ▾

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**Welcome to the Office of Continuing Health and  
Medical Profession Education**

# Share a Case

Access [Case Forms](#) on Our Website



The screenshot displays the Project ECHO website interface. On the left is a navigation menu with the following items: 'About ECHO Idaho' with a plus sign, 'ECHO Trainings' with a plus sign, 'Calendar', 'Claim Continuing Education', 'Submit a Case', and 'Sign Up for ECHO Updates'. At the bottom of the menu is a 'CONTACT PROJECT ECHO' button. The main content area features a breadcrumb trail: 'Home / ACADEMICS / IDAHO WWAMI / PROJECT ECHO'. Below this is the article title 'ECHO Idaho' and a paragraph: 'Project ECHO (Extension for Community Health Outcomes) uses an “all teach, all learn” model that empowers Idaho health care professionals to treat complex diseases with specialist-level expertise no matter where they practice.' A second paragraph begins: 'With the click of a button, clinicians across the state can join a virtual, one-hour session that includes a brief lecture, patient case review, resource sharing and discussion. All sessions are free and eligible for'. To the right of the article is a social media share button for Facebook with the text 'Share 1.5K'. Below the article is a featured image of a person in blue scrubs pointing at a laptop screen, with a white play button icon overlaid. Underneath the image is a bold headline: 'Project ECHO Supports Idaho's Rural Providers'.

About ECHO Idaho +

ECHO Trainings +

Calendar

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CONTACT PROJECT ECHO

Home / ACADEMICS / IDAHO WWAMI / PROJECT ECHO

## ECHO Idaho

Project ECHO (Extension for Community Health Outcomes) uses an “all teach, all learn” model that empowers Idaho health care professionals to treat complex diseases with specialist-level expertise no matter where they practice.

With the click of a button, clinicians across the state can join a virtual, one-hour session that includes a brief lecture, patient case review, resource sharing and discussion. All sessions are free and eligible for

Share 1.5K

**Project ECHO Supports Idaho's Rural Providers**

# Let's Connect

Jocelyn Elvira

Program Manager, ECHO Idaho

Email: [jelvira@uidaho.edu](mailto:jelvira@uidaho.edu)

Suite 450 in the Water Center in Boise

Sign Up for Updates: [www.uidaho.edu/echo](http://www.uidaho.edu/echo)



# Thank you!

**“If providers can routinely tune into ECHO, they will build up expertise, confidence and feel more comfortable in that topic area. As a result, that provider can offer more of a service to their community.”**

**Todd Palmer, MD**

*ECHO panelist and participant*