

# University of Vermont Project ECHO Mental Health Advanced Series: Depression in Primary Care



## COURSE DESCRIPTION:

The Mental Health Advanced Series is a multi-year program with a fall and spring series each year. The 8-session fall series will discuss best practices and evidence-based care for patients experiencing depression, including strategies, screening tools, resources, clinical pearls, and emerging topics in the field. The multi-year program is designed to provide strong foundational knowledge and opportunities for in-depth exploration of mental health integration, with the aim of increasing provider confidence and skill. The spring series will focus on anxiety disorders, following a similar format and in the consistent timeslot of Wednesdays from 12:00-1:30.

## LEARNING OBJECTIVES FOR THIS ECHO SERIES INCLUDE:

1. Develop enhanced diagnostic and treatment skills in the care of patients with depressive disorders
2. Implement brief intervention and “rapid” cognitive behavioral therapy into practice
3. Incorporate suicide risk assessment and prevention into practice
4. Design optimal pharmacologic treatment regimens for patients with depression

**This series is offered at no-cost to participants through a grant from the Vermont Department of Health.** Participants can receive 1.5 CME credits for each learning session attended.

## 2023 FALL SERIES – Wednesdays from 12:00 to 1:30PM

WHO SHOULD ATTEND?	DATES	DIDACTIC TOPIC
The <b>target audience</b> is individuals or practice teams throughout Vermont providing adult primary care, including Family Medicine, Internal Medicine, Gynecology as well as Pediatricians caring for young adults in transition from pediatric to adult mental health care.	<b>Sept 6</b>	<b>Assessment of Depression in Primary Care</b> Sara Pawlowski, MD
	<b>Sept 20</b>	<b>Collaborative Care Model Approach: Depressive Disorders</b> Kerry Stanley, LICSW and Clara Keegan, MD
	<b>Oct 4</b>	<b>Brief Intervention Highlights and “Ultra-Rapid CBT”</b> Emily Greenberger, MD and Julia Terman, PhD
	<b>Oct 18</b>	<b>Advanced Psychopharmacology</b> Suzanne Kennedy, MD
	<b>Nov 1</b>	<b>Expectations in Treatment: STAR D Trial overview and update</b> Krista Buckley, MD
	<b>Nov 15</b>	<b>Suicide Risk Assessment and Prevention</b> Panel with Sravan Kakani, MD, Rick Dooley, PA-C and Sara Roberts, MD
	<b>Nov 29</b>	<b>Deprescribing in Depression Polypharmacy</b> Liz May, MD
	<b>Dec 13</b>	<b>Wrap-Up and Review/Participant identified topics</b> Mark Pasenen, MD

## TO REGISTER

Register by Friday, August 25, 2023: <https://redcap.med.uvm.edu/surveys/?s=PNEA33TCCF9AFRTF>. **This program has limited enrollment.** We encourage primary care teams to send multiple members; each participant must register individually. Registration closes and the cohort will be finalized on August 25, 2023.

## SAVE THE DATE:

**2024 Spring Series – Mental Health Advanced Series: Anxiety in Primary Care**

February 7 – May 1, 2024 from 12:00-1:30. Registration opens December 1, 2023.

General questions about the University of Vermont's Project ECHO can be directed to [Patti.Smith-Urie@uvm.edu](mailto:Patti.Smith-Urie@uvm.edu); clinical/topic-specific questions can be directed to [Mark.Pasenen@uvm.edu](mailto:Mark.Pasenen@uvm.edu)

## About Project ECHO

This program uses the Project ECHO model™. **Project ECHO**® (Extension for Community Healthcare Outcomes) is an evidence-based interactive distance-learning method developed by researchers at the University of New Mexico. During teleECHO™ sessions, experts and peers share their expertise across a virtual network via case-based learning, enabling practice teams to treat patients with complex conditions in their own communities.

## Each virtual learning session includes a brief lecture, a case presentation, and discussion. Participants commit to:

- Participate in each Project ECHO case-based learning session, using a virtual meeting platform (see program schedule);
- Use a webcam to participate face-to-face in each session (this is a core element of the Project ECHO model);
- Submit case(s) and present them to the group;
- Complete an evaluation survey at end of each session; and
- Provide requested evaluation feedback at the end of the full program.

<b>Learn more about UVM Project ECHO by visiting <a href="http://vtahec.org">vtahec.org</a>.</b>	<b>Other UVM Project ECHO 2023-2024 Series:</b>
	<b><u>UVM Project ECHO: Pediatric Mental Health – Complex Cases and Deeper Dives</u></b> <i>Course Director: Haley MacGowen, MD</i> <ul style="list-style-type: none"><li>• Monthly, 2<sup>nd</sup> Thursday 12:00-1:00</li><li>• October 12-May 9, 2024</li></ul>
	<b><u>UVM Project ECHO: Dementia Diagnosis and Care for the Primary Care Team</u></b> <i>Course Co-directors: Mary Val Palumbo, DNP, APRN, GNP-C and John Taylor, MD</i> <ul style="list-style-type: none"><li>• 2nd and 4th Thursdays 7:30-9:00AM</li><li>• FALL SERIES: <b>Dementia Diagnosis and Care for the Primary Care Team</b> (September 14 - November 9, 2023)</li><li>• SPRING SERIES: <b>Advanced Topics in Dementia Care for the Primary Care Team</b> (February 8- May 2, 2024)</li></ul>
	<b><u>UVM Project ECHO: Current Topics in School Nursing</u></b> <i>Course Director: Kathy Mariani, MD, MPH</i> <ul style="list-style-type: none"><li>• Monthly, Wednesdays 3:15-4:45</li><li>• October 4 – February 7, 2024</li></ul>

## Project ECHO: Doing More for More Patients

