



# Extension for Community Healthcare Outcomes (ECHO)

A Behavioral Health & Substance Use Disorder  
Resource for Rural Clinicians and Healthcare Teams

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# Session Goals

1. Understand Project ECHO and the role of Oregon ECHO Network (OEN) for addressing behavioral health topics
2. Learn about Adult Psychiatry I and II ECHO programs
3. Learn about ECHO program offerings in opioid use disorder, substance use disorders, and chronic pain
4. Know how to sign up for ECHO programs!



# Project ECHO

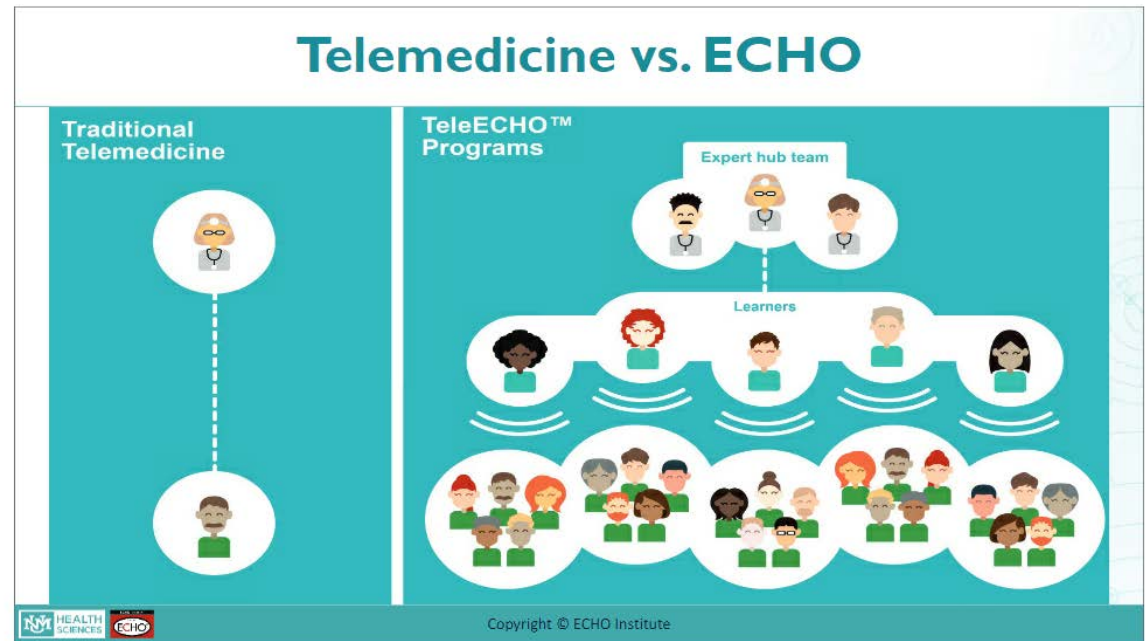
(Extension for Community Healthcare Outcomes)  
University of New Mexico – 2003

The collage features seven photographs of Project ECHO sessions:

- ECHO Whale:** A large group of people sitting around a conference table in a meeting room. A banner in the background reads "Project ECHO" and "UNM HEALTH SCIENCES".
- PCA Espanola:** Two women sitting at a desk in a clinical setting.
- Baton Rouge:** A man sitting at a desk in a clinical setting.
- Pecos Valley MC:** Two people sitting at a desk in a clinical setting.
- DOH Las Cruces:** Two people sitting at a desk in a clinical setting.
- SBRT-First Choice South Vc:** Three people sitting at a desk in a clinical setting.
- Memorial HDX7000:** A woman sitting at a desk in a clinical setting.
- LAS VEGAS ECFH:** A man sitting at a desk in a clinical setting.

# Project ECHO® Model Principles

1. Use technology to leverage scarce resources
2. Share “best practices” to reduce disparities
3. Case-based learning to master complexity
4. Program evaluation and data tracking



# *“All Teach, All Learn”*

- Clinicians learn from specialists
- Clinicians learn from each other
- Specialists learn from practicing clinicians

# Oregon ECHO Network (OEN)

Oregon Rural Practice-based Research Network

360

ECHO sessions have  
been delivered to  
learners

33

Oregon counties have  
had representation in an  
OEN program

783

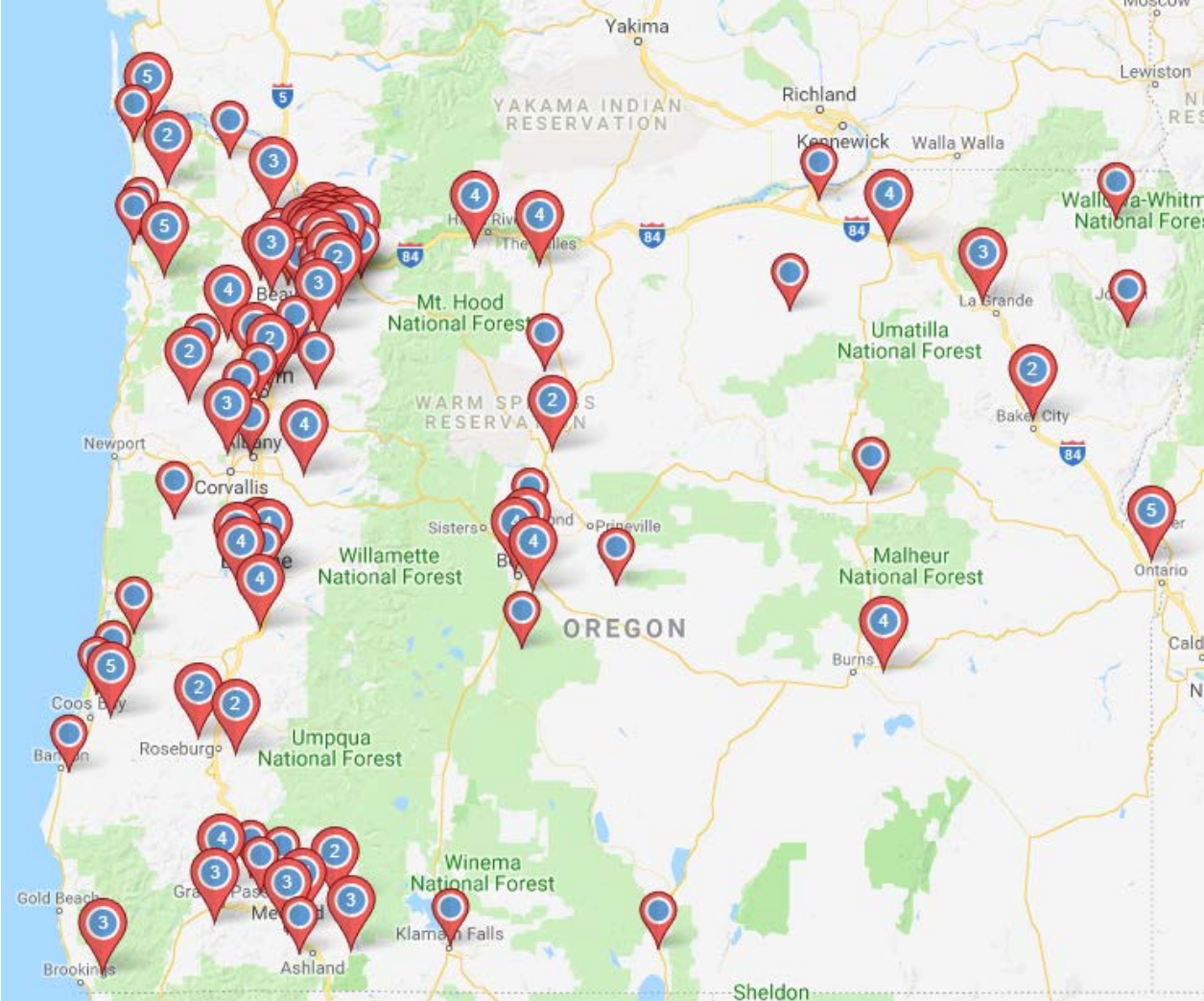
Learners across Oregon  
have participated in  
OEN programs

# Map of Participating Spoke Sites Since 2014

**Fall 2017 -**  
180 spoke sites

**Fall 2018 -**  
240+ spoke sites

**Winter 2019 -**  
300+ spoke sites



15 different  
ECHO  
topics have  
been offered  
in Oregon

# Oregon ECHO Network (OEN) Partners





# **ECHO for Behavioral Health in Oregon**

Dr. Ronald Stock



# Behavioral Health in Oregon

- 35% of Oregon's population lives in rural or frontier areas
- Reduced access to care and integration (up to 6 month wait times, shortage of clinicians, and lack of access to “pediatric, adolescent, and geriatric” behavioral health services)

Source: 2017 Office of Rural Health Listening Tour

# Oregon ECHO Pioneers

- Adult Psychiatry Medication Management- OHSU/HealthShare Collaborative
- Substance Use Disorders in Ambulatory Care- OHSU Addictions Med/OHA
- Team-Based Care ECHO Pilot Project (BH Integration in Primary Care)-  
ORPRN/CareOregon Collaborative

## Lessons Learned

1. Important topic
2. Clinic/practice/clinician readiness
3. “Nuts & Bolts”/System of care
4. ‘Practice situations’ as cases
5. Learned/experienced the details of running an ECHO (‘It doesn’t just happen’)

# Behavioral Health & Substance Use Disorder ECHOs

- Adult Psychiatry I
- Adult Psychiatry II
- Substance Use Disorders in Ambulatory Care
- Chronic Pain & Opioids
- Substance Use Disorders in Hospital Care
- Effective Systems for Treating Addiction in Primary Care
- Hepatitis C & Substance Use Disorders
- Child Psychiatry
- Integrated Behavioral Health for Pediatrics (New Program)
- Dementia 360
- Geriatrics Behavioral Health in an Age-Friendly Health Systems
- Nursing Facility Behavioral Health

# Adult Psychiatry I & II

## ECHO Programs

Dr. Jonathan Betlinski



# Adult Psychiatry

- First ECHO program in Oregon
- Offered every year since 2014
- Originally funded with grants from two CCOs
- Team includes Psychiatrist, PMHNP, Pharmacist, Coordinator, IT guru
- Started as a 40-week lunchtime curriculum covering Adult Psychiatry in Primary Care
- Evolved at year 4 into two 12-week cohorts that meet at 7:30 a.m.

*“Reviewing meds with a psychiatrist and pharmacist as presenters is wonderful. The little nuggets you offer are helpful and resonate as I am working with patients and their medications.”*

– Participant of Adult Psychiatry, 2014

# Adult Psychiatry I

- Offered each Spring
- 12-session program that covers the diagnosis, pharmacological and non-pharmacological treatment of the following conditions:
  - Major Depressive Disorder
  - Bipolar Disorders
  - Anxiety Disorders
  - Obsessive-Compulsive Disorder
  - Posttraumatic Stress Disorder
  - Assessing for Risk of Suicide

*“Thank you for making this available! These sessions improve patient care and connection for providers.” – Participant of Adult Psychiatry I, Spring 2019*

# Adult Psychiatry II

- Offered each Fall
- 12-session program that covers the diagnosis, pharmacological and non-pharmacological treatment of the following conditions:
  - Personality Disorders
  - Borderline Personality Disorder
  - Somatic Symptom Disorder
  - Psychosis and Schizophrenia
  - Dementia and Depression in the Elderly
  - Agitation in Dementia
  - Behavioral Health Concerns in Pregnant and Nursing Women
  - Adult Attention Deficit/Hyperactivity Disorder
  - Insomnia

Because of today's ECHO, *"I will be able to more accurately identify personality disorders and have more appropriate skills to manage patients with them."* – Participant of Adult Psychiatry II, Fall 2018

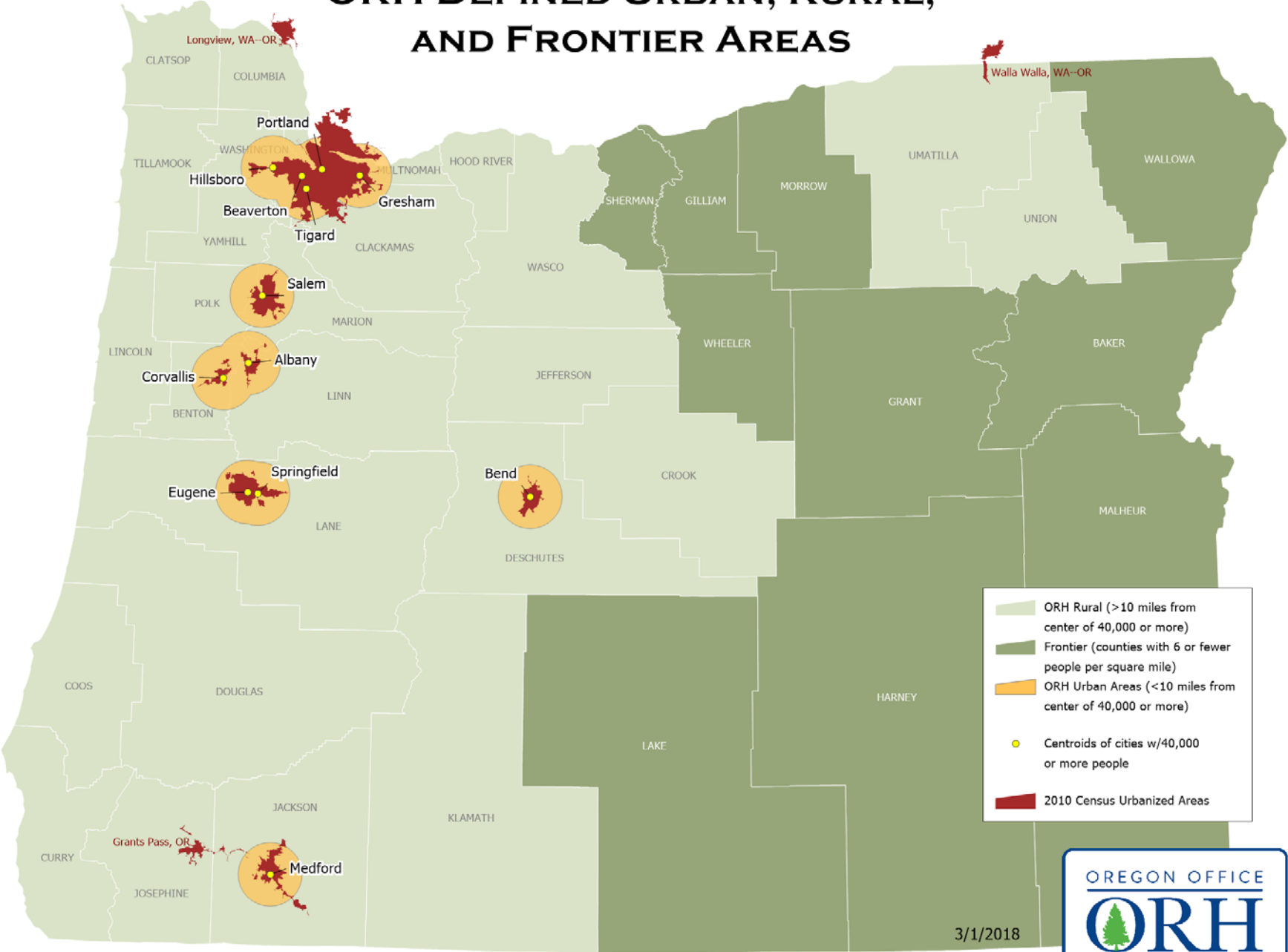


# Opioid Use Disorder, Substance Use Disorders & Chronic Pain ECHO Programs

Dr. Jessica Gregg



# ORH DEFINED URBAN, RURAL, AND FRONTIER AREAS



- ORH Rural (>10 miles from center of 40,000 or more)
- Frontier (counties with 6 or fewer people per square mile)
- ORH Urban Areas (<10 miles from center of 40,000 or more)
- Centroids of cities w/40,000 or more people
- 2010 Census Urbanized Areas



# Project ECHO Addiction Medicine Cohorts

340 providers trained since 2017 from nearly every Oregon county

2017/2018

Substance Use Disorders  
in Ambulatory Care  
(4 Cohorts)

2018/2019

SUDs in Ambulatory Care  
Chronic Pain & Opioids  
Effective Systems for  
Treating Addiction in  
Primary Care  
SUDs in Hospital Care

2019/2020

SUDs in Ambulatory Care  
Chronic Pain & Opioids  
Effective Systems for  
Treating Addiction in  
Primary Care  
SUDs in Hospital Care  
Hepatitis C & SUDs

# Addiction Medicine ECHO Programs

## SUD in Ambulatory Care

Program to help clinicians and their teams identify and treat substance use disorders in a primary care setting. Topics include:

- Opioid Use Disorder (OUD) and other SUDs (Benzodiazepine, Alcohol, Tobacco)
- Buprenorphine basics and induction basics
- Assessing and treating co-occurring mental illness and OUD
- Naltrexone, Methadone, and other medications for the treatment of addiction

# Addiction Medicine ECHO Programs

## Chronic Pain & Opioids

16-session program to help clinicians and their teams provide enhanced pharmacological and non-pharmacological treatment for chronic pain in primary care. Topics include:

- Understanding and assessing pain
- Appropriate and ethical treatment plans for patients with OUD
- Behavioral interventions for chronic pain
- Managing opioid tapers
- Identifying patients who may benefit from buprenorphine

# Addiction Medicine ECHO Programs

## Effective Systems for Treating Addiction in Primary Care

Program to help clinical teams build or improve systems of care that effectively treat addiction in a primary care setting. Topics include:

- Team-based approaches
- Administrative policies and protocols
- Processes to improve communication
- Trauma-informed systems of care
- Community referral pathways
- Standardized processes and workflows for patient office visits

# Addiction Medicine ECHO Programs

## SUD in Hospital Care

Program to build provider knowledge and systems capacity to treat addiction in hospital settings. Topics include:

- Understanding SUD
- Medications for OUD, including buprenorphine and methadone
- Acute pain management in a patient w/SUD
- Harm reduction and overdose prevention
- Trauma-informed care

# Addiction Medicine ECHO Programs

## Hepatitis C: Prevention & Elimination

Program will help build or improve systems of care that effectively treat hepatitis C in primary care. Topics include:

- Diagnosis, screening, and treatment of hepatitis B & C
- Identifying populations most at-risk for transmission of hepatitis C
- Prevention of transmission and re-infection
- Assessing fibrosis and cirrhosis
- Designing a team-based care approach to hepatitis C treatment



## Addiction Medicine ECHO Certificate – Goal

Foster leadership and expertise in the diagnosis, treatment, and systems development for the effective care of patients with substance use disorders (SUD) and chronic pain across a variety of clinical settings.

# Addiction Medicine ECHO Certificate – Criteria

Actively participate and complete **two** of the following core Addiction Medicine ECHO programs with **75% or higher attendance rates**:

- Substance Use Disorders in Ambulatory Care
- Chronic Pain & Opioids
- Hepatitis C: Treatment and Elimination

Actively participate and complete **one** of the follow systems-improvement Addiction Medicine ECHO programs with a **75% or higher attendance rate**:

- Effective Systems for Treating Addiction in Primary Care
- Substance Use Disorders in Hospital Care

# How do I participate!?

Anna Steeves-Reece



# Benefits of Participation

- Professional development
- Create community
- Participate from home or office
- No-cost CME and Maintenance of Certification credits
- Increased patient satisfaction
- Improves quality of care

# oregonechonetwork.org

The screenshot shows a web browser window with the address bar displaying 'oregonechonetwork.org'. The website header features the Project ECHO logo on the left and a navigation menu on the right with links for Home, All About ECHO, Programs, About Oregon ECHO Network, ECHO IT, Partners, Contact Us, and Log In. The main content area has a light beige background with the heading 'WELCOME TO THE OREGON ECHO NETWORK' in red. Below this is the large text 'Connect and Learn' in black. To the right of this text is a red button with the text 'Log In or Create Your Account'. A paragraph of text describes ECHO as an interactive educational and community-building experience. Below the text is a link to 'Oregon ECHO Network's current programs' and a note to scroll down to learn more. At the bottom of the main content area is a photograph of a rocky coastline with blue water.



# Questions/Comments for ECHO Panel

