



Extension for Community Healthcare Outcomes is a movement to de-monopolize knowledge and amplify local capacity to provide best practice for underserved communities.

Join us every Wednesday from January 30 to April 10 at 3:30—5:00 pm through Zoom

Jan 30	Treatment of Anxiety Disorders in Adults
Feb 6	Difficult to Treat Depression in Adults
Feb 13	Treatment of Alcohol Use Disorders in Adults
Feb 20	Addressing Cannabinoid Misuse Across the Age Continuum
Feb 27	PTSD in Children
Mar 6	Inattention / Impulsivity in Children
Mar 13	<i>"I've Tried Non-pharmacological Strategies But They Didn't Work."</i> An Approach to the use of both on and off label medications for complex behaviours in dementia
Mar 20	Cancelled for Spring Break
Mar 27	Cancelled for Spring Break
Apr 3	Sleep better. An approach to the Treatment of Insomnia in Older Adults
Apr 10	BZ- Z'd. Benzodiazepines, Z drugs and Older Adults

TeleECHO Physician Leaders

- ◇ Dr. Matt Burkey, Child & Youth Psychiatrist
- ◇ Dr. Carol Ward, Geriatric Psychiatrist
- ◇ Dr. Paul Carey, Adult Psychiatrist

To receive a registration package for this ECHO Program, please send an email to **echo@interiorhealth.ca**

Or visit our website

<https://www.interiorhealth.ca/sites/Partners/ProjectECHO>

Phone: 250-808-0364 Fax: 250-549-6358



Mental Health & Substance Use ECHO

People living with chronic medical conditions achieve better healthcare outcomes when they are treated by providers in their own communities who are knowledgeable about their condition.

The MHSU TeleECHO Clinic unites an interprofessional team of experts in MHSU Care in rural, underserved areas of Interior Health.

Individual cases are presented by the treating provider and discussed by the group in order to provide a consultative advice on common MHSU disorders.

Who should attend?

Physicians, nurse practitioners, nurses, counsellors, social workers, community health workers and anyone else with interest.

Note: Non-Physicians/Non-NPs will need to join the session in a location along with a physician or NP (due to limited number of lines).

How to participate in a TeleECHO Clinic

- ◆ Complete the registration package
- ◆ Submit a recent, complex MHSU case from your practice
- ◆ Participate in a brief lecture presentation (15 min)
- ◆ Participate in Case-Based Learning via Zoom Videoconferencing system
- ◆ Complete online evaluation forms to receive CME credits and an evaluation on knowledge and self-efficacy related to management of MHSU disorders

Typical TeleECHO Clinic

3:30 - 3:40.....Introductions
3:40 - 4:00.....Didactic Presentation
4:00 - 5:00.....Case Presentations

Benefits

- ◆ Weekly case-based clinical discussions on evaluation and treatment of MHSU disorders
- ◆ Gain up-to-date knowledge of best practices
- ◆ Improve confidence in managing patients with MHSU disorders
- ◆ Enhance knowledge of MHSU so that you can become a resource for MHSU care in your practice and community.
- ◆ Sessions are CME accredited for physicians.
- ◆ Free activity