



JOIN THE IOWA PCA BEHAVIORAL HEALTH (BH) ECHO

90-minute sessions every 2nd Friday of the month from
12:00 pm – 1:30 pm | January 8, 2021 – December 10,
2021

ABOUT ECHO

Extension for Community Healthcare Outcomes is a movement to de-monopolize knowledge and amplify local capacity to provide best practice care for underserved people all over the world.

BH ECHO SESSIONS

Every Second Friday of the Month
(starts 1/8/2021)
12:00 pm – 1:30 pm

PARTICIPATION

If you are interested in participating, please email echo@iowapca.org the following information:

- Name
- Title
- Organization Name

BEHAVIORAL HEALTH (BH) ECHO

Led by a panel of behavioral health experts, BH ECHO helps participants learn best practices for treating common mental health conditions, connect with peers from around the state to discuss and learn best practices in identifying and treating BH issues. The curriculum is delivered at no-cost, through case-based learning strategies via video conferencing technology.

WHO SHOULD ATTEND?

Primary care physicians, Nurses, Mental Health Professionals, SUD professionals, or any clinic staff who support BH services.

HOW TO CONNECT

Connect using the platform Zoom for all sessions. You do not need a Zoom account. It is best if you are in a room or using a computer with a camera and microphone.

CONTINUING EDUCATION CREDIT

MD: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Iowa Medical Society (IMS) through the joint providership of Des Moines University (DMU) and Primary Health Care, Inc. DMU is accredited by the IMS to provide continuing medical education for physicians. DMU designates this live, online activity for 1.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DO: Des Moines University (DMU) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. DMU designates this program for a maximum of 1.5 AOA Category 2 A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Nurse: Des Moines University is Iowa Board of Nursing approved provider #112. This live activity has been reviewed and approved for 1.5 continuing education contact hour(s). No partial credit awarded.

Other Health Professionals: This live activity is designated for 1.5 AMA PRA Category 1 Credit(s)[™].

Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA).





PROGRAM DESCRIPTION

Behavioral Health (BH) ECHO

The BH ECHO is a tele-mentoring program that uses videoconferencing technology (Zoom) to combine didactic presentations with interactive and practical case presentations from participants.

BH ECHO Session Format

- Welcome and Agenda Overview
- Didactic Presentation by Subject Matter Experts
- Didactic Q&A
- Case presentation(s)
- Case Discussion
- Session Evaluation

Didactic sessions will include information on:

- Pain Management and Diagnosing Opioid Use Disorder
- HIV, Hepatitis and Opioid Use Disorders in Rural communities
- Screening, Brief Intervention and Referral to Treatment (SBIRT)
- Alcohol Use Disorders, Problem Gambling
- Treatment of Psychiatric Disorders in Primary Care
- Trauma-Informed Care
- Other related topics



ECHO HUB

Team of Specialists



ECHO SPOKE

Providers



PATIENT REACH



PARTICIPANT LEARNING OBJECTIVES

- Gain knowledge and understanding of the Behavioral Health issues through didactic presentations.
- Participate and share experiences in discussions with peers and experts about topics specific to diagnosis and treatment of mental illness and substance use disorders.
- Provide feedback to experts and evaluators on current best practices in integrating behavioral health care in primary care, as applicable.
- Access tools and resources for implementing the knowledge received during the sessions within participant's organizations

CASE PRESENTATIONS

- Case presentations are truly the core of every ECHO session. During each ECHO session each participant who chooses to present will gain access to unique feedback and questions from a wide range of peers and experts in an all-teach, all-learn modality. The ECHO session facilitator will moderate the case presentation and discussion portion of every session to ensure all participants have a change to engage in the peer-to-peer learning.
- To submit a case to present during a session, contact glamba@iowapca.org



Meet the HUB Team Members for the Iowa PCA Behavioral Health ECHO Clinic



Dr. Bery Engebretsen, MD, has served as the Chief Medical Officer and leader of Primary Health Care since 1982 in Des Moines, Marshalltown and Ames. Dr. Engebretsen continues to operate the Wellness Center and participate in the operation of the PHC residency programs. His new role at Primary Health Care is Chief Visionary and his interests are on prevention and wellness activities for the patients in primary care. Dr. Engebretsen will facilitate the discussion for the case presentation section in this ECHO series.



Dr. Nicole Gastala, MD is the Director of Behavioral Health and Addiction at UI Health Mile Square Health Centers, an academic FQHC system within the University of Illinois Health System. She is an assistant professor of clinical family medicine in the department of family medicine at University of Illinois Chicago. She is board certified in family medicine and addiction medicine. Dr. Gastala provides full spectrum outpatient family medical care as well as medications for opioid use disorders in underserved settings.



Dr. Janice Landy, MD, joined UnityPoint Health in July 2018 as the Medical Director for Behavioral Health Services in the central region. She practices inpatient psychiatry at Iowa Lutheran Hospital and also sees patients in the Unitypoint Behavioral Health Urgent Care in Des Moines. She supervises residents in the Broadlawns-Unity Point psychiatry residency program, and also supervises advanced practice providers at Unity Point, and Eyerly Ball Community Mental Health Center.



Andrea Storjohann, MSN, ARNP, PMHNP-BC, CADC, is a board-certified psychiatric nurse practitioner who also holds a certification as an alcohol drug counselor (CADC). She's spent over a decade working in healthcare, with the last 6 years dealing directly with substance use disorder and pain management. Andrea has presented for the Iowa Health Care collaborative, is a member of the Medication Assisted Treatment ECHO hub, and provides technical assistance related to MAT program start up via the Opioid Response Network (ORN-TA). Andrea and her work with Dr. Nicole Gastala, have been featured in the New York Times Articles: When an Iowa Family Doctor Takes on the Opioid Epidemic, and Inside a Killer Drug Epidemic: A Look at America's Opioid Crisis. Andrea and her team were presented with Addiction Policy Forum's Innovation Now award in June of 2019 for their work related to improving access to medication assisted treatment throughout the state.



Nicolas Foss, MS, IADC, BACC, ICGC-II, is the Associate Director for Treatment Services at Alcohol and Drug Dependency Services of Southeast Iowa. He is an International Alcohol and Drug Counselor, International Certified Gambling Counselor II, and Board Approved Clinical Consultant. Mr. Foss has specialized in treating problem gamblers for the past 10 years, and is now focused on developing broader evidence based addictions treatment programming at a private non-profit agency in Burlington, IA. Nicolas is doctoral student at Grand Canyon University in behavioral health leadership. He resides in Mt. Pleasant, IA with his wife and three children.



Danielle O'Brien-Day, LMHC, joined CHCSI in 2010. Ms. O'Brien-Day earned her Master of Science from St. Cloud State University and is an active Licensed Mental Health Counselor (LMHC) and Nationally Certified Counselor (NCC). She currently serves patients in the Centerville and Chariton offices and surrounding schools. Ms. O'Brien-Day serves as the Behavioral Health Director for CHCSI since 2012 and serves as the PCA Board Representative for Behavioral Health.



Gagandeep Lamba, MA, MS, MBA, is a Behavioral Health Consultant at Iowa Primary Care Association, providing training, technical assistance, and quality improvement support to Iowa's federally qualified health centers in integrating behavioral health services. In her current role, she is currently responsible for managing the integrated care projects funded through IDPH and SAMSHA in implementing evidence-based interventions to integrate BH screenings and interventions across health centers of Iowa. Gagan has a Masters in Clinical Psychology from Alabama A&M University. Gagan worked as a crisis counselor in India, and a Children's and Family Therapist in Champaign, IL followed by Foster Care Program Manager at the Illinois Department of Children and Family Services. Gagan will serve as the Program Coordinator for the BH ECHO program.



Kristi Roose, BA, CPHIMS, is the Technology Director of Iowa PCA where she supports technology operations for the statewide INConcertCare Health Information Technology Network. Kristi has over 20 years experience in Information Technology including 10+ years in Health Information Technology. Kristi is a Certified Professional of Health Information & Management Systems and received a Bachelor of Science degree in Management Information Systems and Finance from Iowa State University. Kristi will be providing IT support to the BH ECHO Sessions.



Julie Baker, MPH, CHCEF, is the Director of Clinical Consulting at the Iowa PCA providing oversight and leadership to the projects related to clinical quality, behavioral health, oral health and value-based care. She will assist in oversight of program coordination activities for the Behavioral Health ECHO and grant management for the State Opioid Response grant.