

## Information for Participants

### WHAT IS PROJECT ECHO?

Project ECHO (Extension for Community Healthcare Outcomes) is an innovative guided-practice model developed by the University of New Mexico that facilitates the reduction of health disparities in underserved and remote areas using video conferencing technology. Through tele-mentoring, ECHO employs a “hub-and-spoke” knowledge-sharing approach in which expert teams lead virtual workshops, amplifying capacity for health professionals to deliver best-in-practice care to the underserved in their communities.

Project ECHO also facilitates a wide array of programs in support of mental health and substance use disorders, education, and public health. The Center for Excellence in Public Health (CEPH) at the University of New England serves as a resource for providing training for health professionals throughout Maine using the ECHO model.

### WHAT DOES A SPECIFIC ECHO PROGRAM INVOLVE?

An ECHO program connects a broad array of health professionals for a series of virtual sessions focused around a specific health condition or public health topic. Participants from disparate locations gather monthly, forming a community of practice as they work together in repeated sessions.

During teleECHO™ sessions, subject matter experts deliver didactic material, and one participant presents a case for discussion, allowing for the hub team to share their expertise across the virtual network of “spoke” participants via case-based learning. An ECHO can be developed for virtually any health-related topic and tailored to local circumstances, with the goal of enhancing the capacity of health professionals and stakeholders to address complex health issues within their own communities. CEPH recently developed and facilitated *COVID-19 Matters in Maine*.

### WHO IS ELIGIBLE TO PARTICIPATE?

Any health professional who wants to engage in a topic, share their experience, and learn from their peers may participate in ECHO programs. Participants may include, but are not limited to:

*Behavioral Health Professionals, Caregivers, Community Health Workers, Dietitians, Health Care Leaders, Medical Assistants, Nurses, Paramedics/EMTs, Pharmacists, Physicians, Physician Assistants, Public Health Professionals, Social Workers*

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### WHAT IS THE COST, AND WHAT ARE MY RESPONSIBILITIES?

Programs are free, yet require a commitment to engage actively in the peer learning community by coming prepared to participate, attending most sessions in a series, and sharing case presentations and ideas with the group.

### WHAT ARE THE BENEFITS?

Through ECHO's online learning networks, health professionals gain the expertise and support they need to address community health needs and care for clients who have complex health conditions, regardless of geographic location or access to specialty care. Past participants have experienced 1) increased confidence in their ability to offer specialty care for common, complex conditions; 2) increased job satisfaction; 3) reduced sense of isolation; and 4) improved ability to use best practices when caring for patients and clients. CME credit is also available.

### WHAT ECHOS ARE ON THE HORIZON THROUGH CEPH?

- Substance Use Disorder Prevention and Treatment
- Grantwriting for Public Health
- Cultural Competency for Public Health
- Social Determinants of Health
- Adolescent Mental Health

FOR MORE INFORMATION ABOUT PARTICIPATING IN THE CENTER FOR EXCELLENCE IN PUBLIC HEALTH'S PROJECT ECHO PROGRAMS, CONTACT [ceph-echo@une.edu](mailto:ceph-echo@une.edu)