

Pediatric Psychiatry in the Primary Care Setting ECHO®

The **Maine Pediatric and Behavioral Health Partnership's** established ECHO Learning Collaborative is a structured forum for primary care providers and their clinical team members to bring complex pediatric behavioral health cases for review and recommendations. Through a mix of brief, high-yield didactic presentations and exploration of complex patient cases, our team approach allows you to connect with subject matter experts and peers from around the State to discuss what really works.

Register Today



What does the Pediatric Psychiatry ECHO Offer?

- Increased comfort and confidence to manage complex pediatric psychiatry cases.
- Real-time clinical review of cases with the specialized team at Maine Pediatric and Behavioral Health Partnership.
- Confidence to detect, assess, treat and refer children in the pediatric care settings.
- Effective resources for your patients, families and communities.

WANT TO LEARN MORE?
Contact: Sherri Billings
sbillings@MCD.org

ECHO SESSIONS ARE ONGOING & HELD VIRTUALLY BY ZOOM

on the **1st WEDNESDAY** of each Month

🕒 Noon – 1:00 pm

How does it work?

Register through ZOOM online

The target audience is primary care providers, but all clinicians are welcome.

Receive regular emails with login information, agenda and resources.

Cost: Free.
 Earn: CME's upon survey completion.

The Maine Medical Education Trust designates each ECHO session for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Maine Medical Education Trust, Maine Pediatric and Behavioral Health Partnership, and MCD Global Health. The Maine Medical Education Trust is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.

Meet Our Team

Subject Matter Experts



Nadia Mendiola, MD
 Child Psychiatrist
 Northern Light Acadia Hospital



Greg Marley, LCSW
 Clinical Director
 NAMI Maine



Joshua Newman, MD
 Medical Director
 Northern Acadia Light Hospital



Jesse Higgins, PMHNP
 Director of Integrated Behavioral Health
 Northern Light Acadia Hospital



Amy Mayhew, MD, MPH
 Medical Director
 Maine Medical Center



Jennifer Scott, PMHNP
 Pediatric Psychiatric Services
 Northern Light Acadia Hospital

Not pictured: A Case-specific Regional Children's Behavioral Resource Coordinator will join each meeting as an SME to help coordinate patient-local resources.

Program Leaders & Partners



Sherri Billings
 ECHO Program Coordinator
 MCD Global Health



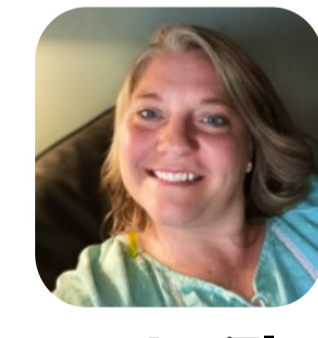
Julie Carroll
 Project Manager
 Maine Medical Center



Kim Gosselin
 MPBHP Project Manager
 Maine DHHS, CDC



Jen Laferte-Carlson
 Program Coordinator
 Northern Light Acadia Hospital



Stacey LaFlamme
 MPBHP Project Director
 Maine DHHS, CDC

Past Topics and Tentative Schedule

APPROACHING PSYCHIATRIC PROBLEMS IN PRIMARY CARE	MARIJUANA AND THE PEDIATRIC POPULATION
AGGRESSIVE BEHAVIORS AND OUTBURSTS	CBT WITH PCP
DEPRESSION AND ANXIETY	PICTURE SCHEDULES AND VISUAL TIMERS
MOOD STABILIZERS IN TEENS	4-SESSION RAPID ECHO: CO-OCCURRING DISORDERS
SELF-INJURY AND SUICIDE MANAGEMENT	HCT CLINICAL STRATEGIES
WHOLE TREATMENT / WHOLE TEAMS	CHANGING BEHAVIORS WITH BCBA
CRISIS MANAGEMENT	ADDRESSING BARRIERS WITH MPBHP

What is ECHO?

The ECHO methodology is a learning framework that applies across disciplines for sustainable and profound change.

ECHO participants engage in a virtual community with their peers where they share support, guidance and feedback. As a result, our collective understanding of how to disseminate and implement best practices across diverse disciplines continuously improves and expands.

We call it “all teach, all learn.”

What do we want from you?

We want you to...

- be brave and share a challenge
- contribute your ideas
- be supportive of others
- not disclose any identifying information about client, students, patients, or colleagues
- complete data surveys for evaluation of program quality

Guiding Principles:

- Use **Technology** to leverage scarce resources.
- Share “**best practices**” to reduce disparities.
- **Case based learning** to master complexity.
- Track data to **monitor outcomes**.

