

**Rural Health ECHO (AMFM: Appalachian Mountain Family Medicine) (2/1/2023-1/31/2024)**

**Rural Health ECHO (AMFM) - 11/3/2023**

November 3, 2023 12:15 PM

Online

**Description**

While caring for patients in rural, underserved areas, primary care clinicians often encounter mental and behavioral health concerns. Most patients with mental health symptoms seek treatment from their primary care provider, rather than specialty clinics. Primary care providers may have difficulty managing, treating, and referring patients for specialty conditions due to knowledge of conditions and access to specialists. Appalachian Mountain Family Medicine Behavioral Health Project ECHO (AMFM Project ECHO) aims to give primary care clinicians access to specialists and behavioral health experts to increase their knowledge of specialty conditions and to engage in interdisciplinary case consultation. The ETSU College of Medicine, Department of Family Medicine developed AMFM Project ECHO to achieve this goal by linking a diverse specialist team including behavioral health experts (the hub) with various primary care clinicians working within rural and medically underserved communities (the spokes). The following model offers training in treatment strategies and opportunities to learn more while discussing complex patient cases. The monthly interactive hub-spoke video conferences (using simple video-conferencing software from any desktop computer or mobile device) will consist of a: 1. Short didactic presentation by a specialist, 2. Case presentation by a participant, and 3. Interactive, non-hierarchical discussion amongst all attendees Didactic and case discussions will address assessment, management, and treatment of behavioral health conditions commonly seen in a primary care setting and referred for specialty evaluations (e.g., anxiety, depression, PTSD, substance use disorder, etc.) By implementing AMFM Project ECHO, we hope to increase provider knowledge and confidence in working with these conditions. To do so, we are creating a learning network and offering peer support and materials to enhance a provider's ability to manage specialty conditions while promoting patients' understanding of self-managing.

**Accreditation**

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the Quillen College of Medicine, East Tennessee State University. The Quillen College of Medicine, East Tennessee State University is accredited by the ACCME to provide continuing medical education for physicians.

**Credit Designation**

**CME Credit:** The East Tennessee State University, Quillen College of Medicine designates this activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Non-Physician Credit:** Quillen College of Medicine, East Tennessee State University designates this activity for a maximum of 1.00 participation hours.

Should you need special accommodation to fully participate in the program,

please contact the Office of CME at (423) 439-8027.

Please allow sufficient time to arrange the accommodation.

**Faculty & Planners**

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| --- | --- | --- |
| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| Ivy Click, EdD | Other Planning Committee Member | Nothing to disclose - 02/02/2023 |
| Patricia A Harnois-Church, PhD,RN | Nurse Planner | Nothing to disclose - 08/30/2023 |
| Amanda Stoltz, MD | Course Director | Nothing to disclose - 10/26/2023 |
| Randi G Bastian, DrPH, MPH | Activity Coordinator | Nothing to disclose - 10/13/2023 |
| Alexander Melkonian, PhD | Activity Coordinator | Nothing to disclose - 10/26/2023 |
| Cody Hostutler, PhD | Faculty | Nothing to disclose - 10/27/2023 |

**Commercial Support**

This activity has been developed without commercial support.