

Resiliency Project ECHO

Sustaining Well-being and Resilience in Trauma-Exposed Health Care Teams

MaineHealth is launching a **Resiliency Project** to support you and your teams during this difficult time.



WHO?

- Spoke sites:
 - Hospital providers & clinical staff & teams
 - Ambulatory providers and clinical staff & teams
 - Hub site: MaineHealth, Maine Behavioral Healthcare
- Presenters include:
- Steve DiGiovanni, MD- Medical Director, Outpatient Clinics, Maine Medical Partners, Medical Director, Adverse Childhood Experiences Program (ACEs), MaineHealth
 - Dory Hacker, LCSW, Clinical Manager, Maine Behavioral Healthcare, Clinical Specialist, ACEs Program, MaineHealth
 - Stacey Ouellette, LCSW, Director, Behavioral Health Integration, Maine Behavioral Healthcare, Clinical Specialist, ACEs Program, MaineHealth



WHAT?

- **Resiliency ECHO** will focus on Sustaining Well-being and Resilience in Trauma-Exposed Health Care Teams. Participants will:
 - Recognize normal stages of adaptation in large-scale crises
 - Identify the negative effects of compassion fatigue, secondary trauma, and burnout
 - Learn strategies to manage stress reactions and increase personal and community resiliency
 - Learn skills to build team strength in times of crises
- Each call will include a guided discussion around current struggles, stressors and strategies to address them as well as a didactic component.
- Weekly curriculum will be provided to spokes prior to launch of the project.
- Not required-Case Review: Spokes may submit cases or [sign up](#) to present a case prior to the call.



WHERE?

- Anywhere! The virtual model allows you to participate from your practice or any location that is convenient for you.
- Call in as a group in a practice or individually from your phone/computer.



WHEN?

Every Wednesday from 12:00 p.m.–12:50 p.m.
Beginning April 15th, 2020



Session Link: <https://echo.zoom.us/j/156379662>

<https://mainehealth.org/healthcare-professionals/telehealth/project-echo>

MaineHealth



281-235-4936



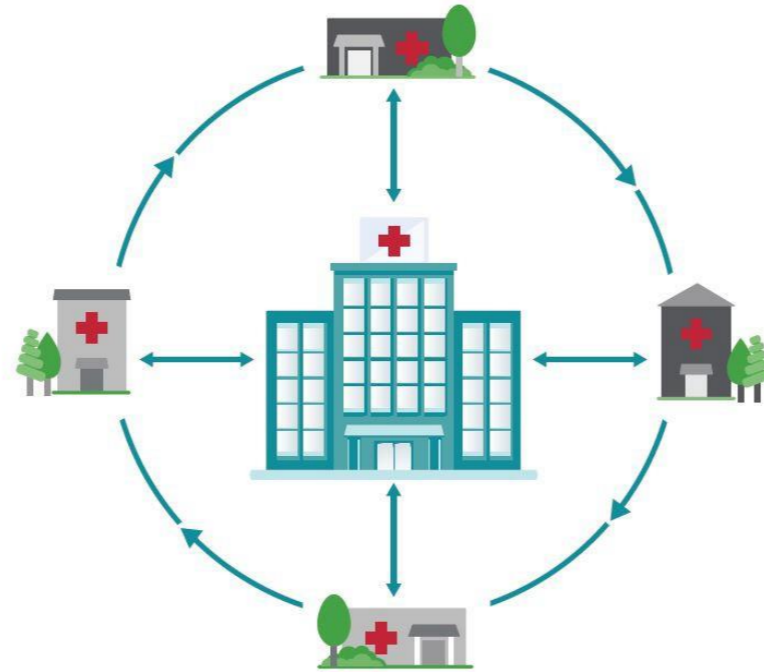
ekhan@mainehealth.org

Project ECHO

In the U.S. and around the world, people are not getting access to the specialty care they need, when they need it, for complex and treatable conditions.

Moving Knowledge, Not Patients

Through technology-enabled collaborative learning, ECHO creates access to high-quality specialty care in local communities.



Hub and spoke knowledge-sharing networks create a learning loop:

- Community providers (spokes) learn from specialists.
- Community providers learn from each other.
- Specialists (hub) learn from community providers as best practices emerge.

Doing More for Patients



PATIENTS

- Right Care
- Right Place
- Right Time



PROVIDERS

- Acquire New Knowledge
- Treat More Patients
- Build Community of Practice



COMMUNITY

- Reduce Disparities
- Retain Providers
- Keep Patients Local



SYSTEM

- Increase Access
- Improve Quality
- Reduce Cost

Changing the World, Fast



NEW MEXICO

- Project ECHO started in NM and now has more than 300 community clinic sites
- 77,000 CME credits provided for free via ECHO-operated clinics



NATIONAL

- Operating in 30 states and growing
- 45 complex conditions



GLOBAL

- Operating 86 hubs in more than 13 countries and growing
- Goal of touching 1 billion lives by 2025



Are you part of ECHO?

MaineHealth