



Project ECHO® (Extension for Community Healthcare Outcomes)

First Responder Resiliency ECHO

Mondays, 2:00 – 3:00 PM MT / 4:00 – 5:00 PM ET

First Responder Resiliency ECHO – 2020 Resources

Click “Resources” below for session agendas, presentation slides, video recordings, and additional resources.

[Click here for general resources for all first responders and frontline healthcare workers.](#)

Session Date	Presentation Topic	Speaker	Resources
Apr 13, 2020	Building Resiliency	George Everly Jr, PhD, ABPP	Resources
Apr 20, 2020	Building Resiliency: Self-Care	George Everly Jr, PhD, ABPP	Resources
Apr 27, 2020	Psychological First Aid: Introduction	George Everly Jr, PhD, ABPP	Resources
May 4, 2020	Psychological First Aid: Listening & Triage	George Everly Jr, PhD, ABPP	Resources
May 11, 2020	Psychological First Aid: Intervention & Referral	George Everly Jr, PhD, ABPP	Resources
May 18, 2020	Psychological First Aid: Challenging Applications	George Everly Jr, PhD, ABPP	Resources
May 25, 2020	No TeleECHO Session		
Jun 1, 2020	Taking Stock of Our Relationships	Jeff Katzman, MD	Resources
Jun 8, 2020	Reactions to Difficult Experiences	Jeff Katzman, MD	Resources
Jun 15, 2020	Stresses on Children in the Time of COVID	Anilla Del Fabbro, MD	Resources
Jun 22, 2020	Building Community Resilience with Psychological First Aid	George Everly Jr, PhD, ABPP	Resources
Jun 29, 2020	Anxiety Management	Nils Rosenbaum, MD	Resources
Jul 6, 2020	No TeleECHO Session		
Jul 13, 2020	Building Organizational Resilience via Crisis Leadership	George Everly Jr, PhD, ABPP	Resources
Jul 20, 2020	Mitigating Anxiety	Elizabeth Romero, MD	Resources
Jul 27, 2020	Happiness	Nils Rosenbaum, MD	Resources
Aug 3, 2020	The Dual Public Health Crises of Chronic Pain and Substance Use Disorder during the COVID-19 Pandemic: An Intersection Illuminating Critical Public Health Issues	Joanna Katzman, MD, MSPH	Resources
Aug 10, 2020	Introduction to Moral Distress for the Caring & Serving Professionals	Cynthia Geppert, MD	Resources
Aug 17, 2020	The Hospitalized Patient Experience	Emiliano Valles, MD	Resources
Aug 24, 2020	Childhood Anxiety during the Pandemic	Anju Jaiswal, MD	Resources
Aug 31, 2020	COVID's impact on Emergency Medicine Care	Margaret Greenwood-Ericksen, MD	Resources

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Sep 7, 2020	No TeleECHO Session		
Sep 14, 2020	Battle Buddy Program, Part 1: MinnRAP	C. Sophia Albott, MD, MA	Resources
Sep 21, 2020	Battle Buddy Program, Part 2: MinnRAP	C. Sophia Albott, MD, MA	Resources
Sep 28, 2020	Presentation 1 – Naloxone: Overdose Prevention, Recognition and Response Presentation 2 – Community Resiliency Model, Part 1	1 – Joanna Katzman, MD, MPSH 2 – Linda Grabbe, PhD, PMHNP, FNP; Elaine Miller-Karas, MSW, LCSW	Resources
Oct 5, 2020	Community Resiliency Model, Part 2	Linda Grabbe, PhD, PMHNP, FNP; Elaine Miller-Karas, MSW, LCSW	Resources
Oct 12, 2020	Internal Peer Support	Kimble Richardson, MS, LMHC, LCSW, LMFT, LCAC	Resources
Oct 19, 2020	Disaster Support Teams	Kimble Richardson, MS, LMHC, LCSW, LMFT, LCAC	Resources
Oct 26, 2020	Police Peer Support Response during COVID-19 Pandemic	Captain Matt Weatherly	Resources
Nov 2, 2020	Health Workers' Willingness to Respond in Disasters	Daniel Barnett, MD, MPH	Resources
Nov 9, 2020	Psychological First Aid and Peer Support: Iterations in a Virtual World	Amy Athey, MD	Resources
Nov 16, 2020	Indigenous (Māori) Understandings of Healing from Trauma	Linda Tuhiwai Smith, PhD	Resources
Nov 23, 2020	Where are we now? Reevaluating Workforce Stress and COVID-19	Rachel Kaul, LCSW, CTS	Resources
Nov 30, 2020	No TeleECHO Session		
Dec 7, 2020	How will things get better? Individual and Organizational Strategies for Promoting Optimal Coping and Enhanced Performance During the COVID-19 Pandemic	Rachel Kaul, LCSW, CTS	Resources
Dec 14, 2020	Grief in the Workplace	Jessica Medrano, EMT-P/FF	Resources
Dec 21, 2020	No TeleECHO Session		
Dec 28, 2020	No TeleECHO Session		
<p><i>First Responder Resiliency ECHO sessions will resume after the holiday break on Jan 11, 2021 at 2 PM MT. The 2021 Resource page will be separate from this 2020 Resource page.</i></p>			