

Resilience ECHO programs

Creating Cultures of Resiliency & Wellness through Project ECHO

Resilience Rounds

Open to ALL who assist with patient, client, or staff well-being and healthcare

Please join us!

Monday, February 13th | 1-2 p.m. MT

[Eileen Barrett, MD, MPH](#)

Supporting Your Resiliency by Reducing Those 'Pebbles in Your Shoes'



[Registration Link](#)

Learning Objectives

1. Describe the benefits of acknowledging and addressing the 'pebbles in your shoe' that are practice hassles
2. Access resources for achieving 'wins' for reducing administrative hassles in medicine
3. Develop a plan to reduce practice hassles

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

When:

Resilience Workgroups

1st, 3rd, 4th Mondays of each month
1-2 p.m. MDT

Resilience Rounds

2nd Mondays of each month
1-2 p.m. MDT

Resilience Office Hours

2nd Mondays of each month
2-3 p.m. MDT

Where:

Connect on your computer or smartphone using Zoom. Once you have registered you will receive the zoom information.

Who:

- Healthcare trainees
- Health professionals
- Supervisors and employers of health professionals
- ANYONE working to support patient, wellness & healthcare

Contact Info: [Resilience ECHO Team](#)

Zoom connection information will be sent after your register.

[Project ECHO: Moving Knowledge. Not People](#)

Website: [Project ECHO](#) Flyer Updated 1.24.23





“The proposed project will fill an urgent need to support overworked and overburdened health professionals and others who support patients with mental health conditions, creating a more resilient workforce that can continue to provide essential services in their communities.”

~ Jeff Katzman, MD, Medical Director, Resilience ECHO. Professor and Vice-Chair, University of New Mexico, Department of Psychiatry

Session Date	<u>Workgroups</u> 1 st , 3 rd , 4 th Mondays 1 p.m.-2 p.m. MDT (12p.m.-1 p.m. PDT; 2 p.m.-3 p.m. CDT; 3 p.m.-4 p.m. EDT)	<u>Rounds</u> 2 nd Mondays 1 p.m.-2 p.m. MDT (12p.m.-1 p.m. PDT; 2 p.m.-3 p.m. CDT; 3 p.m.-4 p.m. EDT)	<u>Office Hours</u> 2 nd Mondays 2 p.m.-3 p.m. MDT (1p.m.-2 p.m. PDT; 3 p.m.-4 p.m. CDT; 4 p.m.-5 p.m. EDT)
09 Jan		Christine Sinsky, MD Reorienting the US Healthcare System Around Relationships Video	Yasmin Magdaleno, MD Part 2 Case of Marie: Exploring Work Relationships Video
16 Jan	Martin Luther King Jr. Day	Martin Luther King Jr. Day	Martin Luther King Jr. Day
23 Jan	Linda Grabbe, PhD, FNP-BC, PMHNP-BC, FAAN The Community Resiliency Model Video		
06 Feb	Steve Xenakis, MD and Matt DeBernardis, MA Peak Performance Series: Self-Regulation Video		
13 Feb		Eileen Barrett, MD Supporting Your Resiliency by Reducing those ‘Pebbles in Your Shoe’ Video	Office Hours TBD
20 Feb	Steve Xenakis, MD and Matt DeBernardis, MA Peak Performance Series: Sleep Hygiene Video		
27 Feb	Steve Xenakis, MD and Matt DeBernardis, MA Peak Performance Series: Building Resilient Teams Video		
06 Mar	Steve Xenakis, MD and Matt DeBernardis, MA Peak Performance Series: Barriers to Self-Care Video		
13 Mar		Barbara McAneny, MD The Role for Advocacy in Medicine Video	Office Hours TBD
20 Mar	Steve Xenakis, MD and Matt DeBernardis, MA What does Community Resilience look like? Video		

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In support of improving patient care, Project ECHO® is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



AMA Designation Statement

Project ECHO® designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANCC Designation Statement

Project ECHO® designates this live activity for a maximum of 1.0 ANCC contact hour. Nursing contact hours will be awarded for successful completion of program components based upon documented attendance and completion of evaluation.



Psychologist Accreditation

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.



Social Work Accreditation

As a Jointly Accredited Organization, Project ECHO® is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Project ECHO® maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credit.



AAPA Credit Designation Statement – Live

Project ECHO has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credit. PAs should only claim credit commensurate with the extent of their participation.

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