

Strengthening Integrated Care for Rural Youth ECHO

2024

Frequently Asked Questions



National Council for Mental Wellbeing ECHO Hub

Center of Excellence for Integrated Health Solutions (CoE-IHS)

What will I gain by participating?

Kicking off in late February, this six-session ECHO learning series gives you the chance to engage with other health care providers through didactic presentations and case studies on key issues related to integrated health and improving health care among youth in rural settings.

Through a safe and supportive environment that prioritizes peer-to-peer learning and interactive training, this ECHO focuses on building provider knowledge and improving organizational practice to support youth in rural communities with marginalized identities, such as BIPOC and LGBTQ+, who are at greater risk of mental health and substance use challenges, including suicide ideation and attempts.

Participant learning objectives:

- Connect with other rural youth-serving providers.
- Understand and describe mental health, substance use and general health challenges experienced by youth in rural communities with marginalized identities, such as BIPOC and LGBTQ+ youth.
- Gather evidence-based, culturally responsive ideas and strategies for improving integrated and whole-person care for youth in rural areas.
- Consider ways to enhance youth safety, specifically within participant's own rural communities



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- Consider lived experiences of rural youth and their health care providers.
- Recognize opportunities to leverage community partnerships to enhance youth safety, including faith-based settings, schools, and social services.
- Understand strategies for supporting rural youth-serving health providers and addressing workforce challenges.

Can I apply as an individual, or do I need to apply as part of a team?

We encourage organizations to apply for this opportunity and attend each session as a team, so they can benefit fully from this ECHO and gather the information needed to implement sustainable change. Ideally, this team should include:

- At least one lead clinician who provides clinical services and/or oversees clinical practices.
- An administrative staff person who oversees internal practices and policies.
- Team members who represent diverse roles and identities (mixture of administrators, managers and direct service providers with diversity in race, ethnicity, gender identity, age, etc.).
- At least one client/patient/consumer leader or advocate who receives services from your organization.

Individual providers are also welcome to apply, even if they do not have a team or colleagues that can join them.

If I apply with a team, does everyone fill out an ECHO application?

No, only the team lead needs to fill out the ECHO application.

Are there requirements for participating?

- **Fees** – Participation in this ECHO series is free.
- **Correspondence and attendance** – We ask that one staff member acts as “team lead” and is responsible for correspondence with ECHO staff. We also ask that at least one member of the team attends and participates in all six 90-minute sessions occurring monthly from February to June/July.
- **Session participation** – Participants should engage and participate actively in each session. Participants will be asked to maintain an open mind and a willingness to uphold the safe space practices established by faculty and facilitators during sessions.
- **Case presentation** – All participating individuals and teams will be asked to submit one case presentation form describing their organization’s experiences, challenges and opportunities in providing whole person care to youth in rural settings, ideally youth who identify as LGBTQ+. This



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will allow participants to gather insightful feedback and guidance from other organizations and experts on how teams can advance whole person care and enhance safety among rural youth. Select organizations will present their case during a session and discuss with other participants and experts how their organization can advance health equity in the specific case scenario presented.

- **Surveys** – Participants will be asked to complete surveys and poll questions before, during and after the ECHO, to assist the planning team in regularly improving and updating learning and engagement methods for this and future ECHO series.

How will I receive the materials to prepare for each session?

Participants will receive the presentation slide deck one to two days before each session, along with any additional materials. Participants will also receive the recording and survey after each session, plus any other resources reviewed and discussed.

Will I have a chance to provide feedback and share thoughts after each session?

Yes! All participants will complete post-session surveys to share their feedback, as noted in the Surveys section above.

When do sessions occur?

Session 1	Trends in Whole Person Health Among Youth in Rural Communities	Wednesday, 2/28/24 12-1:30 p.m. ET
Session 2	Providing Integrated Care Among Youth in Rural Communities	Thursday, 3/28/2024 12-1:30 p.m. ET
Session 3	Enhancing Safety Among Youth in Integrated Care Services	Thursday, 4/25/2024 12-1:30 p.m. ET
Session 4	Community Partnerships (with Faith-based and Spiritual Settings, Schools, other Community Groups) and Family Supports	Wednesday, 5/29/2024 12-1:30 p.m. ET
Session 5	Youth and Provider Lived Experiences: Receiving Health Care Services	Wednesday, 6/26/2024 12-1:30 p.m. ET
Session 6	Strategies for Supporting Health Providers and Addressing Workforce Challenges	Tuesday, 7/30/2024 1-2:30 p.m. ET

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Is there a maximum number of participants?

Yes, there is a cap of 30 participating organizations for this ECHO opportunity. Applications will be reviewed once the registration period closes on Friday, Feb. 2, and all applicants will be notified of their acceptance status in mid-February before Session 1.

If you have any additional questions, please contact
Integration@TheNationalCouncil.org.

