

Introducing the Behavioral Health Professional Workforce Resilience ECHO

Thank you for taking the time to learn about our virtual resilience training program “Creating Cultures of Resiliency for Behavioral Health Professionals through Project ECHO®”.

This Behavioral Health Professional Workforce Resilience (BHPWR) ECHO is sponsored by the [Health Resources and Services Association](#), [Project ECHO®](#) at the [University of New Mexico Health Sciences Center](#) in conjunction with national partnerships. We are launching a three-year program to reduce burnout and increase resilience among behavioral health professionals. This program is open to mental health trainees, early-career and mid-career behavioral health professionals, supervisors and employers of behavioral health professionals, and medical providers providing mental health services.

This project fills an urgent need to support overworked and overburdened behavioral health professionals, creating a more resilient workforce that can continue to provide essential services in their communities. Using the proven, accessible and cost-effective [ECHO model](#), we will launch a series of training and support programs that integrates best-practice models to increase resilience, self-care, and wellness and decrease burnout and the risk for the development of mental health conditions among health care professionals.

The project will begin **on March 28, 2022** with two featured components. **On the second and fourth Monday from 2-3 Mountain Time, [Resilience Rounds](#) will feature a presentation followed by a question-and-answer session.** Speakers will present many facets of understanding the concept of resilience to help those tuning in to the program to integrate resilience ideas into their personal and work lives.

The second component, [Resilience Workgroups](#), **will present specific ideas and tools based on a peak performance model. These will occur weekly beginning April 25, 2022 and will run for eight weeks before repeating content again.** Didactic presentations will be followed by 25-minute breakout thematic discussions to consider ideas and applications to assist with stresses that are common to each group. Breakout discussions will include separate groups for trainees, early career providers, mid-career, senior career and supervisors, medical providers, and one with continued experiential discussions. Sessions will conclude with a synthesis of ideas that emerged both in the presentation and the breakout groups.

Please help us get the word out!

[Program Flyer](#)

[Resilience Rounds Registration](#)

[Resilience Workgroups Registration](#)

Thank you for your interest and let us know if you have any specific questions. You can contact us at: ResilienceECHO@salud.unm.edu

Most Sincerely,

Jeff Katzman

Jeff Katzman, MD
 Medical Director, Behavioral Health Professional Workforce Resilience ECHO
ResilienceECHO@salud.unm.edu
[Project ECHO®](#)

University of New Mexico Health Sciences Center



 Please consider our environment before printing this e-mail.