University of Vermont Project ECHO
Mental Health Advanced Series: Mood Disorders in Primary Care

The Mental Health Advanced Series is a multi-year program that was designed to provide a solid knowledge base and opportunities for in-depth exploration of mental health integration in primary care. Previous series include depression, anxiety, ADHD, trauma and related disorders. This 6-session spring series, which does not require attendance at previous series, will discuss best practices and evidence-based care, including strategies, screening tools, resources, clinical pearls, and emerging topics in the care of Mood Disorders.

LEARNING OBJECTIVES:

1. Improve accuracy in the diagnosis of mood disorders, including Bipolar I, Bipolar II and related disorders
2. Understand the risks and benefits of different pharmacologic treatments
3. Implement evidence-based non-pharmacologic and pharmacologic treatment plans for patients with mood disorders

This series is offered at no-cost to participants through a grant from the Vermont Department of Health.
Participants receive 1.5 CME credits for each learning session attended.

2026 SPRING SERIES – Wednesdays from 12:00 to 1:30PM

WHO SHOULD ATTEND?	SCHEDULE	
The target audience is individuals or practice teams throughout Vermont providing adult primary care, including Family Medicine and Internal Medicine, Gynecology, as well as pediatricians serving young adults in transition from pediatric to adult mental health care.	**Feb 4**	Mood Disorders: An Overview *Sara Pawlowski, MD*
	Feb 18	Making a Diagnosis of Bipolar Disease: Type 1, Type 2 or something else? *Evan Eyler, MD*
	Mar 4	Bipolar Depression: Approaches to Management *Corinne Roberts, MD*
	Mar 18	Mood stabilizers: A Psychopharmacology Primer *Suzanne Kennedy, MD*
	April 1	Non-Pharmacologic Management of Mood Disorders: Self-guided management and Psychotherapy - *Krista Buckley, MD*
	April 15	Wrap-Up and Review/Participant identified topics *Mark Pasanen, MD*

Each session includes a brief didactic presentation, cases generated from the participant cohort, and group discussion. Active engagement and a willingness to bring forward cases is expected. Cohort-based learning in a supportive peer environment is foundational to this ECHO series.

TO REGISTER

Register by Friday, January 23, 2026in the iEHCO platform **iECHOregistrationMoodDisorders**. **This program has limited enrollment**. We encourage primary care teams to send multiple members; each participant must register individually.

University of Vermont
Larner College of Medicine

Project ECHO®

General questions about UVM Project ECHO can be directed to Patti.Smith-Urie@uvm.edu
Clinical/topic-specific questions can be directed to Mark.Pasanen@uvm.edu

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Project **ECHO**®

Project ECHO (Extension for Community Healthcare Outcomes) is an evidence-based interactive distance-learning method developed by researchers at the University of New Mexico. During ECHO sessions, experts and peers share their expertise via case-based learning, enabling practice teams to treat patients with complex conditions in their own communities.
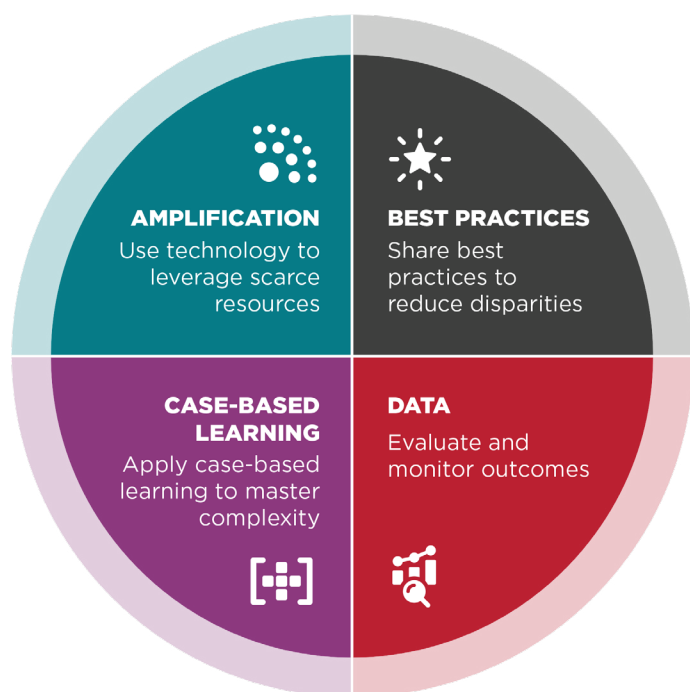
UNIVERSITY OF VERMONT PROJECT ECHO

UVM Project ECHO offers several cohort-based series each year. The target audience often includes individuals or teams from primary care offices throughout the state.
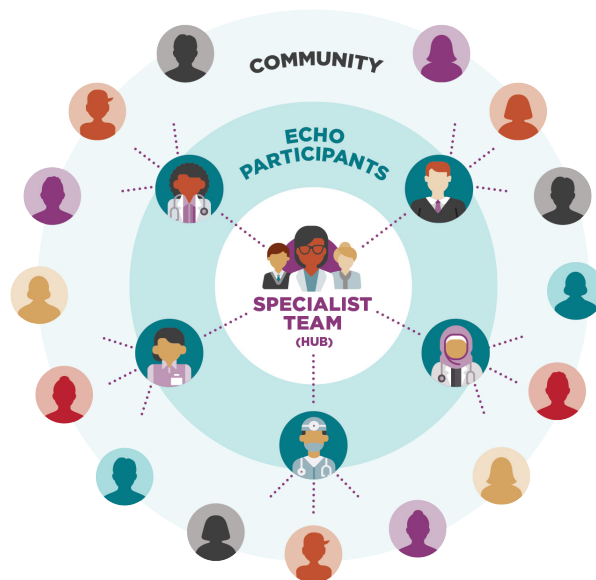
2025-2026 SERIES:

- **UVM Project ECHO Current Topics in School Nursing**
  6 Sessions | Wednesdays 3:15-4:45pm | October 2025 to March 2026

- **UVM Project ECHO Safer Prescribing of Opioids: Transitioning to Buprenorphine**
  5 sessions | Mondays 12:00-1:00pm | October 2025 to December 2025

- **UVM Project ECHO Mental Health Advanced Series**
  5 Sessions | Wednesdays 12:00-1:30pm | Spring 2026

Visit vtahec.org to learn about our past offerings and find information on current and future series.

AMPLIFICATION
Use technology to leverage scarce resources

BEST PRACTICES
Share best practices to reduce disparities

CASE-BASED LEARNING
Apply case-based learning to master complexity

DATA
Evaluate and monitor outcomes

ALL TEACH, ALL LEARN

COMMUNITY

ECHO PARTICIPANTS

SPECIALIST TEAM (HUB)

General questions about the University of Vermont's Project ECHO can be directed to Patti.Smith-Urie@uvm.edu.