



# JOIN THE IOWA PCA BEHAVIORAL HEALTH (BH) ECHO

90-minute sessions every 2nd Friday of the month from  
12:00 pm – 1:30 pm CST | [Register here](#)

## ABOUT ECHO

Extension for Community Healthcare Outcomes (ECHO) is a movement to de-monopolize knowledge and amplify local capacity to provide best practice care for underserved people all over the world.

## BH ECHO SESSIONS

Every Second Friday of the Month  
12:00 pm – 1:30 pm CST

## PARTICIPATION

If you are interested in participating, please register for the Iowa PCA BH ECHO Program on [iECHO](#).

## BEHAVIORAL HEALTH (BH) ECHO

Led by a panel of behavioral health experts, BH ECHO helps participants learn best practices for treating common mental health conditions, connect with peers from around the state to discuss and learn best practices in identifying and treating BH issues. The curriculum is delivered at no-cost, through case-based learning strategies via video conferencing technology.

## WHO SHOULD ATTEND?

Primary care physicians, Nurses, Mental Health Professionals, SUD professionals, or any clinic staff who support BH services.

## HOW TO CONNECT

Once you're registered, you can join the session(s) through the iECHO platform or via the personalized Zoom link sent to you in email ahead of each session by iECHO.

## CONTINUING EDUCATION CREDIT

**MD:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Iowa Medical Society (IMS) through the joint providership of Des Moines University (DMU) and Primary Health Care, Inc. DMU is accredited by the IMS to provide continuing medical education for physicians. DMU designates this live, online activity for 1.5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**DO:** Des Moines University (DMU) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. DMU designates this program for a maximum of 1.5 AOA Category 2-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

**Nurse:** Des Moines University is Iowa Board of Nursing approved provider #112. This live activity has been reviewed and approved for 1.5 continuing education contact hour(s). No partial credit awarded.

**Other Health Professionals:** This live activity is designated for 1.5 AMA PRA Category 1 Credit(s)<sup>™</sup>.

Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA).



## PROGRAM DESCRIPTION

### Behavioral Health (BH) ECHO

The BH ECHO is a tele-mentoring program that uses videoconferencing technology (Zoom) to combine didactic presentations with interactive and practical case presentations from participants.

### BH ECHO Session Format

- Welcome and Agenda Overview
- Didactic Presentation by Subject Matter Experts
- Didactic Q&A
- Case presentation(s)
- Case Discussion

### Examples of Didactic Presentation Topics:

- Pain Management and Diagnosing Opioid Use Disorder
- HIV, Hepatitis and Opioid Use Disorders in Rural communities
- Screening, Brief Intervention and Referral to Treatment (SBIRT)
- Alcohol Use Disorders, Problem Gambling
- Treatment of Psychiatric Disorders in Primary Care
- Trauma-Informed Care



## ECHO HUB

*Team of Specialists*



## ECHO SPOKE

*Providers*



## PATIENT REACH



## **PARTICIPANT LEARNING OBJECTIVES**

- Gain knowledge and understanding of the Behavioral Health issues through didactic presentations.
- Participate and share experiences in discussions with peers and experts about topics specific to diagnosis and treatment of mental illness and substance use disorders.
- Provide feedback to experts and evaluators on current best practices in integrating behavioral health care in primary care, as applicable.
- Access tools and resources for implementing the knowledge received during the sessions within participant's organizations

## **CASE PRESENTATIONS**

- Case presentations are truly the core of every ECHO session. During each ECHO session each participant who chooses to present will gain access to unique feedback and questions from a wide range of peers and experts in an all-teach, all-learn modality. The ECHO session facilitator will moderate the case presentation and discussion portion of every session to ensure all participants have a chance to engage in the peer-to-peer learning.
- To submit a case to present during a session, contact Tiffany Conroy at [tconroy@iowapca.org](mailto:tconroy@iowapca.org).



## Meet the HUB Team Members for the Iowa PCA Behavioral Health ECHO Clinic



**Dr. Bery Engebretsen, MD**, has served as the Chief Medical Officer and leader of Primary Health Care since 1982 in Des Moines, Marshalltown and Ames. Dr. Engebretsen continues to operate the Wellness Center and participate in the operation of the PHC residency programs. His new role at Primary Health Care is Chief Visionary and his interests are on prevention and wellness activities for the patients in primary care. Dr. Engebretsen will facilitate the discussion for the case presentation section in this ECHO series.



**Dr. Nicole Gastala, MD** is the Director of Behavioral Health and Addiction at UI Health Mile Square Health Centers, an academic FQHC system within the University of Illinois Health System. She is an assistant professor of clinical family medicine in the department of family medicine at University of Illinois Chicago. She is board certified in family medicine and addiction medicine. Dr. Gastala provides full spectrum outpatient family medical care as well as medications for opioid use disorders in underserved settings.



**Autumn Brunia, D.O.**, joined the Des Moines University Clinic – Behavioral Health in 2023 as a faculty psychiatrist and Assistant Professor, serving patients and teaching DMU students. She also serves as a faculty member for the Broadlawns/UnityPoint psychiatry residency program in Des Moines. She has extensive experience in working with individuals with trauma and post-traumatic stress disorder and who are escaping domestic violence. Her outpatient clinic is focused on partnering with primary care providers and being a resource for referrals and collaboration of psychiatric care in Iowa. Dr. Brunia earned a business degree from Drake University and worked at The Principal Financial Group for five years before deciding to pursue medicine. She earned a degree in biology from Drake and then graduated from DMU's Doctor of Osteopathic Medicine program. She completed her psychiatry residency at Broadlawns/UnityPoint, where she was chief resident and won the Des Moines Resident Teacher of the Year Award from the University of Iowa Carver College of Medicine for teaching medical clerkship students.



**Anasara Henry, DNP, ARNP, PMHNP-BC, AGPCNP-BC** serves as the Director of Behavioral Health Services at United Community Health Center (UCHC) in Storm Lake, Iowa. She is a dual board-certified Nurse Practitioner in the areas of Psychiatric Mental Health and Adult Geriatric Primary Care. She earned her Doctorate from the University of Iowa with special emphasis in population level healthcare. She has worked over 15 years in healthcare. Prior to joining UCHC, Anasara spent 5 years teaching as an Associate Professor at Briar Cliff University in the Graduate Nursing Program. She currently serves as the President of the American Psychiatric Nurses Association, Iowa Chapter. Her passions include improving access to mental healthcare for all Iowans, treatment of geriatric syndromes, and spending time with her family.



**Jon Decker, LMHC** graduated from the University of Wisconsin-Platteville in 2009 with a master's degree in school counseling (K-12) and in 2010 with a master's degree in community mental health counseling. He is a licensed mental health counselor in the state of Iowa and holds an advanced certification in addictions in the state of Iowa. Prior to joining Crescent Community Health Center in the spring of 2019, Jon spent 14 years providing outpatient addictions services within the Dubuque area. In his spare time Jon enjoys cooking and spending time with his wife and five children.



**Danielle O'Brien-Day, LMHC**, joined CHCSI in 2010. Ms. O'Brien-Day earned her Master of Science from St. Cloud State University and is an active Licensed Mental Health Counselor (LMHC) and Nationally Certified Counselor (NCC). She currently serves patients in the Centerville and Chariton offices and surrounding schools. Ms. O'Brien-Day serves as the Behavioral Health Director for CHCSI since 2012 and serves as the PCA Board Representative for Behavioral Health.



**Tiffany Conroy, MSW, LISW**, is an Integrated Health Consultant at Iowa Primary Care Association, focused on Behavioral Health. In this role she provides training, technical assistance, and quality improvement support focused on integrated behavioral health to Iowa's federally qualified health centers. Tiffany leads the BH ECHO for the PCA.



**Liz Rosa, MA**, is a Program Manager at the Iowa PCA. She provides program management oversight for nine community health centers in improving access to oral health care for children. Liz will be providing administrative support for both the Behavioral Health and HCV ECHOs.