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A message from the ECHO Ontario Superhub

Since the COVID-19 pandemic, the need for an efficient and effective way to disseminate knowledge is more critical than ever. ECHO programs throughout Ontario connect diverse primary care providers in every corner of the province. Building a learning community that improves knowledge, confidence, practice and outcomes, the ECHO model continues to meet important provincial priorities, including using innovation to efficiently integrate and align primary and specialty care. ECHO builds provincial capacity to support equitable, optimal care for patients in Ontario.

The ECHO Ontario Superhub is a collaboration between the Centre for Addiction and Mental Health (CAMH) and the University Health Network (UHN). Working with the ECHO Institute in New Mexico and the Ontario Ministry of Health, the Superhub promotes high-quality implementation of the ECHO model, and supports alignment and integration across the ECHO community and within Ontario's health care system.

In 2020/21, there were **32** ECHO programs in Ontario, in the areas of autism, bariatric care, chronic pain, COVID-19, epilepsy, geriatric care, mental health, opioid use, and pediatric care. These programs were delivered through nine organizations: Baycrest, CAMH, Children's Hospital of Eastern Ontario, Holland Bloorview Kids Rehabilitation Hospital, The Hospital for Sick Children, Ontario Bariatric Network, Ontario Epilepsy Network, St. Joseph's Care Group and UHN. This year, ECHO programs in Ontario collectively reached 3899 diverse health care providers from 2209 organizations (increases from 2019/20 of 41 per cent and 141 per cent respectively), showing significant adoption and integration of the ECHO model in the province. Additionally, this year the ECHO Ontario Superhub had the pleasure of delivering two separate virtual immersion trainings to 29 different ECHO hubs, and an annual conference connecting 182 health care and related professionals (increases from 2019/20 of 31 per cent and 21 per cent respectively).

We thank our funder, the Ministry of Health, for its support and dedication to continuous improvements within our health care system, and its commitment to equity of care for patients. The Ministry's ongoing funding of the ECHO project means that more health care providers will be empowered to provide the right care, in the right place, at the right time.



Eva Serhal, PhD, MBA Senior Director | ECHO Ontario Superhub



Jenny Hardy, OT Reg. (Ont.) Acting Director | ECHO Ontario Superhub



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Dr. John Flannery, MD Co-Chair | ECHO Ontario Superhub



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What is Project ECHO?

Project ECHO (Extension for Community Healthcare Outcomes) is an innovative "hub and spoke" education model that aims to help healthcare providers build capacity in the treatment and management of complex health conditions. The model leverages videoconferencing technology to connect specialists with primary care providers, elevating knowledge and skills, enabling primary care to manage complex challenges in their communities.

The project works to:

- Empower healthcare providers to use best practices.
- Reduce the need for specialist visits.
- Improve quality of specialty care in Ontario's primary and community care settings.



ECHO Global Reach 2003-2021

Project ECHO was created in New Mexico, United States by Dr. Sanjeev Arora in 2004 and grew significantly due to novel findings of success in NEJM, emphasis on research and evaluation, and support with implementation.

ECHO partners in 44 countries operate more than 920 ECHO networks, which have trained more than 140,000 professionals eager to learn best practices in their field.



Note: Information is based on ECHO Institute programs. Duplicates have been removed.

ECHO Ontario We are Dedicated to Building a Sustainable Health Care System

Mission

To build capacity through virtual communities of practice for health care providers in Ontario that will increase access to specialized health care, improve patient outcomes and create health equity.

Vision

A virtual community advancing the best health care in Ontario.

How we are building a high-quality, connected health care system



ECHO Ontario **engages** system leaders, patients and health care providers to build a community of practice. Through this community we share knowledge to improve the health care of Ontarians.



ECHO Ontario co-ordinates the **integration** of the ECHO model into the Ontario health care system to create equitable health care access and efficiencies.



ECHO **impacts** the lives of patients, the practice of providers and the quality of the health system. ECHO Ontario achieves improved, measurable health care and patient outcomes through research, quality improvement and education.

ECHO timeline

2014

2021

Ontario's first ECHO program was launched at UHN and Queen's University, focusing on chronic pain and opioid stewardship.

CAMH received funding shortly thereafter to implement a Mental Health ECHO in partnership with the University of Toronto.

32 ECHO programs across 10 organizations are now operating in Ontario, and reached 3899 health care providers in 2020/21.

ECHO was started in New Mexico by Dr. Sanjeev Arora

2004

8 ECHO programs across 4 organizations were funded and launched in Ontario. 2 of the organizations (UHN and CAMH) collaborated in launching the ECHO Ontario Superhub to support new and existing ECHOs in Ontario.

2017

Meet our Ontario ECHOs

2020/21 was our most impactful year yet.

In 2020/21, 9 organizations in Ontario delivered 32 ECHO programs on priority topics across the health system.

Here is a summary of each ECHO program and sessions over the past year.

Baycrest (in collaboration with North East Specialized Geriatric Centre)

ECHO Care of the Elderly focuses on improving the quality of care of older adults in Ontario, by increasing the knowledge and skills of primary care providers in meeting this population's health care needs.

ECHO Programs:

- Care of the Elderly
- Care of the Elderly Dementia
- Care of the Elderly Long-Term Care

42 Sessions Held (2020/21)



Centre for Addiction and Mental Health (CAMH)

ECHO Ontario Mental Health aims to support evidence- based management and treatment of mental illness and addictions in Ontario, reducing disparities in access to specialty care and variation in quality of care.

ECHO Programs:

- Mental Health
- First Nations, Inuit and Métis Wellness
- Addiction Medicine and Psychosocial Interventions (in collaboration with St. Michael's Hospital)
- Obsessive Compulsive Disorder (in collaboration with Sunnybrook Health Sciences Centre)
- Trans and Gender Diverse Healthcare
- Structured Psychotherapy
- Integrated Mental and Physical Health
- Adult Intellectual and Developmental Disabilities

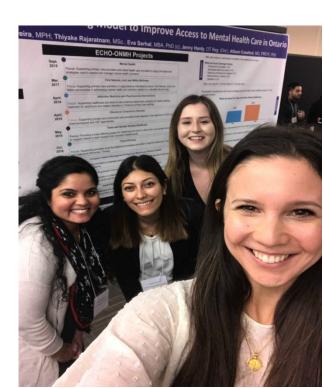
 Early Psychosis Intervention *externally funded (i.e. Federal Grants, Research Grants, Philanthropy)

- Canada Adult Intellectual & Developmental Disabilities *externally funded (i.e. Federal Grants, Research Grants, Philanthropy)
- Coping with COVID *externally funded (i.e. Federal Grants, Research Grants, Philanthropy)
- Canada Suicide Prevention Service
 *externally funded (i.e. Federal Grants, Research Grants, Philanthropy)
- Arctic Youth Wellbeing *externally funded (i.e. Federal Grants, Research Grants, Philanthropy

176

Sessions Held (2020/21)

Note: Number of sessions presented is based on Ministry of Health funded programs



Children's Hospital of Eastern Ontario (CHEO)

ECHO Ontario Child and Youth Mental Health is a collaborative learning program through which primary care providers (PCPs) and mental health clinicians work together to care more effectively for children and adolescents with mental health problems. The program aims to change the diagnostic, prescribing, treatment and referral practices of PCPs, by providing them with evidence-based best practice guidelines and treatment recommendations, and linking them to community mental health agencies and services in their own regions.

ECHO Programs:

Child and Youth Mental Health

64 Sessions Held (2020/21)



Holland Bloorview Kids Rehabilitation Hospital

ECHO Ontario Autism aims to build province-wide community capacity to screen, diagnose and provide ongoing care to children and youth with autism spectrum disorder (ASD) in Ontario. The program hopes to reduce wait times for diagnoses by increasing the diagnostic capacity of community paediatricians, physicians and nurse practitioners. This will allow families greater access to timely diagnoses, closer to home. The program also aims to build capacity for the ongoing care of children with ASD, who may have multiple comorbidities. The overall goal is to reduce the need for diagnosis and ongoing follow-up at tertiary care centres, and thereby ensure that access to specialized care is reserved for the most complex cases.

ECHO Programs:

Autism

26
Sessions Held (2020/21)



St. Joseph's Care Group (in collaboration with The Ottawa Hospital)

ECHO Chronic Pain and Opioid Stewardship North builds capacity, knowledge, and confidence in primary care in rural and remote communities in Northern Ontario. The ECHO focuses on complex patient management in chronic pain and opioid stewardship.

ECHO Programs:

Chronic Pain and Opioid Stewardship (North)

40 Sessions Held (2020/21)



The Hospital for Sick Children (SickKids)

Paediatric Project ECHO delivers four programs that build a community of practice to provide educational support and expertise to interdisciplinary health care professionals. The goal of these programs is to improve providers' knowledge and confidence and to translate learning into practice.

ECHO Programs:

- Paediatric Pain
- Paediatric Obesity Management
- Paediatic Complex Care
- Paediatric Palliative Care (in collaboration with CHEO)

60 Sessions Held (2020/21)



University Health Network (UHN)

ECHO Ontario at UHN delivers five programs offering case-based learning for complex clinical conditions. Healthcare providers gain knowledge and skills in these areas, increasing capacity for management of these conditions in communities across Ontario.

ECHO Programs:

- Chronic Pain and Opioid Stewardship
- Liver
- Rheumatology
- Concussion
- COVID-19 in Primary Care

152 Sessions Held (2020/21)



Ontario Bariatric Network (OBN)

(Guelph General Hospital, Humber River Hospital, Kingston Health Sciences Centre, St. Joseph's Healthcare Hamilton, The Ottawa Hospital, Thunder Bay Regional Health Sciences Centre, Toronto Western Hospital)

ECHO OBN aims to build capacity in primary care providers to provide evidence-based specialty care, by linking them with an interdisciplinary team of specialists from seven Bariatric Centres of Excellence across Ontario to share best practices in post-bariatric care and obesity management.

ECHO Programs:

Ontario Bariatric Network

84 Sessions Held (2020/21)



Ontario Epilepsy Network

(Hamilton Health Sciences, McMaster Children's Hospital, Kingston General Hospital, London Health Science Center, Children's Hospital of Western Ontario, Children's Hospital of Eastern Ontario, The Ottawa Hospital, The Hospital for Sick Children, Toronto Western Hospital)

Project ECHO Epilepsy aims to increase healthcare provider access to evidence-based best-practice epilepsy care knowledge. The program supports primary care providers in developing speciality expertise and building local capacity to improve the management of epilepsy for patients in Ontario.

ECHO Programs:

- Project ECHO Epilepsy in Children and Youth
- Project ECHO Epilepsy in Adults
- Project ECHO Epilepsy and Genetics
- Project ECHO: Epilepsy Neurology Trainee Program







Our collective reach this year

3899 | 2209 | 704 | 34,475

Health care provider participants

Health care organizations Patient cases discussed

Hours of continuing medical education (CME) credits delivered*

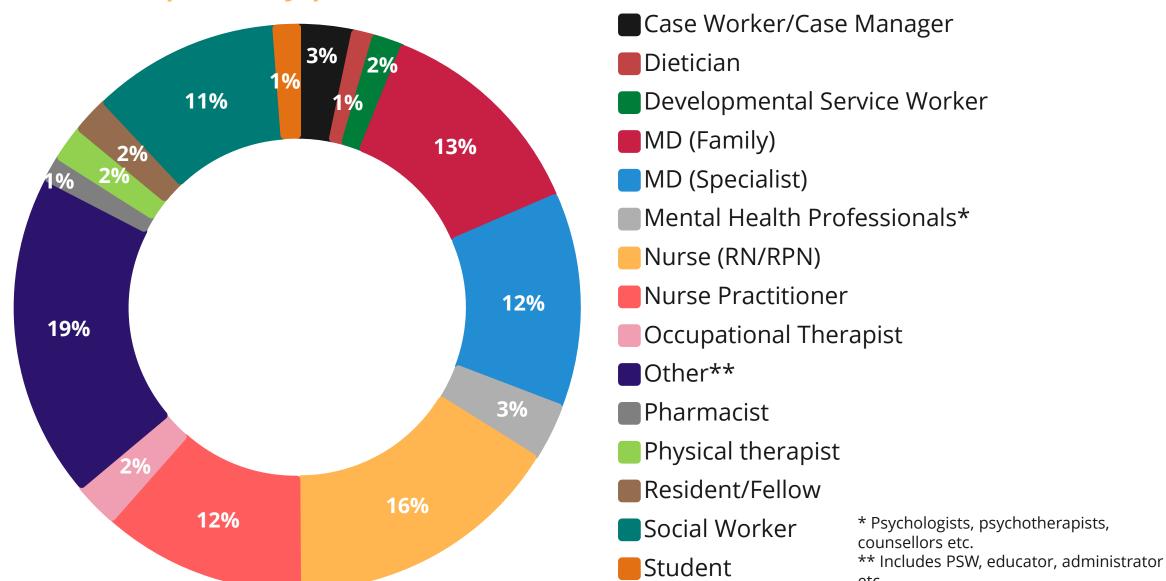
↑ 49% providers from FY 2019-20 ↑ 141% organizations from FY 2019-20

↑ 12% cases from FY 2019-20

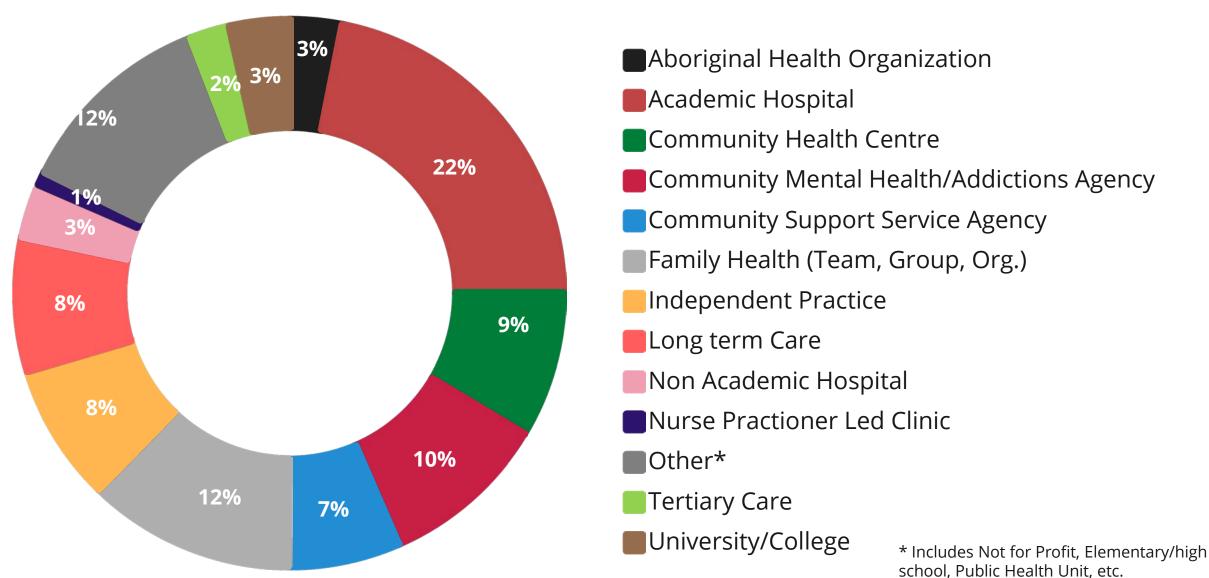
↑ 33% hours from FY 2019-20

*Calculated based on attendance x CME credits per session, aggregated across all ECHOs

Participants by profession

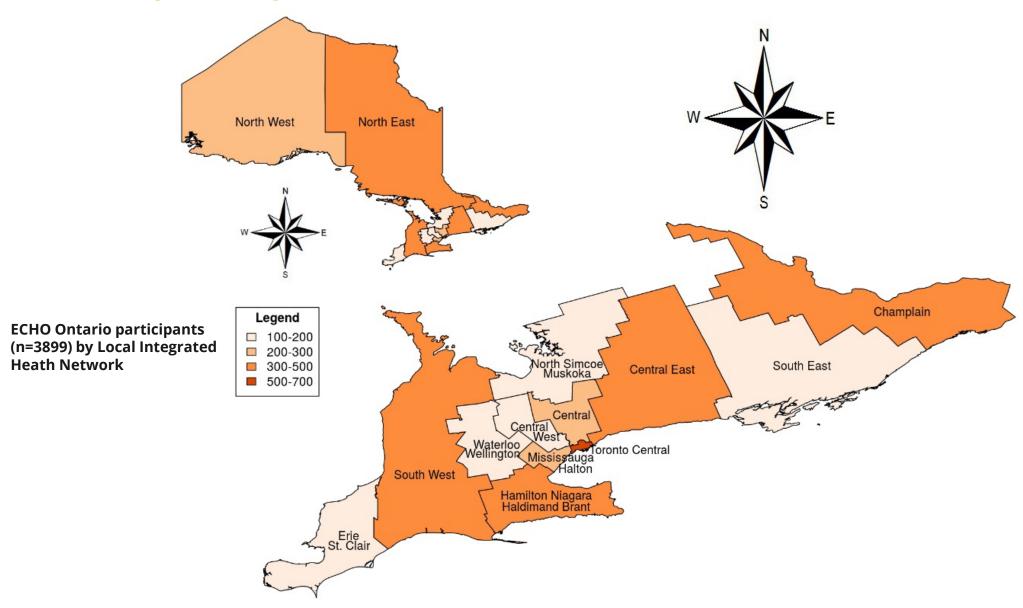


Participants by practice type



²³

Participants by LHIN



We're sharing our successes with our partners for health

When the pandemic was declared globally early in March of 2020, the ECHO Ontario Superhub had to quickly pivot to meet the evolving needs of ECHO partners. The ECHO Ontario Superhub continued to provide guidance, training, and support for the replication, successful implementation, and maintenance of present and future provincial, national and international ECHOs. To date, the Superhub has supported the implementation of 33 ECHOs from 23 organizations across 4 countries.

2 Half-day Virtual Immersion Training Events

Virtual Immersion takes place using Zoom video conferencing. This 2 half-day virtual training aims to provide in-depth, practical information about how to launch an ECHO and ensure high quality and fidelity to the model.

The agenda includes discussion about incorporating people with lived experience, evaluation & research, education, replication, implementation, IT, data and privacy, and facilitation. It also provides an opportunity for participants to run a mock ECHO session.

2

Virtual Immersion Trainings Held (2020/21)

People Attended Training (2020/21)

We're also bringing ECHOs together

The ECHO Ontario Superhub promotes collaboration, fosters relationships and builds networks between ECHOs within Ontario, nationally and globally.

In 2020/21 the ECHO Ontario Superhub led the following initiatives:

- Hosted the ECHO Ontario Conference (virtually) with 182 participants from across Ontario
- Facilitated the development of an ECHO Ontario consolidated annual report that highlighted the collective provincial impact from 28 ECHOs
- Launched a refreshed ECHO Ontario website
- Hosted monthly Project Manager meetings to share best practices, innovative ideas and program updates, including the development of a strategic plan

In 2020/21 we have provided training and mentorship to:

28
Ontario
ECHO Hubs

Out-of-Province ECHO Hubs*

*Note: Training for ECHOs outof-province was provided through a cost recovery model.



Participants are highly satisfied with ECHO Ontario programs

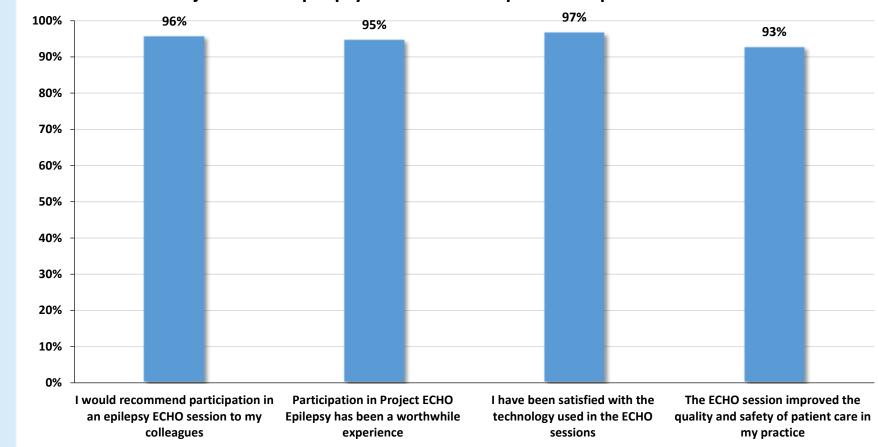
"[ECHO] Provided an opportunity for ongoing learning and connection with professional(s) across the province who are experiencing a lot of the same pandemic related challenges"

Participant, ECHO Integrated
 Mental and Physical Health

"A fantastic program for us rural providers because of limited access to specialists"

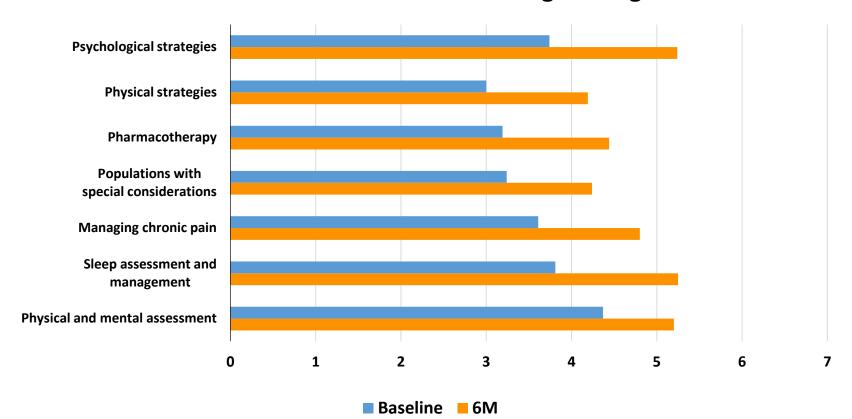
Participant, ECHORheumatology

Project ECHO: Epilepsy Across the Lifespan Participant Satisfaction



We are seeing a change in knowledge across ECHO Ontario participants

ECHO Paediatric Pain: Knowledge Change



^{*}Statistically significant improvement from Pre- to Post ECHO for each domain

"ECHO Epilepsy helped me manage complex patients without referring to an Epileptologist whose wait times may be several months, thus providing better care to my patient. It has helped fill in knowledge gaps that I have."

Participant, ECHO Epilepsy

"What I learned from the sleep session and promoting sleep in elderly were shared with my team. The session on behaviours was a great update and I have implemented some of the non-pharmacological strategies with my team."

 Participant, ECHO Care of the Elderly

We are seeing a change in confidence across ECHO Ontario participants

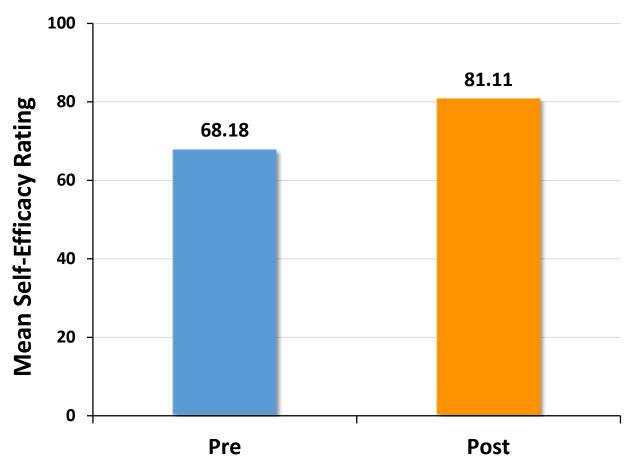
"I feel better informed and prepared to respond to the needs of clients presenting before or after bariatric interventions. Recently, I've had more clients presenting postsurgery than ever before in my practice."

Participant, ECHO Ontario
 Bariatric Network

"This training has been invaluable to my practice. It has provided me with the knowledge and confidence to provide trans informed mental health counseling to our gender diverse clients and their families"

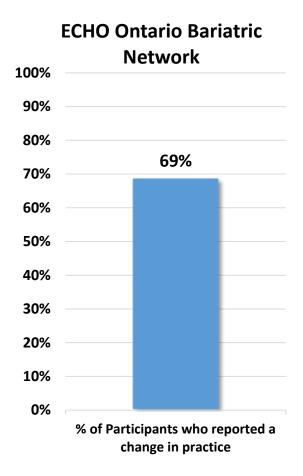
Participant, ECHO Trans and
 Gender Diverse Heathcare

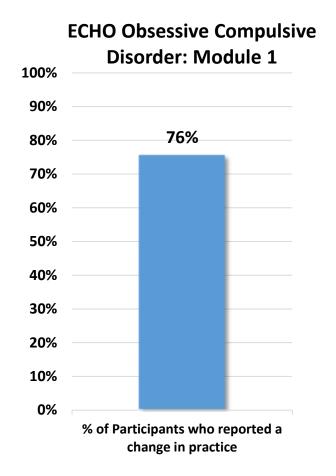
ECHO Addictions Medicine: Change in Self Efficacy



*Statistically significant improvement from Pre- to Post ECHO

We are seeing a change in practice across ECHO Ontario participants



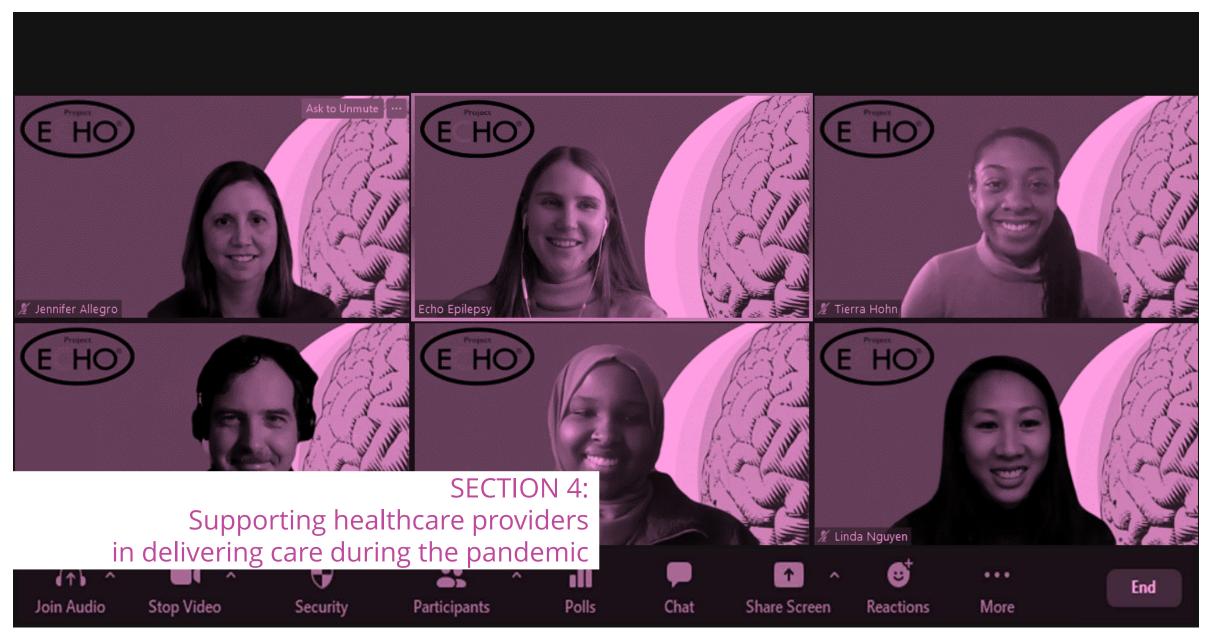


"This is a game changer! I will consider immediate use of telemedicine assessments in my practice"

Participant, ECHO Autism Bootcamp

"I am more familiar with CYMH concerns and able to identify the most evidence-based approaches (or know where to look to find these). This means my clients are getting the most effective care whenever possible"

Participant, ECHO Child and Youth Mental Health



Addressing the emerging needs of healthcare providers during the pandemic with ECHO

ECHO (Canada/Ontario) Adult Intellectual & Developmental Disabilities: Mental Health in the Time of COVID-19

 Designed to help providers address the mental health challenges faced by this population during the COVID-19 pandemic

ECHO Care of the Elderly: Long Term Care COVID

• To provide COVID knowledge and foster resilience in Long Term Care teams during the pandemic

ECHO Coping with COVID

 Designed to build resilience and wellness for healthcare providers and students responding to the COVID-19 pandemic

ECHO COVID-19 in Primary Care

• To disseminate the rapidly evolving information on caring for patients with COVID-19 in primary care

"Participating in the ECHO Ontario AIDD Program provided a sense of community collaboration that has been lacking while many service providers continue to work remotely during the pandemic. It allowed the opportunity to hear the perspectives and suggestions of a variety of medical professionals, caregivers and direct support workers. It was like participating in a province-wide case conference!"

- Participant, ECHO AIDD COVID

Promoting resilience and building a community of practice during the pandemic

FY20/21		
ECHO Programs	Spoke Participants (#)	Sessions Held (#)
ECHO Canada Adult Intellectual & Developmental Disabilities: Mental Health in the Time of COVID ^a	189	12
ECHO Ontario Adult Intellectual & Developmental Disabilities: Mental Health in the Time of COVID	198	12
ECHO Care of the Elderly: Long Term Care COVID	252	12
ECHO Coping with COVID ^a	957	70
ECHO COVID-19 in Primary Care	179	24
Total FY20/21	1730 ^b	130

^a Externally funded (i.e. Federal Grants, Research Grants, Philanthropy)

^b Duplicate participants removed from total.

Adapting existing ECHO curricula in response to the pandemic

Many ECHO programs changed their curricula to adapt to the emergent needs of providers. This included adding flex sessions, discussion of COVID news and public health measures, or COVID-specific session topics including:

SickKids Paediatric – ECHO Complex Care

- COVID-19 and the care of children with chronic disease
- Infection control in children with chronic conditions in the COVID-19 era
- COVID-19, mental health, and complex care

CHEO – ECHO Child and Youth Mental Health Care

- Supporting Parents During COVID: Promising Practices
- Technology in the Lives of Kids, and how COVID has increased technology time with virtual learning, etc.
- Supporting Parents/Caregivers
 During the Pandemic in
 Primary Care

Holland Bloorview - ECHO Autism

Virtual Diagnostic
 Assessments During Covid-19
 - in collaboration with the
 Canadian Paediatric Society

Adapting the structure of ECHOs to respond to the pandemic

The virtual nature of the ECHO model allowed a smooth transition from in person Hubs to full virtual delivery across all ECHO programs.

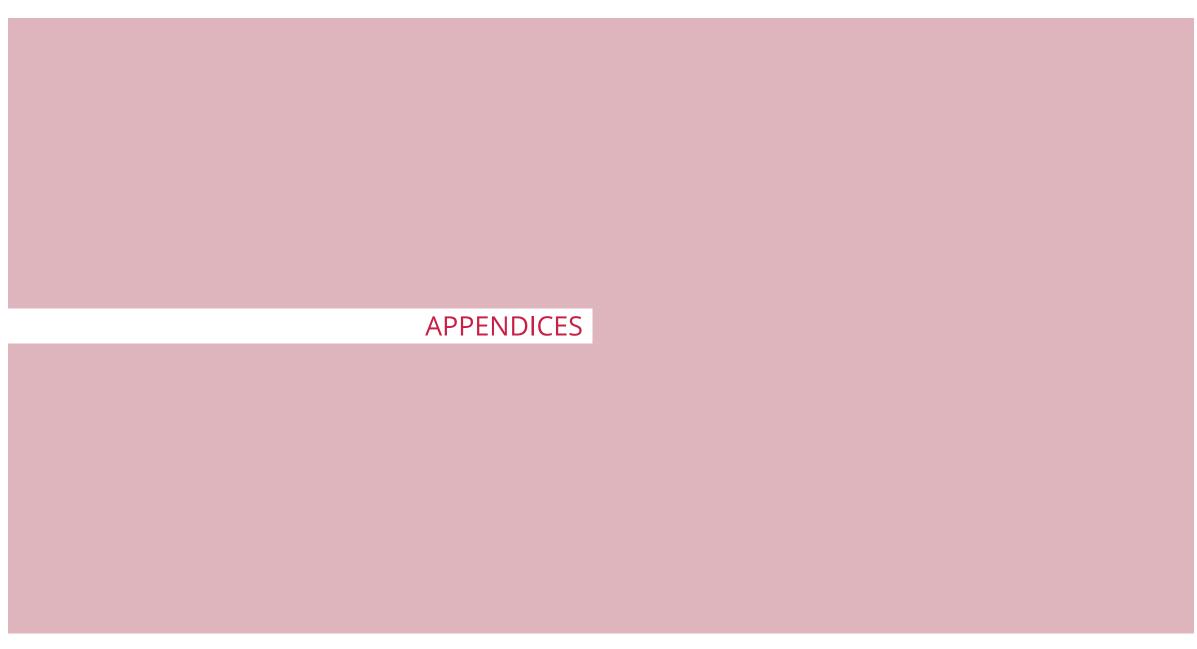
Other structural changes:

- Change from in-person to virtual bootcamp events for ECHO Autism and ECHO Epilepsy
- New pop up sessions from ECHO Care of the Elderly: Long Term Care on vaccine acceptance
- These new ECHO Care of the Elderly: Long Term Care pop up sessions ran in the evening to accommodate Long Term Care physicians
- New pop up sessions from ECHO Ontario Bariatric Network on various COVID focused bariatric issues for primary care providers

"The ECHO sessions provided an opportunity to connect with others, learn from each other and offer each other support during such an unprecedented time (COVID-19 pandemic). The learning, resource sharing and collaboration is invaluable to attendees."

- Participant, ECHO Ontario Mental Health "Linking to a larger, diverse community through this ECHO really helped me to consider the bigger picture of how to support people during the pandemic. The sessions were well run and the vibe was positive and professional. I felt bolstered by the weekly connection with others facing similar challenges through their work. This helped me to nourish myself. My "compassion fatigue" began to take a back seat as I started to receive the support I needed through this course."

- Participant, ECHO Adult Intellectual & Developmental Disabilities



Leadership Teams

Baycrest in collaboration with North East Specialized Geriatric Centre

Dr. David Conn - Medical Lead Dr. James Chau - Medical Lead Lisa Sokoloff - Program Director Dr. Andrea Moser - Medical Lead Navena Lingum - Project Coordinator Shaen Gingrich - Project Coordinator Dr. Sid Feldman - Medical Lead

Centre for Addiction and Mental Health

Dr. Allison Crawford - Co-Chair

Linda Mohri – Co-Chair

Dr. Sanjeev Sockalingam – Co-Chair

Dr. Eva Serhal – Senior Director Jenny Hardy - Acting Director

Maurey Nadajarah – Acting Manager

Dr. Yona Lunksy - Co-Lead

Dr. Renee Linklater - Co-Lead Dr. Katie Sheehan - Co-Lead

Dr. Wiplove Lamba - Co-Lead

Dr. Nitin Chopra - Co-Lead

Dr. Stephanie Cassin - Co-Lead

Dr. Shelly McMain - Co-Lead

Dr. Priya Watson - Co-Lead

Dr. Wayne Baici - Co-Lead

Dr. Peggy Richter - Co-Lead

Dr. Juveira Zaheer – Co-Lead

Dr. Aristotle Voineskos – Co-Lead

Children's Hospital of Eastern Ontario

Dr. Kathleen Pajer - Co-Director

Dr. William Gardner - Co-Director

Dr. Hazen Gandy - Interim Director

Josée Blackburn - Manager Sarah Bissex - Manager

Holland Bloorview Kids Rehabilitation Hospital

Dr. Melanie Penner – Lead

Dr. Evdokia Anagnostou – Co-Lead

Dr. lessica Brian - Co-Lead Salina Eldon - Project Manager Lisa Kanigsberg - Coordinator

Anmol Patel - Assistant

Ontario Bariatric Network

Dr. Mehran Anvari - Lead

Dr. Vanessa Boudreau - Co-Lead - Lead St Joseph's Healthcare

Daina Mueller - Clinical Coordinator

Dr. Natasha Periera-Hong – Lead - Guelph General Hospital

Dr. Stephen Glazer – Lead - Humber River Hospital

Dr. Sanjeev Sockalingam – Lead - Toronto Western Hospital

Iulia Skiadaresis - Lead - Toronto Western Hospital

Dr. Boris Zevin – Lead - Kingston Health Sciences Centre

Dr. Nicole Kolozsvari - Lead, The Ottawa Hospital

Dr. Scott Cassie – Lead - Thunder Bay Health Sciences Centre

Ontario Epilepsy Network

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Stacy Hewson - Hub Co-Lead

Dr. Tugce Balci - Hub Co-Lead

Dr. Michelle Shapiro - Hub Lead

Dr. Lysa Boisse Lomax - Hub Lead

Dr. Jorge Burneo - Hub Lead and Program Co-Lead

Dr. Ayman Hassan - Hub Lead

Dr. Rajesh Ramachandrannair - Hub Lead

Dr. Kevin Jones - Hub Lead Dr. Robyn Whitney- Hub Lead

Dr. Carter Snead - Hub Lead and Program Co-Lead

Dr. Elizabeth Donner - Hub Lead and Program Co-Lead

Kirk Nylen- Program Co-Lead Dr. Tad Fantaneanu - Hub Lead

Dr. Arezoo Rezazadeh - Hub Lead

Dr. Esther Bui - Hub Lead

David Gold- Hub Lead St. Joseph's Care Group

Dr. Daniel James Medical Lead

Dr. Patricia Poulin Research Lead Andrew Koscielniak - Supervisor

The Hospital for Sick Children(SickKids)

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Annie Jiwan - Program Manager

Senthoori Sivarajah - Education Coordinator Alyssa Gumapac - Communications Specialist

Deiren Masterson - Digital Specialist

Linda Nguyen - Interprofessional Education Specialist Jennifer Allegro - Interprofessional Education Specialist

Dr. Jennifer Stinson - Founding Project Lead

Dr. Chitra Lalloo - Research Lead

Jo-Ann Osei Twum - Research Coordinator

Dr. Naiyi Sun - Medical Lead

Shirin Ataollahi-Eshqoor - Medical Lead

Dr. Elisa Nigro - Medical Lead

Dr. Jill Hamilton - Medical Lead

Kate Hamilton - Medical Lead

Rebecca Noseworthy - Medical Lead

Dr. Eyal Cohen - Medical Lead

Dr. Julia Orkin - Medical Lead

Michelle Ho - Medical Lead

Dr. Catherine Diskin - Medical Lead

Dr. Adam Rapoport - Medical Lead

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Dr. Paul Taenzer - Program Leadership Team

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Dr. Jordan Feld - Program Co-Lead

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Dr. Mark Bayley - Program Co-Lead

Dr. Robin Green - Program Co-Lead

Dr. Rupert Kaul - Program Co-Lead

Dr. Dmitry Rozenberg - Program Lead

Silvi Groe - Director Iennifer Mokry - Manager

ECHO Ontario is a collaboration of deeply caring, enthusiastic and engaging teams. We'd like to acknowledge and extend a thank you to all the ECHO Ontario operations and hub teams that have contributed to the ongoing success of this project.

2020/21 Publications

Bombardier C, Steiman A, Mostyn R, Zhao J. ECHO Rheumatology: Improving Access to Rheumatologic Care in Underserviced Areas Through Capacity Building. Can Rheum Assoc J 29(3):24-25

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