



Empowered Living Through ECHO: Enhancing Healthcare for the Adult Neurodiverse Community in PA

No-cost, weekly,
virtual sessions held
7:45-9 a.m.

2025

| | | | |
|--------|---------|---------|---------|
| Jan. 9 | Jan. 16 | Jan. 23 | Jan. 30 |
| Feb. 6 | Feb. 13 | Feb. 20 | Feb. 27 |

Flip to learn more
about Project ECHO



Register Here

<https://redcap.link/EnhanceHlthDSP>

- » Register by Jan. 6
- » Space is limited
- » Register one-time to access all sessions



Are you a direct support professional working with neurodiverse individuals? This program helps you support those facing trauma, mental and physical health challenges, and offers strategies for using coping skills to build resilience.

LEARN HOW TO

- ✓ **Spot signs of trauma** & common **mental health issues** like anxiety or mood disorders
- ✓ **Recognize physical health concerns** such as GI issues, seizures, & sleep problems
- ✓ **Improve resilience** & use strategies to manage stress
- ✓ **Encourage community engagement** & support connections
- ✓ **Use the Community Resilience Model** as a framework to understand the need for appropriate skill building



Build Stronger Support for Neurodiverse Individuals!

Eligible participants include direct support professionals who work with neurodiverse individuals, including clinical supervisors, behavior specialists, group home managers, and program coordinators.

Join Us for This 8-Session Program!

Improve your skills and make a lasting difference in the lives of those you support!



PennState
College of Medicine



“All Teach, All Learn”

The Project ECHO model of continuing education leverages the power of all participants learning and sharing together. ECHO sessions consist of a brief educational presentation with Q&A, followed by group discussion on de-identified cases submitted by participants. It is a guided, virtual learning community aimed at supporting attendees in caring for their clients.

PARTICIPATING IS FREE, SIMPLE AND VIRTUAL

- » No need to travel. Participation takes just one hour of your day.
- » Register for the program at no cost, and get reminders for upcoming sessions.
- » Sessions are held via Zoom.
- » Submit cases when you can (and if you want) for review and consultation during sessions.

BENEFITS FROM PARTICIPATION

- » A learning community of professionals like you.
- » Presentations from subject matter experts on topics you help to select.
- » Suggestions on managing your most complex clients.
- » Free training hours.



What to Expect

- » Experts dedicated to sharing knowledge with you and learning from you
- » A welcoming atmosphere where people feel comfortable participating
- » Responsiveness to your feedback on evaluations
- » Respect for your experiences, skills and time
- » Increased knowledge

Project ECHO

Project ECHO (Extension for Community Healthcare Outcomes) is an internationally-recognized, evidence-based approach to continuing education and tele-mentoring that leverages the power of sharing knowledge across miles and across disciplines. Project ECHO started at Penn State College of Medicine in 2018 and aims to improve health outcomes and access to care within and beyond Pennsylvania.

