Target Audience:
• Physicians, Physician Assistants and Nurse Practitioners
• Pharmacists
• Licensed Mental Health Therapists
• Licensed Alcohol and Drug Counselors
• Program staff associated with entities that treat substance use disorder and/or pain

Overview:
This ECHO (Extension for Community Healthcare Outcomes) is comprised of a group of experts assembled to help care teams in Nebraska address complex issues related to addiction and pain.

Lifestyle: The 7 F’s
ECHO Call: Thursday, September 17th, 12 p.m. – 1:15 p.m. (CST)

Presenter:
Aaron Barnes, Addiction Recovery Coach

Aaron has experience helping many people struggling with addiction, mental-health, and physical health challenges to stay sober and implement and maintain healthy habits that will serve their greater well-being. He works compassionately with clients and serves as a client liaison with other clinical, health and wellness providers. He helps clients navigate weekly, daily, or even moment-by-moment challenges they inevitably face during the various phases of recovery.

Learning Objectives:
• Discuss the 7 F’s for health lifestyle management
• Identify how to incorporate lifestyle changes in SUD and Pain treatment and relapse prevention planning

Continuing Education:
The University of Nebraska Medical Center, Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Nebraska Medical Center, Center for Continuing Education designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. This activity is provided for 1.0 contact hour under ANCC criteria.

This webinar is approved by the Nebraska Department of Health and Human Services Regulation & Licensure for 1.0 contact hours for Nebraska Licensed Alcohol/Drug Counselors. Approval #20.142

To participate and register: Register for this ECHO call by September 13
https://cmelifcker.net/UNMC/Login?formname=RegLoginLive&EventID=45407  CID:45407