

LEGISLATIVE HEALTH & HUMAN SERVICES COMMITTEE

Project ECHO Overview

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Project ECHO Was Created to Address an Ongoing Challenge:

New Mexico is the
5th largest
state (in area) in the U.S.

30 out of 33
counties are designated as
medically underserved

Hepatitis C Clinic in 2003: Eight-month wait



ECHO Session



HOW AN ECHO SESSION WORKS



Interactive



Peer-to-peer learning



Co-management of cases



Collaborative problem solving

A SEMINAL 2011 STUDY IN **THE NEW ENGLAND JOURNAL OF MEDICINE** DEMONSTRATED THAT **ECHO IMPROVED ACCESS TO CARE IN UNDER-RESOURCED COMMUNITIES**



The NEW ENGLAND
JOURNAL of MEDICINE

[SPECIALTIES](#) ▾ [TOPICS](#) ▾ [MULTIMEDIA](#) ▾ [CURRENT ISSUE](#) ▾ [LEARNING/CME](#) ▾ [AUTHOR CENTER](#) [PUBLICATIONS](#) ▾

ORIGINAL ARTICLE



Outcomes of Treatment for Hepatitis C Virus Infection by Primary Care Providers

Authors: Sanjeev Arora, M.D., Karla Thornton, M.D., Glen Murata, M.D., Paulina Deming, Pharm.D., Summers Kalishman, Ph.D., Denise Dion, Ph.D., Brooke Parish, M.D., [+7](#), and Clifford Qualls, Ph.D. [Author Info & Affiliations](#)

Published June 9, 2011 | N Engl J Med 2011;364:2199-2207 | DOI: 10.1056/NEJMoa1009370 | [VOL. 364 NO. 23](#)

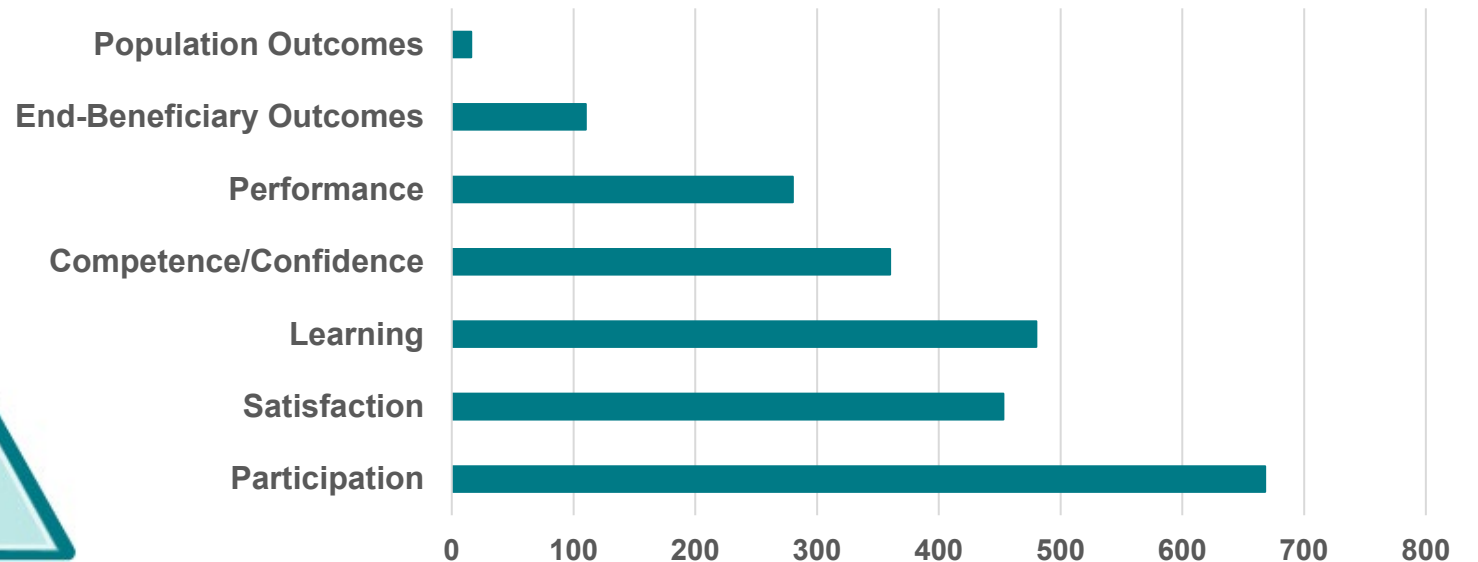
Robust Evidence Shows ECHO Model's Effectiveness

ECHO Publications by Outcome Levels



Total ECHO Publications = 941 (as of 06/01/2026)

Project ECHO Publication Outcomes by Moore's Levels

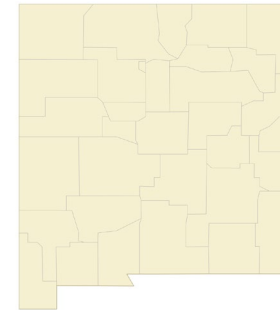


Evidence that Project ECHO is Cost Effective or Decreases Costs for US patients/systems

New Mexico: ECHO Care mentored Outpatient intensivist teams (OITs) providing care to high-cost, high-need Medicaid (HCHN) patients; program served 770 patients in New Mexico Sep 2013-June 2016. Nearly all had a chronic mental illness, and over three-quarters had a chronic substance use disorder. Medicaid claims data was used to measure healthcare utilization before and after ECHO Care.

ECHO Care patients significantly reduced their use of ED visits and inpatient admissions while increasing their use of outpatient care and dispensed prescriptions.

(Komaromy et al. 2020 *J Gen Intern Med*).



ALL TEACH, ALL LEARN



The all teach/all learn ECHO Model **connects experts with frontline healthcare workers**, providing expert knowledge, mentoring and an ongoing community of practice to **underserved communities**

The ECHO Model **creates a ripple effect**. When one participant shares their expertise with peers, each can go on to improve hundreds of lives **in their communities**.

ECHO Upskills Frontline Workers

- Ongoing mentorship and guided practice
- Discussion driven by real needs and actual cases and problems of those working on the frontline
- Provides a supportive social network
- Efficient and effective way to get implementation of best practices to frontline workers
- Creating a safe space for dialog, learning, and development

Communities of Practice Create Joy of Work

Participants in ECHO programs:

- feel more connected
- experience decreased professional isolation
- report increased professional satisfaction
- exhibit increased resilience





PROJECT ECHO IN NEW MEXICO



ECHO PROGRAMS SERVING NEW MEXICO

New Mexico has a severe shortage of health care providers, with an average of five providers per 10,000 people.

NM State Health Improvement Plan (SHIP) FY24/FY26 Focus Areas:

EQUITABLE ACCESS TO HEALTH SERVICES

FAMILY HEALTH

INFECTIOUS DISEASES

CHRONIC DISEASES

MENTAL HEALTH

SUBSTANCE MISUSE

ENVIRONMENTAL / CLIMATE

ADVERSE CHILDHOOD EXPERIENCES

NM Programs

ADVERSE CHILDHOOD EXPERIENCES

Putting Faces to the ACEs

INFECTIOUS DISEASES

Community Hepatitis C
Corrections Hepatitis C
HIV Treatment and Prevention
Indian Country HIV
Infectious Diseases Consult
Infectious Diseases Office Hours
Post COVID Primary Care
Syphilis

FAMILY HEALTH

Improving Perinatal Health
Maternal Child Health for CHWs
Reproductive Health
School Based Health Centers

MENTAL HEALTH

BHRIA Peer Learning Collaborative
BHRIA Regional Planning Collaborative
Child and Adolescent Mental Health
Suicide Prevention
Violence Prevention
Youth Suicide Prevention

NM Programs, cont'd.

CHRONIC DISEASES

Bone Health

Cancer Survivorship for Primary Care

Care of the Older Patient

Community CHW Diabetes

Dermatology

Diabetes (multiple programs)

Ear, Nose, and Throat

Endocrinology

General Pediatrics

Long Term Care

Miners' Wellness

Neurology

Palliative Care

Rheumatology

Hepatobiliary Diseases

Weight Management

NM Programs, cont'd.

EQUITABLE ACCESS TO HEALTH SERVICES

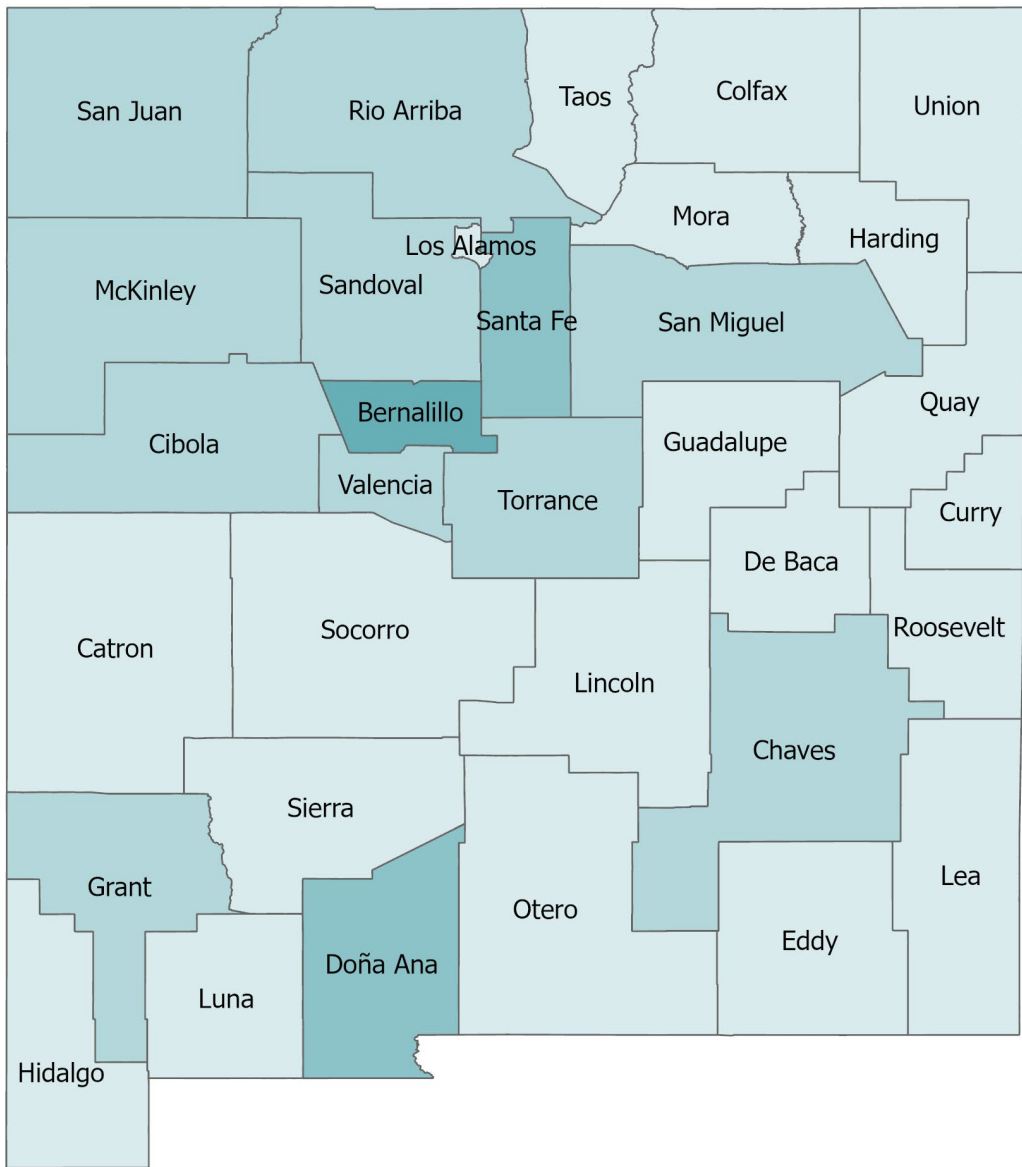
Artificial Intelligence in Medicine
Gender Affirming Care
TTELP Clinical Communications
NMCD Reentry and Education
SafeCare New Mexico
Street Medicine

SUBSTANCE MISUSE

Alcohol Use and Mental Health
Community Health Worker/Peer Support Worker Opioid
Detention Centers Substance Use Treatment
Opioid Crisis and Pain Management
Substance Use Disorder in Pregnancy
Youth Vaping Prevention

OTHER

After Time Served Peer ECHO Council
Community Peer Education Project (CPEP)
Peer Education Project (NMPEP)
Peer Education Project Collaborative
Probation and Parole Collaborative



Map of Attendance by first line professionals in ECHO Sessions Across the State

As of June 1st, 2026, there have been **more than 365,000** cumulative attendances by at least **28,000** individuals.

NM Attendance by County

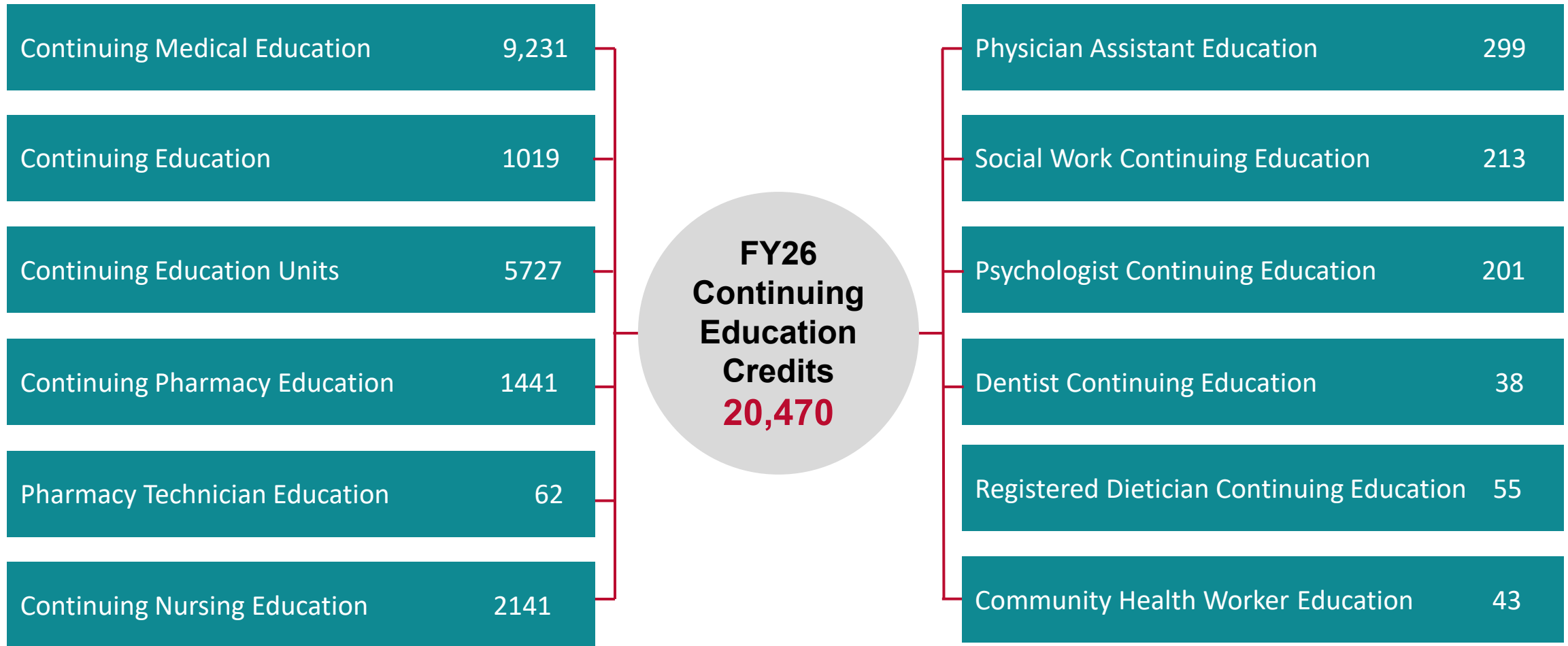


NM County	Total Attendance	Unique Attendees
Bernalillo	203,663	15,133
Catron	136	13
Chaves	5,748	547
Cibola	4,752	491
Colfax	1,483	200
Curry	1,795	228
De Baca	123	21
Doña Ana	21,403	1,735
Eddy	3,440	283
Grant	4,391	357
Guadalupe	1,311	100
Harding	18	4
Hidalgo	744	43
Lea	3,515	349
Lincoln	1,065	138
Los Alamos	879	103
Luna	875	163
McKinley	10,806	1,033
Mora	326	26
Otero	3,211	354
Quay	387	70
Rio Arriba	9,331	627
Roosevelt	2,495	130
San Juan	7,159	852
San Miguel	7,499	402
Sandoval	10,232	1,014
Santa Fe	31,509	2,002
Sierra	639	105
Socorro	1,487	231
Taos	3,955	456
Torrance	4,432	630
Union	539	61
Valencia	5,174	486

New Mexico County Attendance by first line professionals in ECHO Sessions Across the State

As of June 1st, 2026, there have been **more than 365,000** cumulative attendances by at least **28,000** individuals.

CME Credits for NM ECHO Programs Being Run Through the ECHO Institute



Making an Impact Across New Mexico


FY2026 Highlights



NORTHWEST NM
MCH CHW Training
3rd in-person training
in Gallup, NM




STATEWIDE
Peer Leadership Summit
Bringing peer leaders
and organizations
together




STATEWIDE
SUD in Pregnancy ECHO Program
Professional
community from
diverse disciplines



STATEWIDE
BHRIA (SB3)
Regional planning
collaborative &
BHTAC technical
assistance



STATEWIDE
Suicide Prevention Educational Series
700 total attendances
across 14 ECHO
programs



STATEWIDE
Opioid Crisis & Pain Management ECHO
Attendance increased
167% from 203 to 542
in Q1 2026

Diabetes

The Burden of Diabetes in NM

American Diabetes Association,
Statistics by State, 2025



PROBLEM: DIABETES IN NEW MEXICO



208,000

adults in NM (11% of adults)
have diagnosed diabetes



13,000

adults in NM are diagnosed
with diabetes each year



\$7.3 BILLION

estimated annual cost of diagnosed diabetes in New Mexico



\$2.0 BILLION
in direct medical
expenses (2022)



\$5.2 BILLION
in indirect costs from
lost productivity (2022)

Partnering with the CDC in Rural New Mexico



An ECHO initiative for **health systems strengthening**

Collaboration with NM DOH, NMSU, Health Care Authority, American Diabetes Association, and the Association of Diabetes Care & Education Specialists, National Kidney Foundation



Improving Diabetes Outcomes in Rural NM

Rural New Mexicans with diabetes experienced improvements in diabetes (A1c) and heart health (BP, cholesterol) that were just as good as the UNM endocrinology clinic, when treated by ECHO-mentored PCPs

J Gen Intern Med 2024 Nov;39(15):2980-2986.

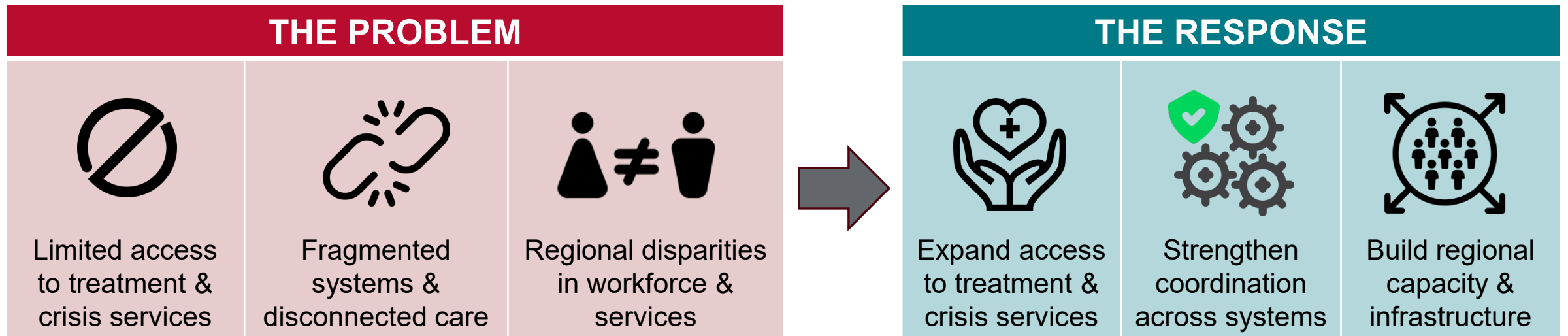
Medicaid claims data showed that rural New Mexicans with diabetes experienced superior improvements in prescription-related quality metrics when PCPs participated in ECHO

Endocr Pract 2020;26(10):1070-1076.



Behavioral Health

Behavioral Health Challenges in NM



Behavioral Health

PEER LEADERSHIP SUMMIT

170
ATTENDEES
From 44 organizations

32
CITIES/TOWNS
represented

KEY LEARNINGS

- ✓ Shift toward professionalized peer support
- ✓ Growth requires investment in training, roles, and workforce pathways

PEER LEARNING COLLABORATIVE

6
SESSIONS
avg. 35 learners

EXPANDED TO
BI-WEEKLY
due to demand

OBJECTIVES

- Collaborate across regions
- Exchange best practices
- Support peer workers & employers
- Provide continuing education

PROFESSIONS REPRESENTED

Peer Support Workers, Community Health Workers, Behavioral & Mental Health Providers, Support Professionals

REGIONAL PLANNING COLLABORATIVE

18
SESSIONS
41 active participants

EXPANDED TO
BI-WEEKLY
Based on needs

GOAL

- Create collaborative space for regions & stakeholders building SB3 proposals
- FAQ mechanism established to track guidelines & decisions for HCA & AOC websites
 - Stakeholder meetings to support curriculum development & alignment with HCA & AOC

BHRIA = Behavioral Health Reform and Investment Act
HCA = Health Care Authority
AOC = Administrative Office of the Courts

2026 Annual Peer Leadership Summit



Alcohol Use & Mental Health

Alcohol Use & Mental Health in New Mexico



PROBLEM: ALCOHOL USE & MENTAL HEALTH



1 IN 3

Adults aged 20–34 who died between 2015–2019, died from alcohol-related causes



AMONG HIGHEST
alcohol death rates
nationally



LIMITED
rural access
to care



BEHAVIORAL HEALTH
workforce
shortages

Alcohol Use & Mental Health ECHO

Expanding Access to Evidence-Based Alcohol Use Disorder Care



77 Average Participants
per Session



Alcohol Use & Mental Health ECHO

Building knowledge. Expanding capacity.
Strengthening communities.



Provider Training & Support

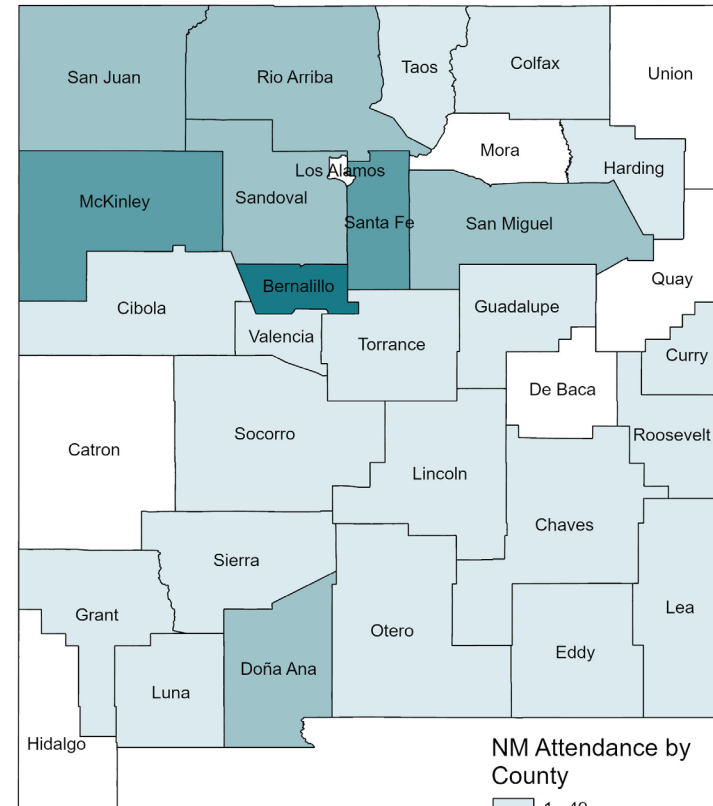
Evidence-based education, case-based learning, and expert guidance



Better Patient Care

More people get the right care in the right place

Alcohol Use and Mental Health ECHO Program
New Mexico Attendance Since 2022.



NM Attendance by
County

- 1 - 49
- 50 - 137
- 138 - 269
- 270 - 1600

Maternal and Child Health Initiative

Maternal Health Landscape in New Mexico

Higher Than Average

N.M.'s maternal mortality rate (~28 per 100,000), with **Native American and Black women being 1.5-2x** that of white individuals.

Preventable Deaths

93% of pregnancy-related deaths in N.M. were found to be preventable.

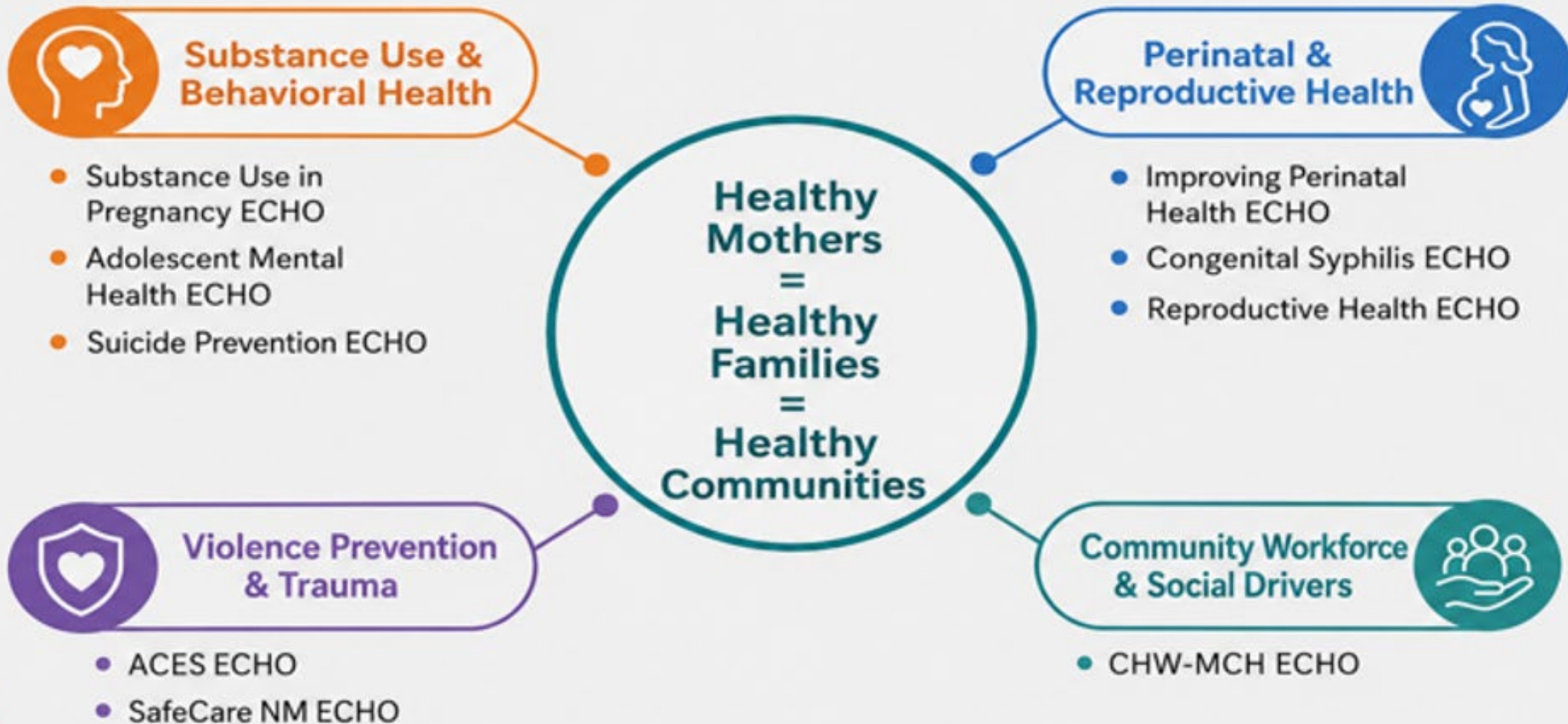
Postpartum Risk

79% of deaths occur after birth, with mental health conditions and substance use disorders as leading contributors.

Source: [New Mexico Maternal Mortality Review Committee](#)

Our Maternal & Child Health Strategy in NM

Building workforce capacity to improve maternal, infant, and family outcomes



Substance Use in Pregnancy ECHO

Supporting pregnancies through stigma-free, evidence-based care

Highlights:

- ✓ Evidence-based education on substance use, harm reduction, and recovery
- ✓ Addressed maternal mental health and family-centered care Strengthened statewide referral networks and community partnerships
- ✓ Strong attendance and engagement across New Mexico.

2025–2026 Impact

- 2,625 attendances | 630 unique participants
- Reached providers in 23 New Mexico counties
- 36% average increase in participant knowledge

Improving Perinatal Health ECHO

Improving maternal outcomes through evidence-based perinatal care

Highlights:

- ✓ Expanded on care for people with disabilities, deaf patients, and incarcerated pregnant people
- ✓ Sessions focused on postpartum hypertension, stillbirth, and obstetric emergencies
- ✓ Strengthened coordination between OB providers, EMS, EDs, and transport teams

2025–2026 Impact

2,223 attendances |
672 unique
participants

Reached providers in
19 New Mexico
counties

43% average increase
in participant
knowledge

Reproductive Health ECHO

Expanding access to reproductive health expertise across New Mexico

Highlights:

- ✓ Five-month Environmental Health & Reproductive Health series
- ✓ Featured nationally recognized experts on climate and reproductive health
- ✓ Continued clinical consultation and case-based learning for Title X providers statewide

2025-2026 Impact

- 1,469 attendances
309 unique participants
- Reached providers in 20 NM counties
- 35% average increase in knowledge
- 67% of participants reported they planned to use what they learned in practice

Adverse Childhood Experiences (ACES) ECHO

Interrupting Cycles of violence, preventing the long-term impacts of childhood adversity

Highlights:

- ✓ Built a statewide ACES ECHO learning network and resource library
- ✓ Increased provider capacity to recognize and respond to trauma and adversity
- ✓ Strengthened collaboration across healthcare, education, behavioral health, and community systems
- ✓ Elevated prevention strategies that interrupt cycles of violence and improve long-term maternal and child health outcomes

2025-2026 Impact

- 1,000+ Professionals Reached
- Reached providers in 19 New Mexico counties
- 27% average increase in knowledge

Community Health Worker- Maternal & Child ECHO

Upskilling allied health/frontline workforce across New Mexico

Highlights:

- ✓ Expands the allied maternal health workforce- hybrid model
- ✓ Augments clinical teams where severe shortages are prevalent
- ✓ Addresses provider shortages and maternity care gaps
- ✓ Strengthens rural and Tribal communities
- ✓ Invests in trusted local workers

2025-2026 Impact

- 800+ attendances including 95 in person participants at 2 trainings.
- Reached over 23 NM counties
- 36% average increase in participant knowledge



New Mexico Syphilis Syndemic ECHO

up-to-date knowledge of diagnosis, staging, treatment and prevention of the syphilis epidemic

Highlights:

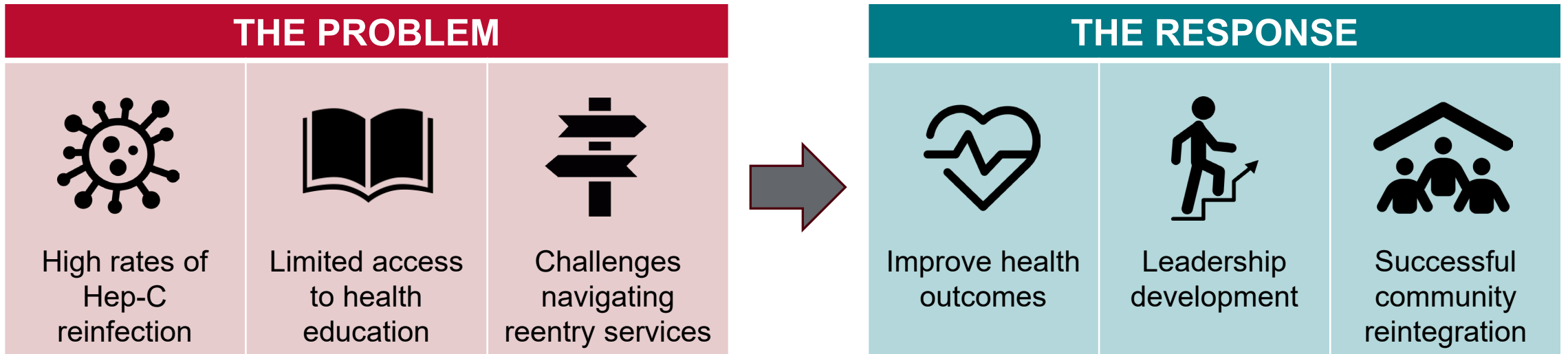
- ✓ Every session has cases, presented by hub team or participant
- ✓ Sessions address socioeconomic, mental health, and SUD conditions
- ✓ Hub team includes an OBGYN and infectious disease pediatrician to provide expert knowledge on congenital syphilis
- ✓ 99% of survey respondents report that the program has the right amount of both lecture and interactive learning

2025-2026 Impact

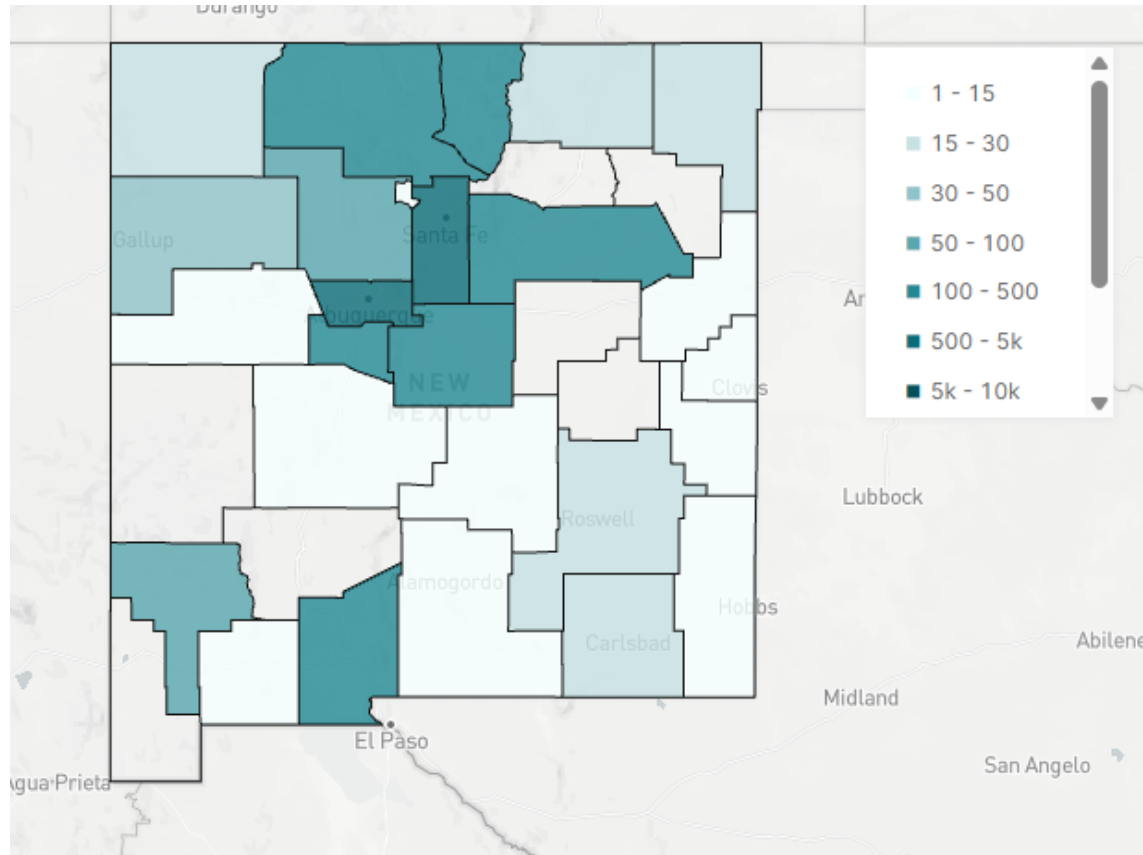
- 800+ attendances including 95 in person participants at 2 trainings.
- Reached over 23 NM counties
- 36% average increase in participant knowledge

HCV Community and Corrections Programs

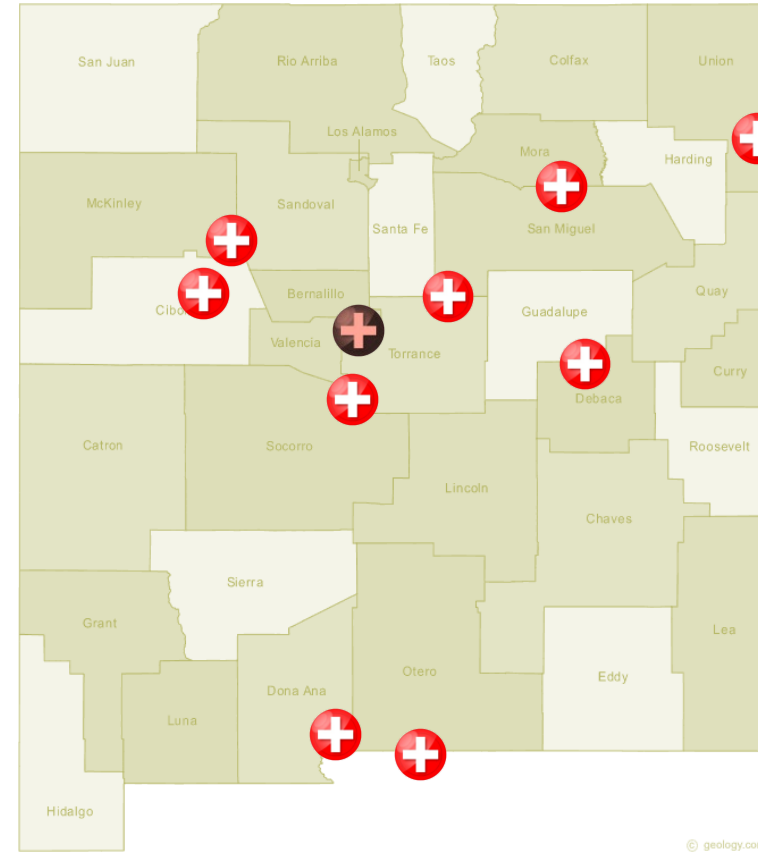
HCV & Corrections Challenges in NM



HCV Community and Corrections Programs



- Weekly session since 2004
- 2163 Unique NM Attendees



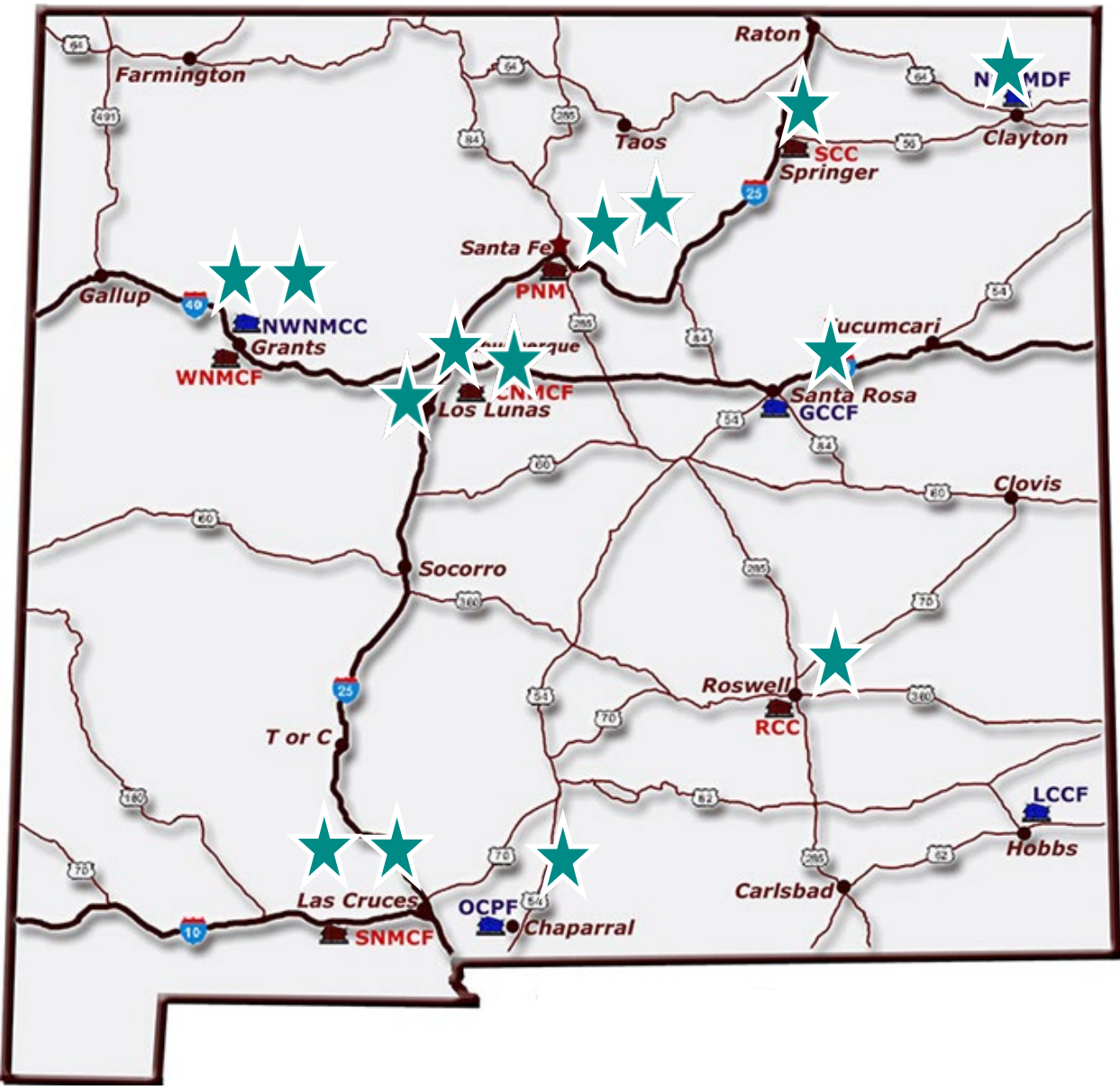
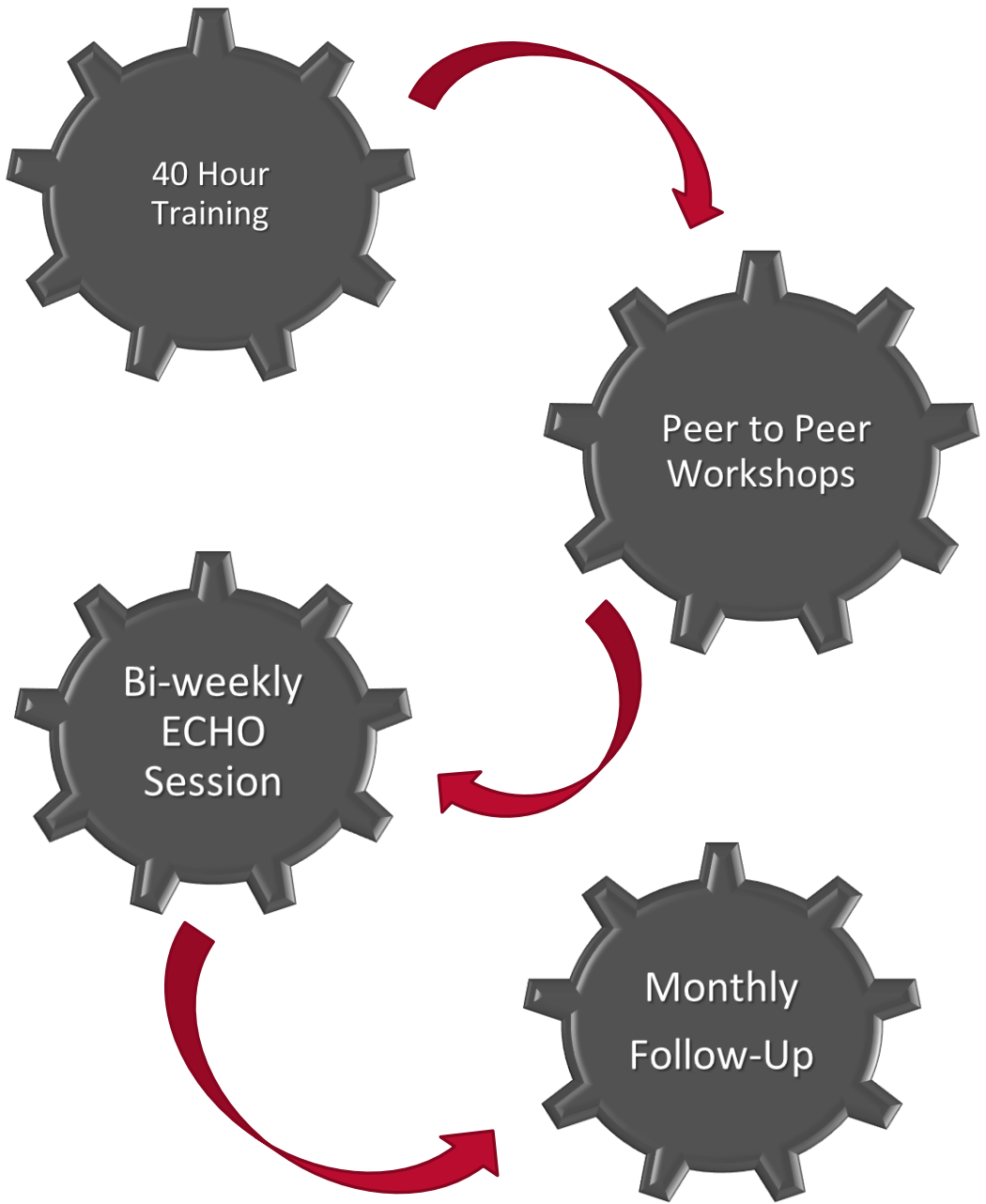
- Weekly session since 2005
- HCV Treatment Ramp-up started 2021

NM PEP



The New Mexico Peer Education Project:
Incarcerated Health is Community Health





NEW MEXICO PEER EDUCATION PROJECT

59,923

INDIVIDUALS EDUCATED
THROUGH PEER-LED
PROGRAMMING



9

NEW MEXICO
PRISONS

13

PEER EDUCATOR
GROUPS



1,190

PEER EDUCATORS



6,375

1.5-HOUR RDC
PEER-LED WORKSHOPS



93

40-HOUR
TRAININGS



10,921

10-HOUR
PEER-LED WORKSHOPS



13,791

PEER-TO-PEER ENGAGEMENTS

15 Year NMPEP Celebration



Community Peer Education Project



SUPPORTING MEN AND WOMEN ON SUPERVISION TO BE ACCOUNTABLE, INTERDEPENDENT, AND GOAL-DRIVEN TO INCREASE SUCCESS IN COMMUNITY



New Mexico Community Peer Education Project

KEY PERFORMANCE MEASURES

Support Services:

- Education: GED, Higher Ed., or Vocational
- Employment
- Financial
- Housing
- Life Skills
- Material Support (Food, Clothing, Hygiene)
- Medical/Dental/HCV
- Substance Use Support
- Transportation
- Workshops (Community Service)
- Vital Documents

Peer-to-Peer Engagement

4,600

Referrals Received

8,090

Services Provided

Workshops

6,588

Learners

4,841

Community Service
Credits Issued

Data from FY21 – FY25

New Mexico Detention Centers Substance Use Treatment ECHO

- Partnership with the New Mexico Association of Counties
- Training and support for detention medical and allied staff to provide MOUD
- Sessions on addiction medicine and case-based learning



- ❖ Since July 2024, 26 ECHO sessions have been conducted
- ❖ Participants from 24 of 33 counties in New Mexico have attended

Thank you for your support.

QUESTIONS

Contact Information



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