



Project Reassure: Fostering Resilience for Adult Neurodiverse Communities

REGISTER FOR THIS NO-COST, TRAINING HOUR-ELIGIBLE PROGRAM FOR PROFESSIONALS SERVING ADULT NEURODIVERSE INDIVIDUALS

The COVID-19 pandemic has exposed all Pennsylvanians to unprecedented levels of stress and uncertainty. For adult neurodiverse Pennsylvanians and their caregivers, this stress and anxiety may be particularly high. This population, which is already at high risk for abuse and unpleasant life events, may have experienced trauma directly related to the pandemic and social distancing measures. Additionally, the continuing uncertainty about safe and gradual re-entry into community activities may be another source of significant stress. Direct service professionals are able to help the adult neurodiverse individuals and their caregivers build resilience in the face of this stress and anxiety.

The eight-session Project Reassure ECHO program will launch on January 12, 2024 from 7:45-9 a.m. This program will provide participants with strategies in supporting adult neurodiverse individuals struggling with anxiety related to the COVID-19 pandemic and building resilience. The curriculum will cover the basics of recognizing trauma, stress, and anxiety, fostering resilience building skills, crisis prevention, dealing with uncertainty, and changes in the adult neurodiverse brain. Professionals serving adult neurodiverse individuals including immediate direct clinical supervisors of direct support professionals, group home managers, behavior specialists and program coordinators are encouraged to register and actively participate.

Contact us.
echo@psu.edu

Space is limited for this no-cost educational series!

Please apply to join here: <https://redcap.link/Neurodiversity5>



“All Teach, All Learn”

Project ECHO is not a webinar or a place for complex case presentation from administrators. The Project ECHO model of continuing education leverages the power of all participants learning and sharing together from simple cases. ECHO sessions consist of a brief educational presentation with Q&A, followed by group discussion on de-identified patient cases submitted by participants. As such, it is a guided, virtual learning community aimed at supporting attendees in caring for their clients.

PARTICIPATING IS FREE, SIMPLE AND VIRTUAL.

- Register for the program at no cost, and get reminders for upcoming sessions.
- Submit cases when you can (and if you want) using easy-to-complete fillable forms.
- Join sessions using the Zoom video conferencing platform with links that are emailed to you.
- No need to travel. Participation takes just one hour of your work day.

BENEFITS FROM PARTICIPATION

- A statewide 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.



PennState
College of Medicine

