



Greetings Northwest Region:



Post-Waiver Policy: Your Questions Answered (Mostly!)

The Center for Connected Health Policy ([CCHP](#)) has released a concise summary of the Medicare telehealth waivers that expired on September 30, 2025 (applicable to Medicare beneficiaries only).

CCHP has developed two helpful resources to guide you through these changes:



CCHP

- [Medicare Waiver Expiration & Telehealth FAQs](#) (document)
- [Telehealth Medicare Policies Post-September 30, 2025](#) (summary table)

Together, these tools provide a quick way to understand what has changed and what remains the same in Medicare telehealth policy.

NRTRC Hosts the November National Consortium of Telehealth Resource Centers (NCTRC) Webinar

Join the NRTRC and the NCTRC on
Thursday, November 20, from 11

a.m. to 12 p.m. for [Burnout & Telemental Health: Re-Connecting to Ourselves while Connecting to Others](#). David R. Kopacz, MD, psychiatrist in Primary Care Mental Health Integration at the Seattle Division of Puget Sound VA and a Clinical Associate Professor at the University of Washington, will present.

Burnout is ubiquitous in healthcare, but telemental health has its own unique challenges. Technology allows us to rapidly connect with patients anywhere in the country, and yet it can paradoxically isolate us (by working from home without colleagues), emotionally distance us from others (by limiting emotional and non-verbal communication), and make us more sedentary and disconnected from our bodies. This talk will explore ways to mitigate telemental health burnout by enhancing human connection with ourselves and with our patients.

[Register here.](#)

www.telehealthresourcecenter.org

LIVE WEBINAR

Burnout & Telemental Health: Re-Connecting to Ourselves while Connecting to Others

 David R. Kopacz, MD
Staff Tele-Psychiatrist
Talkiatry

THURSDAY
NOV 20
11 AM - 12 PM PT

 NRTRC
NORTHWEST REGIONAL
TELEHEALTH RESOURCE CENTER

Living Well with Diabetes Training Program Materials

The American Diabetes Association recommends annual diabetes self-management education and support (DSMES) for all people with diabetes. Unfortunately, access is limited; insurance only covers accredited DSMES programs taught by credentialed professionals, and many people, especially in rural areas, lack coverage, proximity, or transportation. Too often, the result is no education at all. In response, the NRTRC created the Living Well with Diabetes Program materials. These materials can be used to develop an internal diabetes education program that can be delivered by appropriately trained and supervised staff. *We emphasize that an accredited DSMES program, taught by a credentialed educator, that is accessible and affordable for those with T2D, is always the preferred option.* However, that option is often unavailable in our rural communities.



- [Living Well with Diabetes—Diabetes Education & Empowerment Training by Trained Staff](#). Webinar recording from July 31, 2025, that covers the content and materials.
- [1. Living Well with Diabetes Education Program](#) PowerPoint slide set. Contact us if you want access to edit these slides to meet your facility needs.
- [2. Operational and Implementation Considerations](#). A few pointers and

important considerations.

- [3. Diabetes Care Tracker—Track It to Manage It](#) Person-centered tracker designed by the NRTRC.
- [4. BMI Weight Ranges by Height](#) Designed by the NRTRC to easily look up weights associated with a given body mass index (BMI).

REGIONAL NEWS

Rural Health Association of Utah's Annual Conference



Join the NRTRC and UETN at the [Annual Rural Health Association of Utah \(RHAU\) Conference](#), November 12 and 13. The two-day RHAU conference is the state's premier gathering focused on improving the health and well-being of rural communities. Connect with professionals from all disciplines, care settings, and corners of Utah. Explore new ideas, gain practical insights, and build lasting partnerships to advance rural health. See more in our Events section below.

NRTRC Seeks Advisory Board Members from Idaho and Montana

We are still seeking a few dedicated professionals to join our telehealth advisory board. We're looking for individuals from Idaho and Montana with the following qualifications:

- Passion for advancing healthcare access and equity
- Experience in improving patient outcomes in underserved regions
- Experience with telehealth strategy development and implementation

Please use our [contact form](#) and select "Outreach Request" to express your interest or nominate a candidate.

NATIONAL NEWS

NRTRC Maps 230 TAPs Locations!

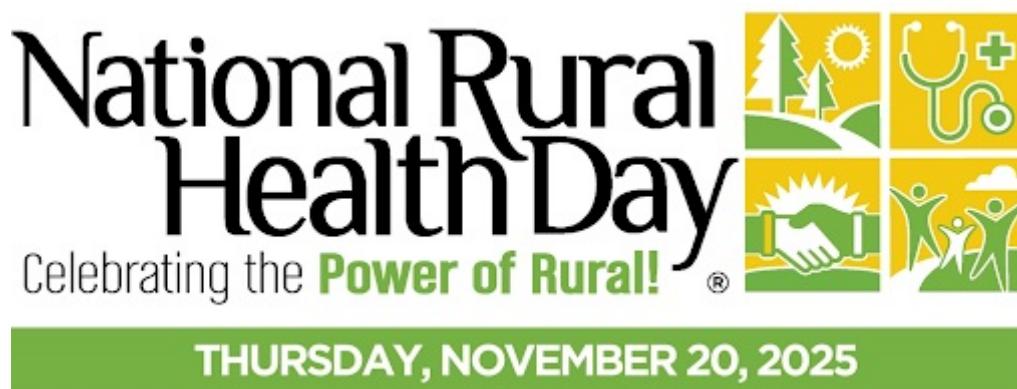


The NRTRC has mapped 230 telehealth access points (TAPs) on the [NRTRC Find Telehealth Map!](#) A TAP is a public-facing space that furnishes a device with a working camera, speaker and microphone, an internet connection, and privacy considerations in the form of a dedicated room or kiosk. This arrangement allows the general public to access telehealth appointments. TAPs are found throughout the nation at community anchor institutions like libraries, social service agencies, and community health centers. The NRTRC began mapping public-facing TAPs in 2023 to raise awareness of the available spaces for telehealth appointments and help digital navigators, providers, and telehealth participants find the resources they need to participate in and access telehealth services.

The work doesn't stop here! We will continue to accept TAPs enrollment on our map on a rolling basis. Please continue to utilize this resource and inform other organizations across the U.S. that they can enroll their TAP at any time using [this form](#).

Rural Medical Education Collaborative Will Host Clinical Congress

The nationwide celebration of National Rural Health Day is Thursday, November 20, 2025! One way to celebrate the #PowerOfRural is to join the [Rural Medical Education \(RME\) Collaborative](#) for the Fall 2025 Rural Health Clinical Congress on Saturday, November 15. This free, interactive, multi-topic virtual conference is designed specifically for clinicians who serve patients in rural communities (CME/CE available). [Register here](#).





Events to Bookmark in 2025

October

TeleBehavioral Health 2025: Virtual Pathways to Recovery—Telehealth for Behavioral Health in Correctional Settings

Oct 17 @ 12 p.m.–1 p.m.

Organizer: [University of Washington Behavioral Health Institute](#)

This webinar will explore how telehealth is transforming behavioral healthcare delivery within correctional settings, offering timely support to justice-involved individuals during incarceration. Attendees will gain insight into innovative service models, technology considerations, and the unique needs of incarcerated populations. Real-world examples and lessons learned will highlight how telebehavioral health can bridge gaps in care and support recovery pathways from within. Presented by Mary Ochsner Krampen, MS, LPC, CRC, BC-TMH, Executive Director of Bay Rivers Telehealth Alliance.

Care Management Services: What's Telehealth vs. Not Telehealth

Oct 28 @ 12 p.m.–1 p.m.

Organizer: [Arizona Telemedicine Program](#)

Discover the latest developments in telehealth for nutrition services. This one-hour webinar will share practical strategies, policy updates, and innovative e-models to help MNT and DSMT providers expand access, improve engagement, and strengthen programs. Follow the link above to review course objectives and CME credit information.

November

APHA 2025

Nov 2–Nov 5

Washington, DC

Organizer: [American Public Health Association](#)

Each year, APHA's Annual Meeting and Expo convenes about 12,000 public health professionals and partners from around the world to engage, collaborate, and grow. The annual meeting brings together a broad spectrum of professionals across

various disciplines. Learn from peers, hear from today's leaders, network with exhibitors, and make long-lasting connections.

RHAU 2025 Annual Conference

Nov 12–Nov 13

St. George, UT

Organizer: [Rural Health Association of Utah](#)

The 2025 Annual Rural Health Association of Utah (RHAU) Conference will take place on November 12 and 13 in St. George, Utah. The conference aims to promote and improve the lives of those who live and work in rural Utah. Join us for two days of insightful discussions, networking opportunities, and knowledge sharing.

This year's conference theme is "The Rural Advantage: Collaboration, Community, and Innovation." The agenda features innovative local and national speakers, legislative updates, breakout sessions on current issues in rural health, sponsor tables offering critical resources, poster sessions, ample networking opportunities, and more.

ATA Insights Summit 2025

Nov 16–Nov 18

Organizer: [American Telemedicine Association](#)

The ATA Insights Summit centers around healthcare delivery organizations and the leaders driving real-world change. This conference is a national working convention where health system leaders, clinicians, and system builders come together to develop the operational strategies, frameworks, and infrastructure needed to deliver and scale digitally enabled care. The two-day conference will blend featured presentations, interactive panels, and strategy roundtables.

National Rural Health Day

Nov 20

Organizer: [National Organization of State Offices Of Rural Health](#)

Since 2011, the National Organization of State Offices of Rural Health (NOSORH) has set aside the third Thursday of November to celebrate the "Power of Rural" on National Rural Health Day (NRHD). This day is an opportunity to bring attention to and honor the incredible efforts of rural healthcare providers, communities, organizations, State Offices of Rural Health, and other stakeholders dedicated to addressing the unique healthcare needs of rural America.

NCTRC Webinar—Burnout & Telemental Health: Re-Connecting to Ourselves while Connecting to Others

Nov 20 @ 12 p.m.–1 p.m.

Organizer: [National Consortium of Telehealth Resource Centers](#)

This talk will explore ways to mitigate telemental health burnout by enhancing human connection with ourselves and with patients. See additional details in our story above!

TeleBehavioral Health 2025: Does Modality Matter? Comparing the Quality of Mental Healthcare Delivered by Video, Phone, and In-person

Nov 21 @ 12 p.m.–1 p.m.

Organizer: [University of Washington Behavioral Health Institute](#)

This talk will review recent research examining differences in the quality of video, phone, and in-person telemental healthcare. Outcomes of interest include patient and provider preference ratings, as well as clinical metrics such as mental health hospitalization rates and emergency department visits. The presentation will explore whether the modality through which mental healthcare is delivered may impact overall effectiveness and satisfaction.

December

[ATA EDGE 2025](#)

Dec 10–Dec 12

Organizer: [American Telemedicine Association](#)

There's a lot happening in Washington right now, and it's reshaping virtual care. New policies. Shifting priorities. Big decisions. A new era of telehealth is being written in real time—and now is the time to make virtual care a permanent facet of healthcare. Join us at ATA EDGE 2025, the nation's premier digital health policy forum, where healthcare leaders, policymakers, and innovators come together to cut through the noise and shape what's next.

[TeleBehavioral Health 2025: Cognitive Behavioral Therapy \(CBT\) over Telehealth](#)

Dec 12 @ 12 p.m.–1 p.m.

Organizer: [University of Washington Behavioral Health Institute](#)

The TeleBehavioral Health 2025 Training Series is a free, twelve-part webinar series open to anyone providing services to individuals who live with mental health and substance use issues. This Zoom-based series takes place on the third Friday of each month, January through December 2025, from 11 a.m.–12 p.m. (PT). You are invited to attend all webinars, but you will need to register for each webinar separately.

Do You Provide Healthcare or Services via Telehealth?



NRTRC's [Find Telehealth](#) helps patients and providers find in-person care, telehealth care, and locations to have telehealth visits. Turn on the map's TAPs button to view sites.

[Click Here to Update Information on Your Practice](#)
[Click Here to Add a TAP](#)



Northwest Regional State Telehealth Websites

- [Idaho Telehealth Alliance](#)
- [Montana Telehealth Alliance](#)
- [Utah Telehealth Network](#)
- [Washington State Department of Health](#)
- [Wyoming Telehealth Network](#)



Telehealth Resources

- [Telehealth Tools and Resources](#): Find up-to-date telehealth tools and resources.
- [Professional Development](#): Visit NRTRC's catalog of online telehealth training courses.
- [Updated Legislation and Regulations](#): Keep up with regulations and proposed legislation for the states of the Northwest Region.
- [Research](#): Find current research opportunities, research articles, and survey results.

Northwest Regional Telehealth Resource Center

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