NIMHANS Digital Academy

Virtual Knowledge Network ECHO
Centre for Addiction Medicine
Democratizing Knowledge for Quality Care

Centre for Addiction Medicine(CAM),
Dept of Psychiatry, NIMHANS

A Certificate Course on Psychosocial Management of Substance Use Disorders

CCPMSUD 1.0

August 2026 to November 2026

Every Wednesday, 2:30 to 4:00 PM

Designed for Psychiatrists and Residents in Psychiatry

https://rebrand.ly/pmsud1

Total no of participants: 17
Total no of cases discussed : 16
Lives touched : Two months (August, September: 3180*

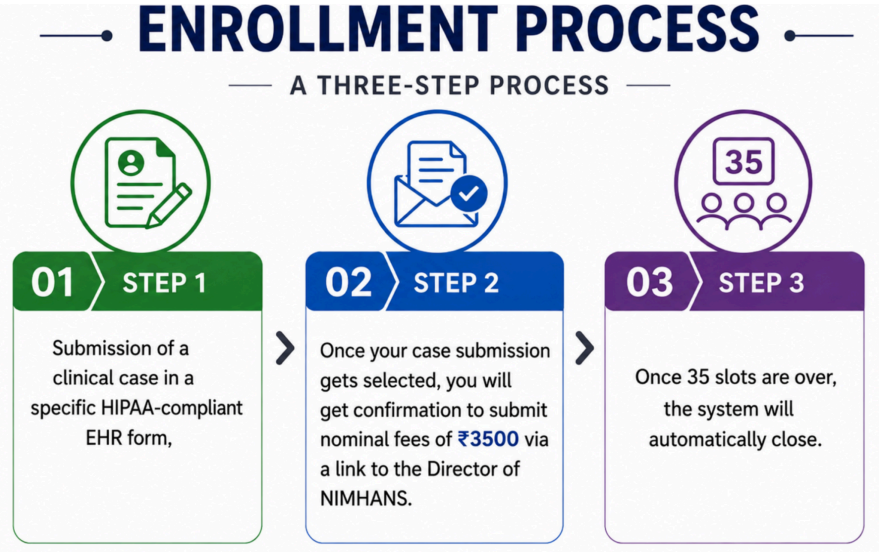
General Course Information	
Who are we?	Greetings from the VKN Centre for Addiction Medicine, NIMHANS and the Department of Addiction Medicine. Our mission is to democratise knowledge by building capacity in Addiction and Mental health. The task is about the right care, the right place, and the right time.
What is NIMHANS ECHO	The "Hub" and "Spoke" model links an interprofessional specialist team at NIMHANS academic centre of expertise (the Hub) with health care providers (spokes). Each NIMHANS tele-ECHO session consists of speaker-led presentations of anonymised patient cases and discussion of

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	the cases, whereby the peers as well as hub experts provide advice on the diagnosis and management. **Case discussion** by participants with guided practice by Hub is the "Soul" of this programme
Course Design	Two-component - **Total Course Duration: Approximately 30 hours** Face-to-face in Zoom ECHO telehealth platform (HIPAA compliant, Weekly Wednesday 2.30 -4.00 PM: live case discussion (iECHO.org) ● Self-Paced e-learning: 6 hours of e-learning at elearn.vknnimhans.in/ NIMHANS eLearn android app/ NIMHANS eLearn iOS app contents, reading materials, videos, including assignments. These will be accessible throughout the program and the following year.
Eligibility of Potential Learners	● Practicing Psychiatrists ● MD/DPM/DNB Psychiatry Residents (Completed or Ongoing). ● Preferably completed the Primer Motivational Interviewing and Relapse Prevention Primers available at nimhanselearning.org
Numbers & Flow of Enrollment **20 doctors (psychiatrists and resident psychiatrists)**	 1. **Psychiatrist or Resident psychiatry invited to submit a clinical case in a specific HIPAA-compliant EHR form (Case intake form LINK is OPEN)** 2. The case quality content will be the criterion for being invited to this course (Responsible Gen AI for NIMHANS ECHO) 3. **Max intake 20 cases** 4. The link for nominal fees of 3500 INR requested to be paid to Director NIMHANS will be sent o**nly after the case is selected and after receiving the invitation**

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Course Goals and Learning Outcomes	
General Goals Specific Goals at the beginning of each Module	On completion, you should be able to: • **Assess** psychosocial factors that influence the development, treatment, and recovery of substance use disorders. • **Apply** Motivational Interviewing techniques to enhance motivation and facilitate behaviour change. • **Implement** relapse prevention strategies to address cravings, triggers, and high-risk situations. • **Integrate** mindfulness-based, trauma-informed, and other common approaches into addiction treatment. • **Engage** families, groups, and self-help networks to support recovery and improve treatment outcomes.
Modules	3 Modules & 12 sessions
Assessment & Accreditation	
Eligibility for Accreditation (Approved by the NIMHANS Digital Academy Board of Studies) **Please read carefully and adhere to the criteria outlined below. These accreditation requirements have been established by the NIMHANS Digital Academy Board of Studies and must be followed as specified.**	**1. More than 75% Attendance *(9/12 sessions) with video Presence*** in the weekly Wednesday @2.30PM Tele-ECHO VKN clinics as measured by the software and your video presence (>60 minutes of video presence for each live session). **2. Submission and presentation of one patient case involving the psychosocial management of a substance use disorder on Wednesday's weekly Tele-ECHO VKN** clinic. The VKN ECHO team will evaluate the submitted content and quality. The cut-off score is >75%. **3.** Completion of **Three e-Assignments (proctored during live session)** and **score >75% for each Assignment:** A second attempt will be permissible for those who cannot clear the assignments in the first Attempt.. The first attempt is compulsory for availing the second attempt. **4.** Monthly reports of patients seen (August 2026 onwards till January 2027). **5.** Completion of **pre-test and post-test.**
Recognition and Benefit	

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Benefit:	• Build skills in evidence-based psychosocial management of substance use disorders. • Apply Motivational Interviewing, relapse prevention, and other common psychosocial interventions in clinical practice. • Learn from experts and become part of a collaborative network of addiction care. • Enhance patient-centred care through real-world case discussions and mentorship. • Receive a Certificate of Completion upon meeting programme requirements.
Support	
Updates	tejdeepika.001122@nimhans.net
Team Hub	Dr Shreedevi, Faculty PSW and Chief Coordinator Ms Tejdeepika, Course Coordinator & Psychologist under Odisha Project Mr Manjunatha ECHO India Mr. Manoj IT, CAM NIMHANS Ms Sanchitha, CAM NIMHANS Faculty and Staff Centre for Addiction Medicine (Details)
Conflict of Interest and Declaration	A. No financial compensation will be provided to NIMHANS faculty or invited case discussants. They will receive only a certificate of appreciation and a planner/diary as an acknowledgement from the Centre for Addiction Medicine, NIMHANS B. Any nominal fees collected by NIMHANS will be utilised exclusively to enhance and strengthen the technological infrastructure, pedagogical methodologies, and hardware/software systems supporting NIMHANS ECHO initiatives, including the NIMHANS eLearning platform and the Addiction Rx mobile application. C. Partly supported by Odisha Digital Academy for Mental Health and Project ECHO.

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Introduction

Problem statement

Substance use disorders are among the most common conditions encountered in psychiatric practice and require the integration of evidence-based psychosocial interventions alongside pharmacological treatment. Despite their importance, psychiatry residents often have limited opportunities for structured training and supervised practice in interventions such as Motivational Interviewing, Cognitive Behavioural Therapy, relapse prevention, family interventions, and trauma-informed care. This gap can affect the delivery of comprehensive, patient-centred addiction care. The Certificate Course on Psychosocial Management of Substance Use Disorders aims to strengthen psychiatry residents' knowledge, skills, and clinical confidence through structured learning, expert mentorship, and case-based discussions focused on real-world challenges in addiction treatment.

Objectives

This course focuses on the psychosocial management of substance use disorders and equips participants with evidence-based strategies to support behaviour change, reduce substance use, and promote recovery. The curriculum draws upon contemporary research, clinical evidence, recovery-oriented practices, and extensive experience in delivering addiction care, quality improvement initiatives, clinical training, and interdisciplinary education across healthcare and community settings.

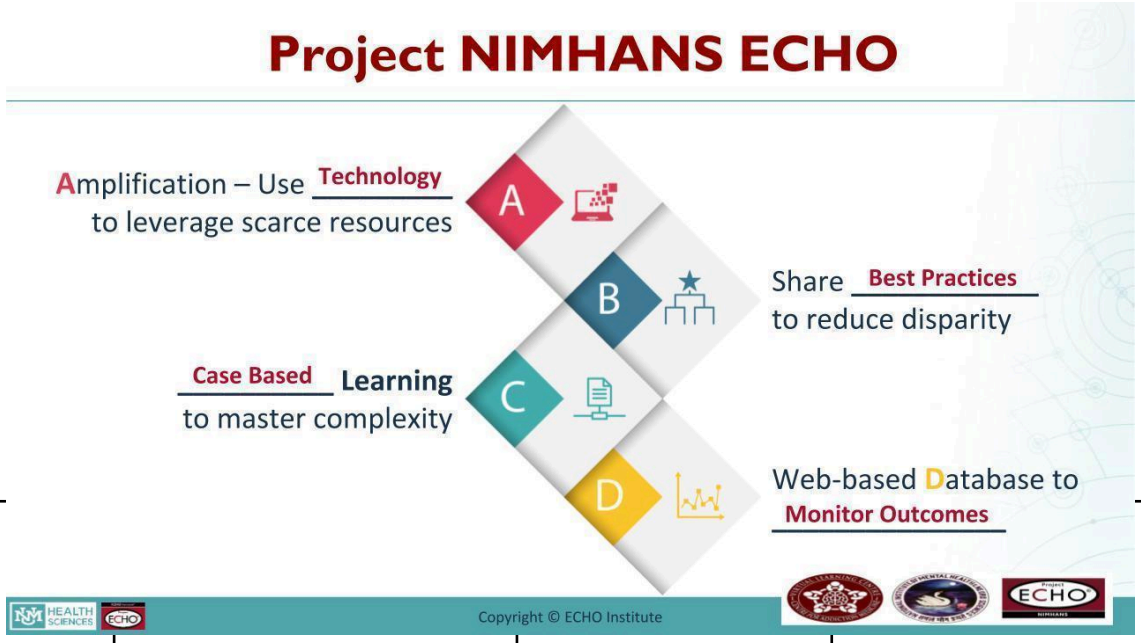
A brief about VKN NIMHANS ECHO

NIMHANS Digital Academy Virtual Knowledge Network (VKN) and the Project ECHO model work on the HUB-and-SPOKES principle, a knowledge-sharing network led by an expert multidisciplinary team at NIMHANS. This model utilises a weekly multipoint video conferencing app. to conduct virtual tele-ECHO sessions. The focus of these tele-ECHO clinics are on "case-based learning" in order to disseminate best practices such as algorithms, guidelines and clinical wisdom for knowledge diffusion by utilising technology to leverage scarce resources and "web-based monitoring to measure learning outcomes.

During weekly tele-ECHO sessions

The participants present their case and seek clarification regarding standard management from our NIMHANS HUB specialists team as well as peers who have logged in

simultaneously. This “guided practice” of case management strengthens the confidence and enhances the skills of the health care providers in the community. Patients or people also get the best treatment in their own community without travelling to distant places.



Date	Case presentation by Participants	Didactic	Case Facilitator
Module 1: Motivational Interviewing in Substance Use Disorders **Module objectives** • Describe the psychosocial factors influencing substance use disorders and recovery. • Assess an individual's readiness for change using the Stages of Change model. • Apply the spirit and core principles of Motivational Interviewing (MI) in clinical practice. • Demonstrate key MI skills, including engagement, reflective listening, and eliciting change talk. • Utilize practical MI tools and techniques to enhance motivation and treatment engagement. • Evaluate the role and effectiveness of Motivational Interviewing in the management of substance use disorders.			
5th August, 2026		Introduction by Dr Shreedevi & Hub team Psychosocial factors in addictive disorders: **Dr Prabhat Chand**	

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12th August, 2026	Dr. Manan Kirankumar Desai	Spirit and skills of MI **Dr Aishwariya Jha**	Case Facilitator **Dr Prabhat Tejdeepika**
19th August	Dr. Prasanta kalita Dr. Libnus B Varghese	Processes of MI with Change talk: Dr Prabhat/Ms Tejdeepika	Case Facilitator **Dr Shivam**
26th August,	Dr. Prabir Thakuria Dr. Dhritiman Das	Implementation: Converting to a Plan Dr Aishwariya Jha	Case facilitator **Dr Sreya**
2nd September	Dr. Lohit Sharma		Case facilitator **Dr Babli** **Assignment I**

Module 2: Cognitive Behavioural Therapy and Relapse Prevention in Substance Use Disorders

Module Objectives

- Identify common relapse triggers, cravings, and maladaptive thoughts associated with substance use.
- Implement evidence-based relapse prevention strategies to manage high-risk situations.
- Formulate individualised relapse prevention plans for patients with substance use disorders.

9th September, 2026	Dr. Shradha Khatri	Relapse Prevention Therapy I: Understanding and assessment of Relapse **Dr Shreedevi**	Case Facilitator **Dr Babli**

16th September 2026	Dr. Akin Kumar	Relapse Prevention Plan & Implementation - General & Common trigger, Craving, Thoughts and High risk situation Mr. Daniel Selva	Case Facilitator **Dr Sreya**
23rd September 2026	Dr. Challa S V Krishna Vasan	Case Facilitator Dr Rajamani	**Assignment II** **Live online**
Module 3: Other Psychosocial Interventions in Addiction Treatment **Module Objectives** ● Apply mindfulness-based strategies to support recovery and relapse prevention. ● Incorporate trauma-informed principles into the assessment and management of substance use disorders.. ● Engage families as partners in treatment and recovery. ● Facilitate group-based interventions and effectively link patients with self-help and mutual-support groups.			
30th September , 2026	Dr. Boda Abhilash Dr. G Subhash	Mindfulness-based approach to addiction Treatment: Dr. Krishnan Sivasubramoney	Case Facilitator Dr Astut
7th October, 2026	Dr. Jigisha Das	Trauma-informed approach Ms Ishita Rath	Case Facilitator Dr Parul Saxena
14th October 2026	Dr. Malla Pavana Lalitha Dr. Mohd Aman Naqvi	Family-level Interventions : Dr Renjith Pillai	Case Facilitator Dr Rajamani

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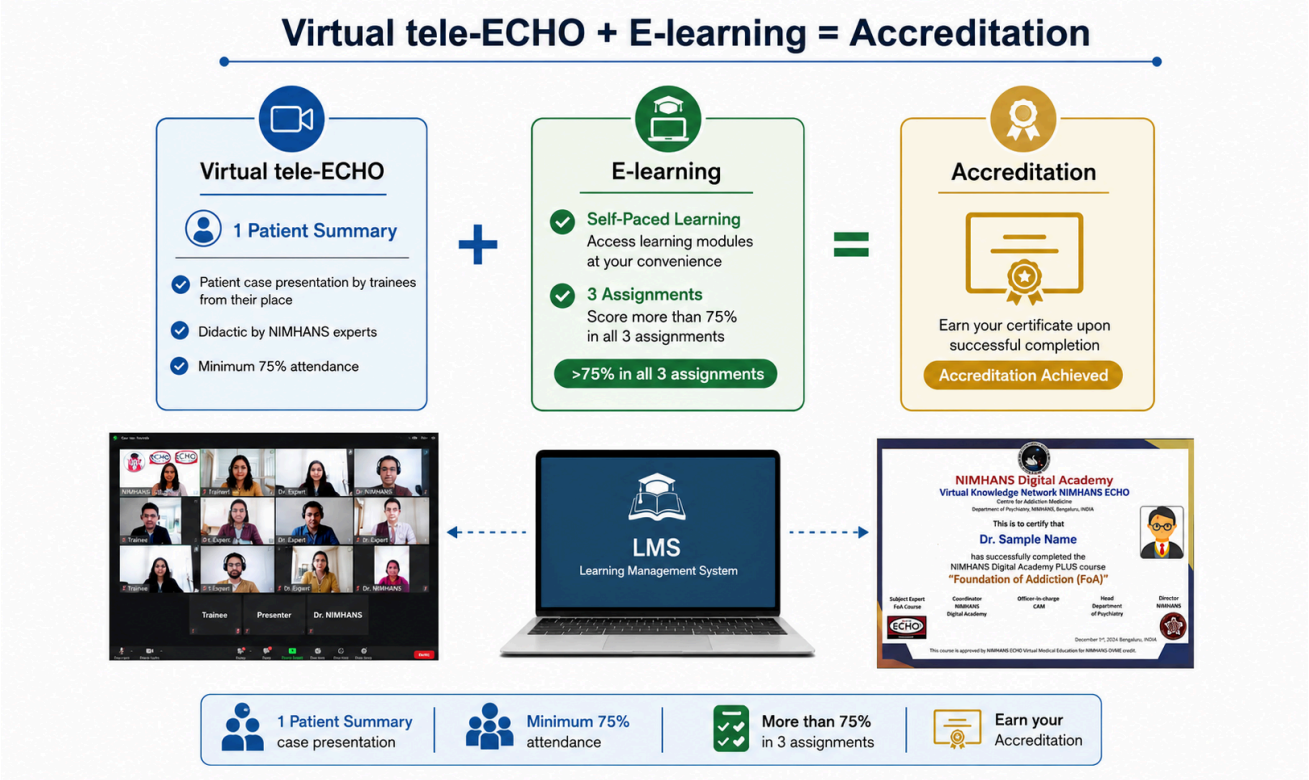
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21st October 2026	Dr. Krutika Jagdish Mundra Dr. Anitha V	Group-level Interventions Dr Sojan	**Assignment III** **Live online** Dr Astut

Pending didactic if there is an available slot

- Yoga-based intervention in SUD
- Digital psychosocial intervention



Frequently Asked Questions (FAQs)

1. **Digital tool: How secure they are?**
   - Zoom: Video conferencing for telehealth with HIPAA compliance and signed BAA.
   - Case Record pro format: Jot form HIPAA compliant NIMHANS eLearn: elearn.vknnimhans.in

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2. **What if I missed the assignment?**

   Kindly note that

   - Two attempts are allowed.
   - Assignments will during live session
   - The second attempt will be provided only to participants who have attempted the first assignment and did not achieve the qualifying score of 75%.
   - Participants who do not attempt the assignment during the designated session may not be eligible for a reattempt.

3. **What if I did not clear/pass the assignment?**

   Not eligible for certification

   - Discuss the cases in the tele-ECHO consultation session, part of this peer-led learning, continue to receive all the materials from elearn.vknnimhans.in, etc. as defined

4. **Is video ON mandatory**

   Yes. You will be kept in the waiting room if your video is OFF

5. **Can I get a Certificate of Participation?**

   There is NO Certificate for Participation

Important dates for the course

IMPORTANT DATES TO BE NOTED DOWN FOR Certificate Course on Psychosocial Management of Substance Use Disorders

Pre-assessment		
Opens	Closes	
Course Details		
Commencement of the course and the 1st tele ECHO session	5th August	Ends on 21st October
A weekly session with tele ECHO	Every Wednesday (except on holidays)*	
Case Submission Date		
Start of Case submission		
Dates for assignments		
Assignment I(First Attempt): 2nd September		

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Assignment II (First Attempt): 23rd September Assignment III (First Attempt): 21st October **The assignment will be conducted live during the session on Wednesday and will be proctored.**		
Post-Assessment		
Opens	Closes	
Verification of all accreditation criteria, including video presence Submission to NIMHANS BOS for approval till 1st July Preparation of Certificate, verification by signatories, printing and posting:		