



AUGUST NEWSLETTER THE LATEST IN TELEHEALTH NEWS



UMTRC
NEWS

AUGUST UPDATES FROM THE UMTRC

As we reflect on 2026, I am incredibly proud of what the Upper Midwest Telehealth Resource Center (UMTRC) accomplished and, more importantly, the partnerships we strengthened along the way. This year was defined by collaboration, innovation, education, and a shared commitment to expanding access to high-quality telehealth services across the region.

Through the dedication of our team, regional partners, speakers, subject matter experts, and communities, UMTRC continued to serve as a trusted resource for organizations working to expand and improve telehealth.

As we look ahead, UMTRC remains committed to building on this year's momentum. We will continue to bring people together, share best practices, connect communities with resources and expertise, and explore innovative approaches that can help make healthcare more accessible throughout the region.

On behalf of the UMTRC team, thank you to everyone who made 2026 such a successful year. Your partnership, expertise, and commitment to improving healthcare access are what make this work possible.

We met our goals. We expanded our partnerships. We shared knowledge. And together, we continued moving telehealth forward across the Midwest in 2027!

Antonia Sawyer, MS.

Program Director, UMTRC

NEW RESOURCES

As part of the National Consortium of Telehealth Resource Centers, the UMTRC always has access to the resources created by our partner TRCs from all across the country. Don't miss out on some of the new resources now available!

[Sample Telehealth Workflow for a Clinic](#)

This resource provides a practical example of how to structure and manage a clinic's telehealth process. It outlines key steps and responsibilities before, during, and after a virtual visit to support consistent, efficient, and patient-centered telehealth delivery.

[Telehealth HIPAA Compliance Checklist](#)

This checklist is a practical resource to help healthcare providers assess and maintain HIPAA compliance when delivering telehealth services. It provides key considerations for privacy, security, technology, patient information, and telehealth workflows.

[Telehealth Visit Checklist for Adults](#)

This checklist is a practical, easy-to-use guide to help adults prepare for a successful telehealth appointment. It covers technology setup, organizing health information, preparing a comfortable space, involving caregivers or support people when needed, and important steps to take during and after the visit.

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NEW WEBINARS

The Importance of Operations Planning for Telehealth: How to Develop a Plan that Works

Did you miss out on our last webinar with the National Consortium of Telehealth Resource Centers? Don't worry! We have a recording available.

[The Importance of Operations Planning for Telehealth: How to Develop a Plan that Works](#)

Join the Upper Midwest Telehealth Resource Center for a practical discussion on how to develop an operations plan for a telehealth program of any size.

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EVENTS

Tee Up for Rural Health!

Date: Tuesday, September 29, 2026

Time: 11 a.m. - 2:00 p.m.

Location: Back 9 Golf & Entertainment

Join the Indiana Rural Health Association (IRHA) for our 2026 Golf Outing—a fun-filled day of golf and networking all while supporting IRHA's mission to strengthen rural healthcare across Indiana.

2026 IRHA Golf Outing



September 29, 2026



11 a.m. - 2 p.m.



IRHA Lunch and Learns

Our parent organization, the Indiana Rural Health Association, regularly hosts free Lunch and Learn webinars that cover topics from telehealth to community leadership. You can register for these webinars on the IRHA's webinar [here](#).

Some upcoming sessions include:

September 22 - The Patient Is Not Waiting: Direct-to-Consumer Care, Why It Is Growing and What It Means for Rural Health Systems

More Events

- [September 1st - Telehealth Tuesdays: Innovative Programs Panel](#)
- [September 15th - Telehealth Tuesdays: Billing & Coding in Tennessee](#)

NEWS UPDATES

News Updates – Telehealth and Overdose Awareness Day 2026

As we recognize [International Overdose Awareness Day on August 31](#), the 2026 theme, “25 Years On. Still Needed,” reminds us that overdose continues to affect individuals, families, and communities—and that expanding access to effective treatment remains essential. Telehealth is an increasingly important tool in that effort. Virtual care can help people connect with behavioral health and substance use disorder (SUD) services when transportation, distance, provider shortages, work, childcare, stigma, or other barriers make traditional appointments difficult. According to the U.S. Department of Health and Human Services, telehealth can support SUD screening and diagnosis, individual and group counseling, and consultations related to medications for opioid use disorder (MOUD).

Telehealth can also support [continuity of care](#), helping patients remain connected with providers throughout treatment and recovery. HHS notes that telehealth for MOUD may improve access, reduce barriers such as transportation and childcare, decrease stigma, and support treatment retention. Telehealth is not a replacement for every type of care, and providers should determine whether virtual services are appropriate for each patient, but it can be an important part of an integrated treatment approach that combines virtual and in-person services when needed.

Learn more:

- [HHS: Telehealth for Substance Use Disorder](#)
- [SAMHSA: Substance Use Disorder Treatment](#)
- [International Overdose Awareness Day](#)

Newsletter Information

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