



JUNE NEWSLETTER

THE LATEST IN TELEHEALTH NEWS



**UMTRC
NEWS**

JUNE UPDATES FROM THE UMTRC

As we recognize Men's Health Month this June, we are reminded of the importance of prioritizing all aspects of physical and emotional well-being for men across our communities. Too often, preventable health conditions go undetected because routine care, screenings, and conversations about health are delayed or avoided. Men's Health Month serves as an opportunity to raise awareness and encourage proactive healthcare decisions.

At UMTRC, we understand the critical role telehealth plays in improving access to care, particularly in rural and underserved communities where barriers such as transportation, provider shortages, and limited specialty services can impact health outcomes.

This month, we encourage everyone to take time to check in on their health, schedule preventive appointments, support one another, and continue building healthier communities together.

Antonia Sawyer, MS.

Program Director, UMTRC

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NEW WEBINARS

UMTRC Webinars - Catch Up with What You Missed

Missed out on any of the latest UMTRC webinars? You can catch them now on the UMTRC's YouTube channel! Visit today and subscribe so you never miss an update from us.

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HEALTH HIGHLIGHTS

Health Highlights – PTSD Awareness Month

June is PTSD Awareness Month, a time to increase understanding of Post-Traumatic Stress Disorder (PTSD) and recognize the millions of people whose lives are affected by trauma. PTSD can develop after experiencing or witnessing a traumatic event and may impact anyone, regardless of age, background, or profession. Raising awareness helps reduce stigma, encourages open conversations about mental health, and reminds individuals that seeking support is a sign of strength. Early recognition and treatment can make a meaningful difference in improving quality of life and promoting long-term recovery.

Telehealth has expanded access to evidence-based mental health care, making it easier for individuals to connect with licensed providers from the comfort and privacy of their own homes. Virtual therapy and psychiatric services can help remove barriers such as transportation challenges, scheduling conflicts, or concerns about stigma, allowing more people to receive the care they need. During PTSD Awareness Month, we encourage anyone experiencing symptoms related to trauma—or supporting a loved one who is—to learn more about available resources and take the first step toward healing. No one has to navigate recovery alone, and effective treatment is available.

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## EVENTS

### 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:*

*August 18th - Friend or Foe: What Virtual Health Means for Rural Hospitals*

### More Events

- [July 16th - Trust as Infrastructure: The Human Foundation of Sustainable Telehealth Programs](#)
- [July 30th - TexLa Digital Health Summit](#)

# NEWS UPDATES

## News Updates – Telehealth Usage Up in 2026

Telehealth continues to solidify its role as a core component of healthcare delivery in 2026. Recent data show telehealth utilization increased by more than 10% during the first quarter of the year compared with the previous quarter, with mental health services remaining the most common reason for virtual visits across all age groups. Healthcare organizations are also expanding the use of remote patient monitoring, chronic disease management, and hybrid care models that combine virtual and in-person visits.

As patients increasingly expect convenient, accessible care, telehealth is evolving from a pandemic-era solution into a standard option for delivering high-quality, patient-centered healthcare. Continued investments in digital technology, expanded Medicare telehealth flexibilities, and growing acceptance among providers and patients are expected to further strengthen virtual care throughout 2026 and beyond.

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### Newsletter Information

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