



MAY NEWSLETTER

THE LATEST IN TELEHEALTH NEWS



**UMTRC
NEWS**

MENTAL HEALTH MONTH WITH THE UMTRC

As we recognize Mental Health Month this May, we are reminded that health extends far beyond physical well-being. Mental health is a critical part of all our overall wellness, influencing how we think, feel, connect with others, and navigate daily life. Across the Midwestern region, access to mental health resources within rural communities remains a significant challenge, making awareness, education, and innovation more important than ever.

At UMTRC, we remain committed to advancing access to care through telehealth solutions that help bridge gaps for individuals and families who may otherwise face barriers to receiving support. Whether through virtual counseling services, behavioral health integration, or digital wellness initiatives, telehealth continues to play a vital role in expanding timely and compassionate mental health care.

Let this month serve as an opportunity to reduce stigma, encourage meaningful conversations, and remind one another that seeking help is a sign of strength.

Antonia Sawyer, MS.

Program Director, UMTRC

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UMTRC PODCAST

Minority Mental Health and Telehealth: Understanding the Opportunities

Join Danielle on the latest episode of a Virtual View for a chat with [Carl Ellison](#), the President and Chief Executive Officer of the [Indiana Minority Health Coalition](#) (IMHC), a statewide health advocacy organization he helped found in 1992. Tune in for a discussion of the importance of minority health, mental health access, and how telehealth can be an important tool to connect with care.

[Listen Now](#)

UMTRC BLOG

AI Use in Telebehavioral Health: Avoiding the Pitfalls

“Proponents argue that AI tools may help improve efficiency and expand access to care during ongoing behavioral health workforce shortages. Even outside of traditional providers, there are those who independently use AI chatbots for emotional support and mental health information. So, is AI the key to solving the country’s mental health crisis?

The reality, it turns out, is complicated.”

[Read More](#)

NEW WEBINARS

June 3rd - The Youth Mental Health Crisis: Innovative Opportunities in Schools

Join us for a webinar presented by the UMTRC and the Partnership for a Connected Illinois. Surging mental health demand among youth and a chronic clinician shortage has led to innovative solutions in schools. Since 2023, the Partnership for a Connected Illinois (PCI) has piloted Tier I and Tier II digital mental health resources in 28 Illinois K12 schools to supplement the work of on-site school-based mental health professionals.



UMTRC Bootcamp Series

Please join the UMTRC in collaboration with the University of Mississippi Medical Center, Center for Telehealth (UMMC), and OH-SORH for a 3-week “Telehealth Bootcamp” lunch and learn series, scheduled for June 9th, 16th, and 23rd., 2026 from 1PM-2PM EST.



EVENTS

28th Annual IRHA Rural Health Conference

Date: June 23 - 24, 2026

Location:

French Lick Resort Event Center (French Lick, IN)

The Indiana Rural Health Association's Annual Conference is the largest gathering of its kind in the state, bringing together physicians, nurses, pharmacists, public health professionals, students, and others committed to improving rural health. This interactive, educational event features insights from both frontline practitioners and national experts on today's most pressing rural and public health issues. Attendees gain valuable updates and practical guidance on the development and management of effective rural healthcare delivery models.

[Register Now](#)



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:

Lunch & Learn - Behavioral Health-Telehealth: Benefits & Uses

Date: May 6, 2026

Time: 12:00 pm - 1:00 pm

As the concluding installment of this three-part behavioral health series, this session will focus on the expanding role of telehealth in rural Indiana. Participants will explore the practical advantages, implementation strategies, and real-world applications of telehealth in strengthening behavioral health access and service delivery.

From infrastructure considerations to statewide collaborations, this session will provide a comprehensive look at how telehealth partnerships across Indiana are improving care for rural populations.

 [Register Here](#)

Lunch & Learn - Educating In a Rural Health Setting

Date: May 20, 2026

Time: 12:00 pm - 1:00 pm

Rural health education—even on a limited budget—is not simply a cost; it is a strategic investment in community health and healthcare sustainability. Thoughtfully designed education programs can strengthen community connections, improve access to evidence-based care, and generate long-term value for local healthcare systems.

This webinar will explore the measurable impact of rural health education and highlight practical, low-cost strategies for delivering high-quality, evidence-based learning. Participants will gain insight into how education can drive engagement, build trust, and translate learning into real-world utilization of healthcare services.

 [Register Here](#)

More Events

- [Value-Based Care Integration: Using RPM Data to Succeed in Alternative Payment Models](#)
- [From Monitoring to Meaningful Impact: Practical Strategies for Implementing Remote Patient Monitoring to Improve Access, Outcomes, and Sustainability](#)

NEWS UPDATES

News Updates – Weight Loss Drugs Via Telehealth

In May 2026, telehealth remained a major driver of access to weight loss drugs such as Wegovy, Ozempic, and Zepbound, with many virtual care companies expanding online prescribing and medication delivery services. In recent weeks, there has been an increased federal scrutiny of compounded GLP-1 medications, as the [FDA warned telehealth providers](#) against misleading marketing claims and proposed tighter regulations on compounded versions of semaglutide and tirzepatide. While advocates praised telehealth for improving access to obesity treatment, especially in rural areas, experts also raised concerns about limited patient oversight, inadequate screening, and “medication mill” models that prioritize prescriptions over comprehensive care and long-term monitoring.

PARTNER UPDATES

Webinar Recording

View a [recorded webinar](#) from the Benton Institute for Broadband & Society about the intersections of health, broadband access, and digital inclusion. The relationships tying technology access and use to access to health care, quality of care, and health outcomes have become more visible than ever. As health care and digital inclusion organizations alike recognize that connectivity, devices, and digital skills shape our health, collaboration across sectors is essential.

[View Now](#)

Newsletter Information

Published May 25, 2026

Email Subject: May Newsletter from the UMTRC