



REFLECTIONS

A MONTHLY NEWSLETTER | JUNE 2023 ISSUE

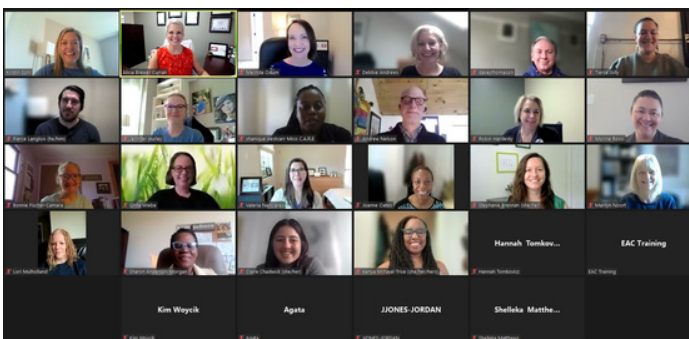
ECHO AUTISM COMMUNITIES PARTNER LAUNCH CLASS OF MAY 2023



We had an incredible turnout for our May 2023 ECHO Autism Communities Partner Launch Training! Look at these organizations who are changing the world!

- Anderson Center for Autism - New York
- Autism Edmonton - Canada
- Saskatchewan Health Authority - Canada
- Autism Speaks
- Cincinnati Children's Hospital
- ECHO Autism Poland
- MetroHealth - Ohio
- NHS England Region - United Kingdom of Great Britain and Northern Ireland
- Smile A While Foundation - Jamaica
- The University of Iowa
- University of North Carolina School of Medicine
- Sunny Hill Health Center - Canada

We are grateful to Autism Speaks for their sponsorship of the ECHO Autism Communities Global Superhub.



HEALTHYCHILDREN.ORG PUBLISHES ARTICLE BY DR. KRISTIN SOHL

Dr. Kristin Sohl was recently published online by healthychildren.org

In her article titled *Autism and Mental Health: How to Support Your Teen*, Dr. Sohl talks about anxiety and depression among teens on the autism spectrum, noticing behavioral changes as cues to emotions, therapy for teens on the spectrum, and connecting with teens and their pediatricians.

She gave insightful tips and information. You can check out the article [here](#).

Want to learn more about supporting autistic people's mental health? ECHO Autism Communities has developed a program called ECHO Autism: Mental Health to share information and expertise that advances better care for autistic individuals.

You can check it out [here](#).

ECHO AUTISM PROGRAM: ECHO 4 ECHO

Do you know about this program for ECHO partners?

ECHO 4 ECHO (E4E) Autism is a component of the ECHO Autism Communities Superhub Technical Assistance package that provides ongoing support to ECHO Autism partners throughout the course of developing programs. Launching a successful ECHO program requires support beyond Partner Launch Training. Partners can often become overwhelmed with the process and sequence of steps. In addition, sustaining an ECHO program also often requires ongoing support.

E4E Autism cleverly utilizes the ECHO model to teach fidelity to the model while simultaneously creating a global learning community. This program truly reflects the “All Teach, All Learn” principle by bringing the greater ECHO Autism community together to gain ideas and strategies to enhance their own programs and share in successes and challenges together. The overall aim of this program is to leverage the expertise and experiences of the greater ECHO Autism network to ensure fidelity to the ECHO model and foster program success.

The hub team consists of the Directors and Associate Directors of different programmatic areas. Just as there are different components required in launching and sustaining a successful ECHO program, these hub roles reflect these different areas of expertise, including clinic leads, program development, lived experience, data, training, coordination, and replication.

E4E Autism offers monthly, 75-minute ECHO sessions to the ECHO Autism network and delivers a program curriculum that covers such topics as The Importance of Setting Clear Goals, Going Rogue: Course Correcting Hub Team Members, What is NOT an ECHO, and Marketing Your Program. Cases are presented by partners who are just starting out, partners who have established programs, and everyone in between. The case form is a simple fillable PowerPoint covering program operations (days, times, frequency, duration), goal, target audience, hub team, curriculum, evaluation, successes, and questions for the community.

E4E Autism follows the ECHO model by starting with Introductions, Case Presentation, Clarifying Questions, Recommendations, and a brief knowledge burst. Program evaluation is conducted through a post-session survey. Those results are shared with the hub team after each session. CME/CE credits are also offered.

Reach out to Brandy Dickey at dickeyb@missouri.edu if you would like to join this learning community.



ECHO AUTISM COMMUNITY PARTNERS: UNIVERSITY OF ROCHESTER



UNIVERSITY *of* ROCHESTER

This month we are turning the spotlight to the University of Rochester Autism/DBP team. This team just wrapped up another series of their ECHO Autism & DD: Primary Care program. This program targets pediatric and family medicine primary care teams with the goal of improving the care of children with autism and other developmental disorders. The second series ran from September 2022 through March 2023 meeting twice monthly for 60 minutes.

One noteworthy highlight is the effort applied toward recruitment and the return on that investment. In the summer of 2022, members from the hub team were tasked with creating a comprehensive statewide database of pediatric and family practices and providers, including pediatricians, family practice physicians, as well as Advanced Practice Nurse Practitioners and Physician Assistants.

Once this comprehensive database was completed, this started a multi-pronged approach to recruitment using some of the following marketing strategies:

- Networking within and across their own hub team, DBP intake, and clinical teams to identify potential influential participants (experienced providers, former students or trainees, practice owners) and to identify referral patterns to allow targeting those PCPs with frequent referrals and those with referrals which indicated a need for some capacity building.
- Sharing across URM pediatric and child psychiatry teams.
- Including all past ECHO ASD Primary Care participants 2018-2021/22 with a request to share the information with trainees, colleagues, and networks.
- Researching publicly available data and web-based practice information to identify local, regional, and statewide health systems, private practices, community health centers hospital practices with family medicine and or pediatric providers.

ECHO AUTISM COMMUNITY PARTNERS: UNIVERSITY OF ROCHESTER CONT.

- Highlighting both underserved counties as well as more resourced communities for a broad cross-section of practices and participants across NY State. They sought participants from Buffalo, Southern Tier, Syracuse, Albany, Potsdam, and some specific underserved areas. There were a few attendees from the NYC area, though that was not a particular target.
- Reaching out personally to professional organizations, county medical societies, AAP Chapters, as well as NP and PA professional organizations in Western and Upstate NY for distribution of our flyers.
- Developing a current informational flyer clearly highlighting information with all meeting dates, free CEUs for providers and for Social Workers, and just a one-hour Friday lunchtime session where participants can bring cases to the expert hub team.
- Inviting participants to attend as many sessions as possible or all. Understanding that with persistent Covid surge concerns and practice demands that inviting a flexible and welcoming experience would increase uptake and facilitate a diverse learning community while respecting the unique pressures on healthcare providers.
- Varying approaches to sharing information: emails with information in the body of the email as well as with the brochure attached; personalized information via email when available, with a personalized signature; US Postal Service when email addresses were not publicly available. When we used US Postal Service, we included a personalized letter of invitation directly to each provider on the practice.

As a result of this strategic and well-planned effort, they had a strong enrollment of diverse and engaged participants from across the state with steady attendance despite the high rate of community illnesses and the impacts on practices. We commend this team with their intentional and thoughtful preplanning, collaborative teamwork, session pre-briefs, and de-briefs that allowed for the creation of a rich, inter-professional, and diverse “All Teach, All Learn” ECHO ASD Primary Care learning community for the 2022-2023 ASD Primary Care ECHO.

The hub team consists of the following content experts:

- Lynn Cole, NP, Co-facilitator
- Patty Corbett-Dick, NP, Co-facilitator
- Ken Shamlan, Psychologist
- Brianne Schidt, Dietitian
- Lisa Latten, Parent, Educator, Clinic Intake
- Lisa Luxemburg, Social Worker
- Mary Brzustrowicz, Coordinator

Congratulations to this hub team for their dedication to spreading best-practice autism care throughout New York.