



# IMPROVING COMMUNITY CAPACITY TO CARE FOR INDIVIDUALS WITH I/DD

Introduction to the UW INCLUDE Collaborative

# INCLUDE

The Interdisciplinary Network of Community Leaders with a focus on the Underserved and Disability Education is first and foremost about building COMMUNITY

# ABOUT THE INCLUDE COLLABORATIVE

## What

- Interdisciplinary Network of Community Leaders with a focus on the Underserved and Disability Education
- Improving systems of care by supporting education, training, and connections within a growing community of champions

## Why

- Promote quality of life and health equity within underserved communities at the intersection of developmental disability, mental health, and physical health
- Increasing accessibility, variety, and amount of trainings and support for providers strained by high workloads

## How

- Creating and facilitating state-wide networks that empower local regional champions through access to expertise from each other and state partners
- Embedding supports within schools, medical homes, mental health clinics, and communities

# WHY WE DO THIS WORK

Increasing needs

Increasing prevalence of  
IDD/ ASD in the  
community  
Increased healthcare  
needs for IDD/ ASD  
populations  
Increasing pressure on  
systems with limited  
resources to provide care

Lack of health care  
providers with specialized  
experience and expertise  
Limited access to services  
due to long waitlists and a  
lack of intensive supports  
for the most vulnerable  
populations

Limited access

# Overview of INCLUDE Initiatives

Community Building, Outreach, Training, and Research

Autism COE Trainings

SMART

ECHO Programming

RUBI

ECHO Autism Washington

ECHO IDD Wraparound

Mental Health Institute

ECHO Psychiatric Care

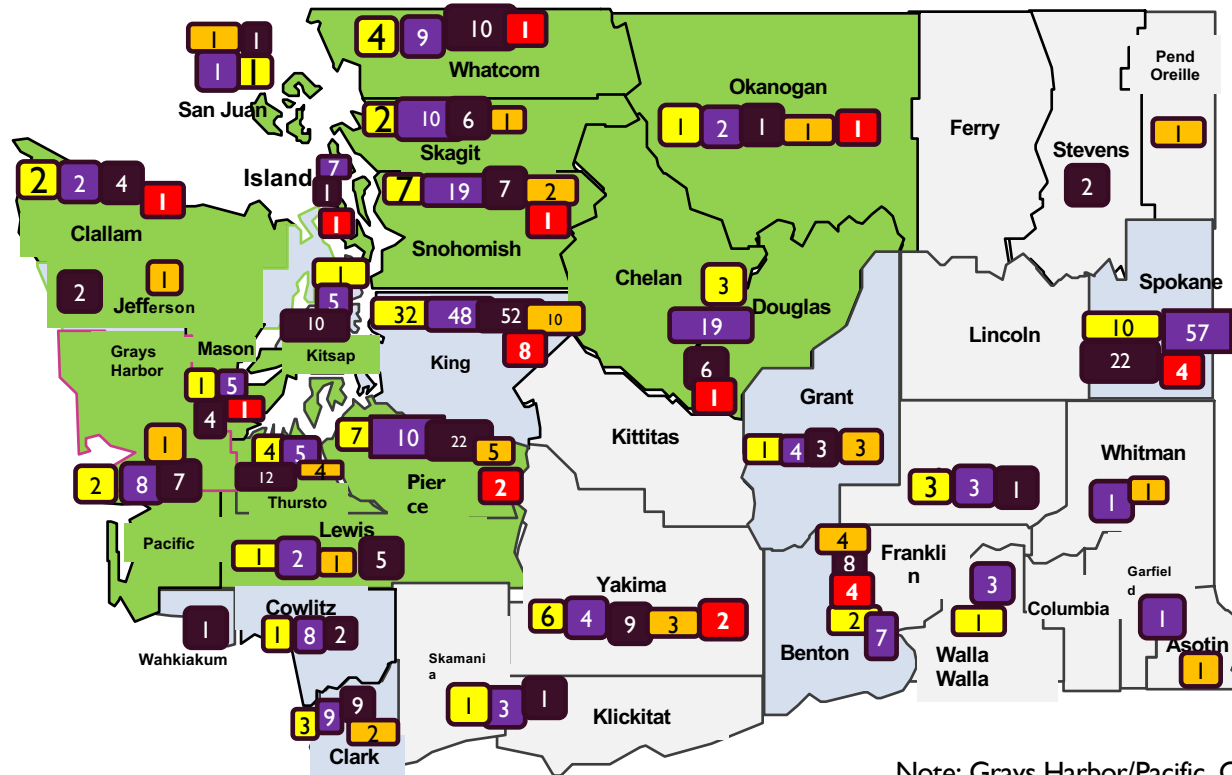
ECHO Resources Navigation

YOU!

# WHERE WE ARE

## 2022 ASD CENTERS OF EXCELLENCE (COE), ECHO AUTISM, ECHO IDD RESOURCE, ECHO IDD WRAPAROUND, ECHO PSYCHIATRIC CARE AND SCHOOL AND SMART TEAMS

- 85** # ECHO Autism COE (23/39 counties)
- 255** # Autism COEs (31/39 counties)
- 222** # ECHO IDD Resources (27/39 counties) (& 9 people based in all WA)
- 58** #ECHO IDD Wraparound (21/39 counties)
- 27** # ECHO Psychiatric Care (13/39 counties)



School and Medical Autism Review Teams (SMART)

- Established or developing SMART Team/Network
- Interest in SMART

Note: Grays Harbor/Pacific, Chelan/ Douglas, Benton/Franklin, Skamania/Klickitat and Garfield/Asotin are paired with each other

5/5/2022





JOIN US

IMMUNIZATION



HEALTH SERVICES DEPARTMENT

TH NIGHT

CITY CENTER

UKWILA, WA 98168

00 - 6:30 PM

WITH PROFESSIONALS TO TALK AND IMPORTANCE OF VACCINATIONS!

CHILDREN 3 AND UP! PROVIDED!

MAHAMUD: (206) 456-7972



MHP and MAPS-MCRC Present

## ACCESSING SERVICES FOR AUTISM

A community led discussion with representatives from local organizations

GUEST SPEAKERS



YORDANOS GEBREAMLAK, Imeem Director, Office of the Education Ombuds.



JIM MANCINI, Speech-language pathologist and Director of the Washington INCLUDE collaborative.



RACHEL WEHHAUSER, Community and Family Support Program Manager at The Arc of King County.



MARCEE MERRIAM, Autism Navigator at Kindering.



ANNU LALAN, Family Resources Coordinator at Kindering.



MOHAMMED AKBAR, Data Manager at the Intel Center of Washington.

WHEN

FRIDAY, OCT. 21ST 2022 AT 7PM

WHERE

AT MAPS (MPR) 17550 NE 67TH CT, REDMOND, WA 98052

LIVE STREAMED ON MAPS FACEBOOK AND YOUTUBE PAGES  
FREE CHILDCARE! RSVP REQUIRED: [HTTPS://FORMS.GLE/FVCK93KZEKK2RSCB8](https://forms.gle/FVCK93KZEKK2RSCB8)



[WWW.MHPSEATTLE.ORG](http://WWW.MHPSEATTLE.ORG)

[WWW.MAPSREDMOND.ORG/MC](http://WWW.MAPSREDMOND.ORG/MC)



## A CONVERSATION ABOUT AUTISM & INTELLECTUAL DISABILITIES:

A community discussion led by Dr. Gary Stobbe and Jim Mancini from the University of Washington

NEW HOLLY GATHERING HALL 7054 32ND AVE S, SEATTLE WA 98118

LIVE STREAMED ON THE VOICES OF TOMORROW FACEBOOK PAGE:  
[WWW.FACEBOOK.COM/VOICESTOMORROW](http://WWW.FACEBOOK.COM/VOICESTOMORROW)

FRIDAY, AUG 19TH 6:45 - 8:30PM



GARY STOBBE, MD  
Gary Stobbe is a Board Certified neurologist & Director of the UW Adult Autism Clinic.



JIM MANCINI, MS CCC-SLP  
Jim Mancini is a speech-language pathologist and Director of the Washington INCLUDE collaborative.



SIRAD SHIRDON, PH.D, CCC-SLP  
Sirad Shirdon is a Speech-Language Pathologist.



HAMZA MOHAMED  
Hamza Mohamed is a parent advocate.



AYAAN MUSA  
Ayaan Musa is a parent support navigator at Family Voices of Minnesota.

[WWW.MHPSEATTLE.ORG](http://WWW.MHPSEATTLE.ORG) | [WWW.TOMORROWVOICES.ORG](http://WWW.TOMORROWVOICES.ORG) | [WWW.INSTAGRAM.COM/GARABSII\\_LLC/](http://WWW.INSTAGRAM.COM/GARABSII_LLC/)



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JIM MANCINI, MS CCC-SLP  
Jim Mancini is a speech-language pathologist and Director of the Washington INCLUDE collaborative.



AHMED ABDELRAZAK, MBBCH  
Ahmed Abdelrazak is a current Psychiatry resident at UW.



ADRIANA MOHAMED  
Adriana Mohamed is a parent in our community.

[WWW.MAPSREDMOND.ORG](http://WWW.MAPSREDMOND.ORG) | [WWW.MHPSEATTLE.ORG](http://WWW.MHPSEATTLE.ORG)

# CONNECTING WITH OUR COMMUNITIES THROUGH OUTREACH AND ENGAGEMENT

Interdisciplinary Network of Community Leaders with a focus on the Underserved and Disability Education (INCLUDE)

# WASHINGTON STATE AUTISM CENTER OF EXCELLENCE (COE)

Supporting best practice recommendations for care planning, evaluation, and referrals in primary care settings

Targeting clinics serving Medicaid-eligible populations to address inequitable access to care and increased needs

Complete 6.5-hour online AAP course (for eligible COEs) and attend a full-day interactive workshop with specialists, autistic self-advocates, and family advocates

**Next trainings: Friday, December 9, 2022, 8:30 am – 4:30 pm and Friday March 3, 2023**

**Registration and more info:** <https://medicalhome.org/coe>



# SCHOOL AND MEDICAL AUTISM REVIEW TEAMS (SMART) & COALITIONS

- Local interdisciplinary evaluation teams and networks
- Harnessing power of community knowledge and resources
- Improving services, child and family outcomes and provider satisfaction
- Join or start a hub in your community!
- WA Dept of Health CYSHCN Program funding
- Monthly zoom networking meetings
  - Next one Friday Dec 2 12-1 pm
- More information: Kate Orville, MPH ([orville@uw.edu](mailto:orville@uw.edu))  
Or Sophie Lu ARNP, ([sophielu@uw.edu](mailto:sophielu@uw.edu))



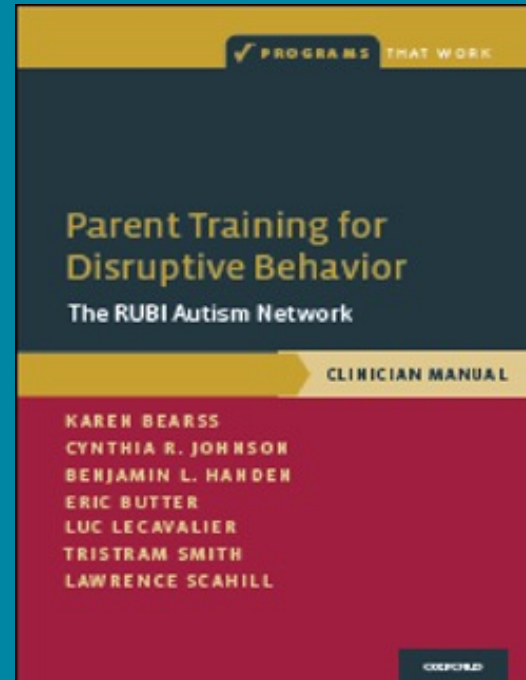
- Established or Actively Developing Team/Network
- Interest in SMART
- No current SMART activities

<https://medicalhome.org/school-medical-autism-review-team-smart/>

Interdisciplinary Network of Community Leaders with a focus on the Underserved and Disability Education (INCLUDE)

# The RUBI Parent Training Program

Karen Bearss, PhD



# RUBI Targets

- Reduce challenging behaviors
  - Difficulties following instructions
  - Meltdowns
  - Verbal/physical aggression
  - Property destruction
- Increase daily living skills
  - Self-care
  - Helping around the home
  - Engagement in academic tasks



# RUBI Parent Training Program

## 11 Core

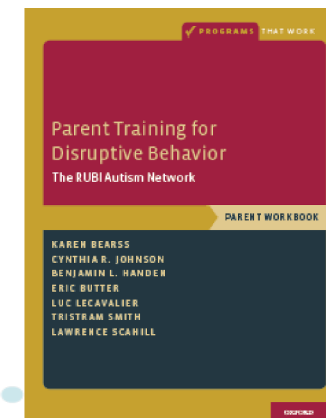
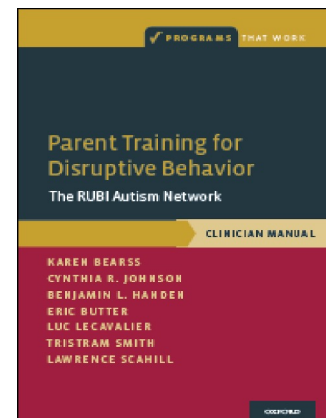
- Behavioral Principles (the ABC's)
- Prevention Strategies
- Daily Schedules
- Reinforcement 1 & 2
- Planned Ignoring
- Compliance Training
- Functional Communication Skills
- Teaching Skills 1 & 2
- Generalization & Maintenance

## PLUS

- Home Visits
- Telephone Boosters

## 7 Supplemental

- Toileting
- Feeding
- Sleep
- Time Out
- Imitation
- Crisis Management
- Token Economies



# Opportunity for Training in RUBI

- Funded by MolinaCares
- Practitioners in Primary Care Settings
- Training:
  - Introductory training (8-16 hours)
    - On Demand Webinars
    - Live Virtual Training
  - Ongoing consultation
    - 30 minutes/week – 1 time/month



# MENTAL HEALTH INSTITUTE FOR I/DD

## What

- Training series focused on supporting providers working with patients with IDD/ ASD and mental health challenges

## Why

- Build on existing provider expertise and expand confidence and competence in working with this population

## How

- Didactic presentations of tools, strategies, and cases; lived experience perspectives; and opportunities for questions, discussion and continued learning

<https://mhttcnetwork.org/centers/northwest-mhttc/intellectual-and-developmental-disabilities-idd-track>



# WHAT IS PROJECT ECHO?



Telementoring that empowers professionals to provide the right care, in the right place, at the right time

Programs at UW focus on IDD and ASD, with a goal to build capacity to care for these and their families in their home communities

Sessions include didactics on best practice, case presentations, discussions, and recommendations

93% of countries touched by ECHO

600+ training centers across the globe

Over 3,000 ECHO programs created

<https://hsc.unm.edu/echo/>

Interdisciplinary Network of Community Leaders with a focus on the Underserved and Disability Education (INCLUDE)

# ECHO IDD WRAPAROUND

## Goals

- Training and support to community health providers working with youth with I/DD and mental health challenges in crisis

## Participants

- WISe teams (therapist, peer and family partners, case coordinators, etc), DDA, HCA, OSPI representatives
- Year 1: 64; Year 2: 89

<https://uw-ctu.org/echo/echo-idd-wraparound-impact/echo-idd-programs/#wraparound>

# PROVIDER EXPERIENCES

## Sharing Knowledge and Resources

- It really has helped me [...] understand why certain resources might be best for the kids that we work with. It has opened my eyes to more. [...] if they have an IEP, if they're on DVR, or if they're on SSI or DDA, or do they have a caseworker, or a caregiver? All those, whereas before I didn't know what they needed.

## Building Confidence and Community

- I think confidence in anything helps prevent burnout, feeling overwhelmed, feeling helpless as a professional, so I think in that sense, by feeling more confident in my understanding.
- It was also great just to have validation from other providers that they're facing some of the same challenges or have tried some of the same things, but also to get the differences.

## Unexpected Consequences

- Really don't want to lose that [...] because they were my lifeline for autism support
- I learned about lots of resources that we don't have access to. [...] and that's not ECHO's fault. [...] but it reinforced to me that there really is a resource divide along the mountains

# IDD and Autism Resource Navigation ECHO



Provide participants with evidence-based resources, support, and information as they assist parents and caregivers navigate the complex maze of IDD and autism resources, services, and supports.

Funding comes from Washington Health Care Authority.

Address the mental health needs of our IDD and/or autism community, a population traditionally under-served and often denied Wraparound services.

Frequency	Day	Time
1 x month	Third Wednesday	8:30am-10:00am

# ECHO IDD PSYCHIATRIC CARE

## Goals

- Training and support in diagnostics, evidence-based practice, and psychopharmacology focused on youth with I/DD and mental health challenges

## Participants

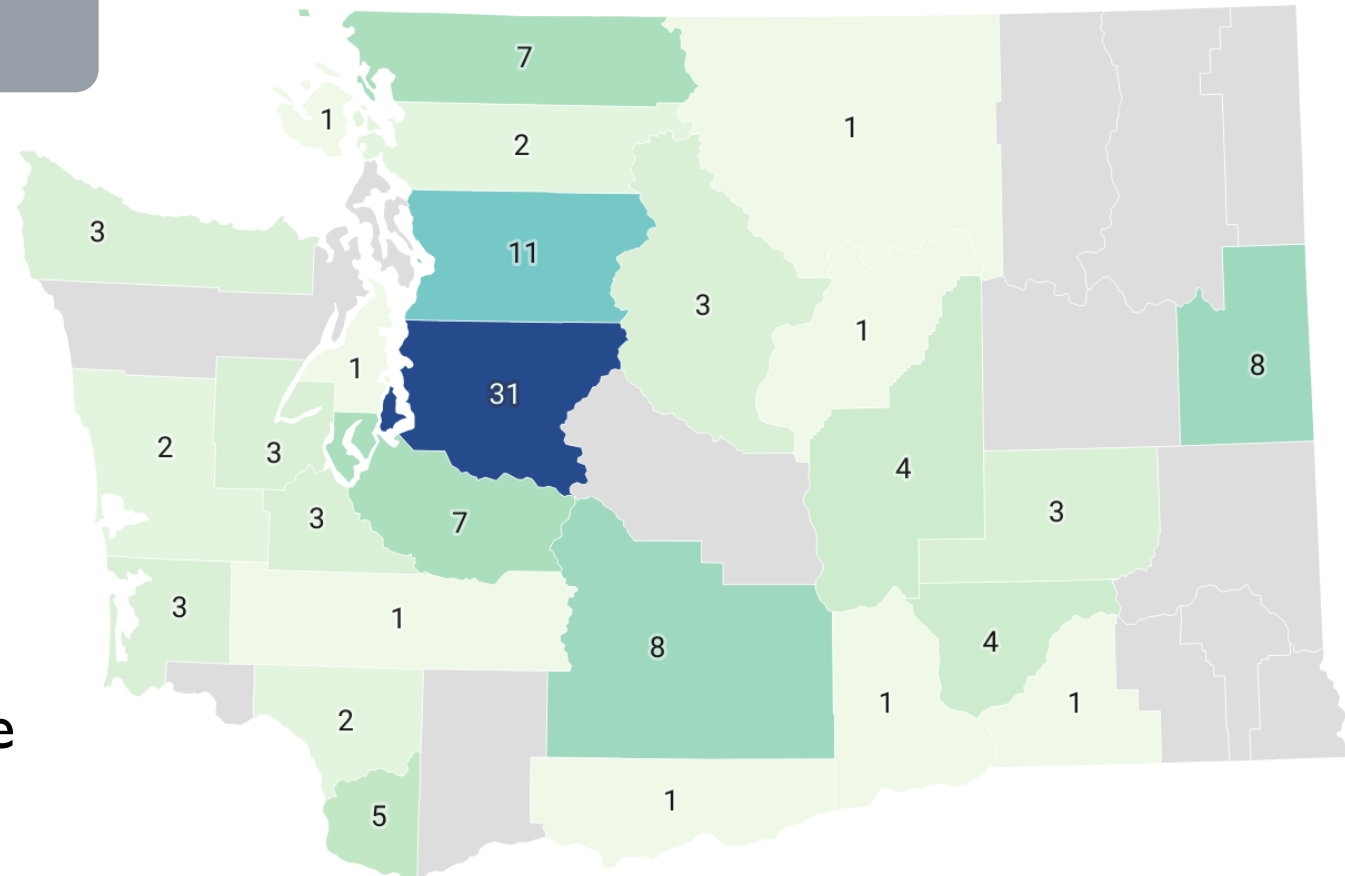
- Primary care providers, Psychiatric ARNPs, PA-C's, NDs working with a Managed Care Organization
- New! First year, 27 providers enrolled

<https://uw-ctu.org/echo/echo-idd-wraparound-impact/echo-idd-programs/#psychiatric>

# ECHO AUTISM WASHINGTON

## Goals

- Provide guidance for providers in:
  - Identifying patients at risk for ASD
  - Diagnosing and managing care planning for patients with ASD
  - Referring patients for further evaluation and/or appropriate treatment
- Build a community of practice and support for providers across the state
- <https://uw-ctu.org/echo/echo-autism/>





# PROVIDER EXPERIENCES

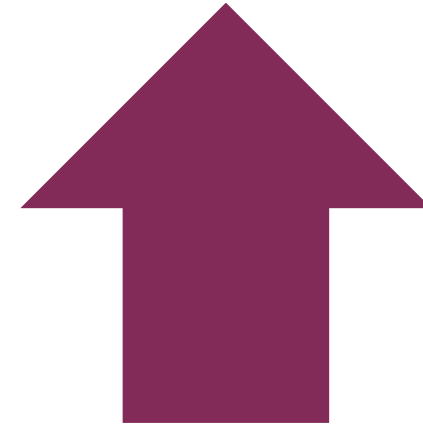
Complexity of care



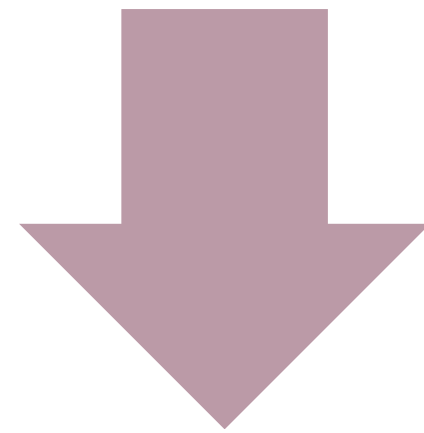
Continuing education



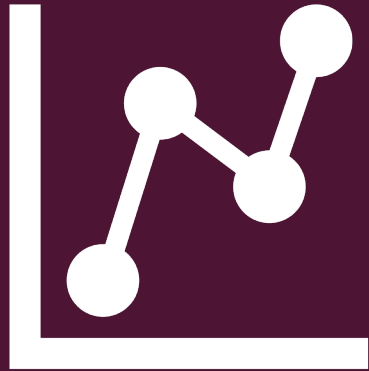
Community of practice



Increased confidence in providing ASD-specific services and conducting more diagnostic evaluations



Low reimbursement rates, variable administrative support, and difficulty with navigation post diagnosis



# LEARNING THROUGH DATA COLLECTION

- Have your perspectives be a part of where we go next
- Help us understand your experiences and how we can do better
- Complete a short survey for a chance to win 1 of 3 \$50 Tango gift cards
- <https://redcap.link/2x4wpbgo>

# ADVOCACY AND PARTNERSHIP



- Growing a network with opportunities to be involved at any level. Stay tuned!
- Working to break down the silos between organizations and communities
- Providing a place to go when you need support or direction