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

- **I**nterdisciplinary **N**etwork of **C**ommunity **L**eaders with a focus on the **U**nderserved and **D**isability **E**ducation
- Improving systems of care by supporting education, training, and connections within a growing community of champions

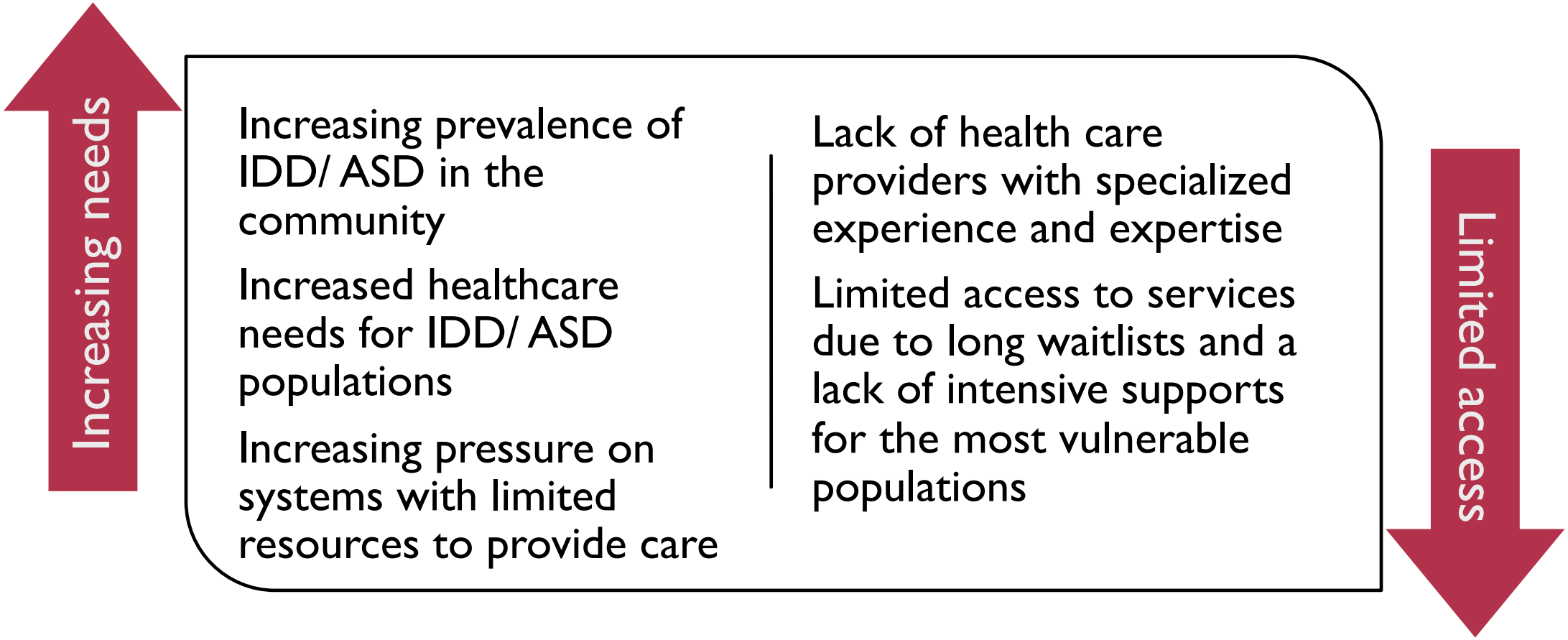
Why

- 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



Overview of INCLUDE Initiatives

Community Building, Outreach, Training, and Research

- Autism COE Trainings
- ECHO Programming
  - ECHO Autism Washington
  - ECHO IDD Wraparound
  - ECHO Psychiatric Care
  - ECHO Resources Navigation
- SMART
- RUBI
- Mental Health Institute
- YOU!

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

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

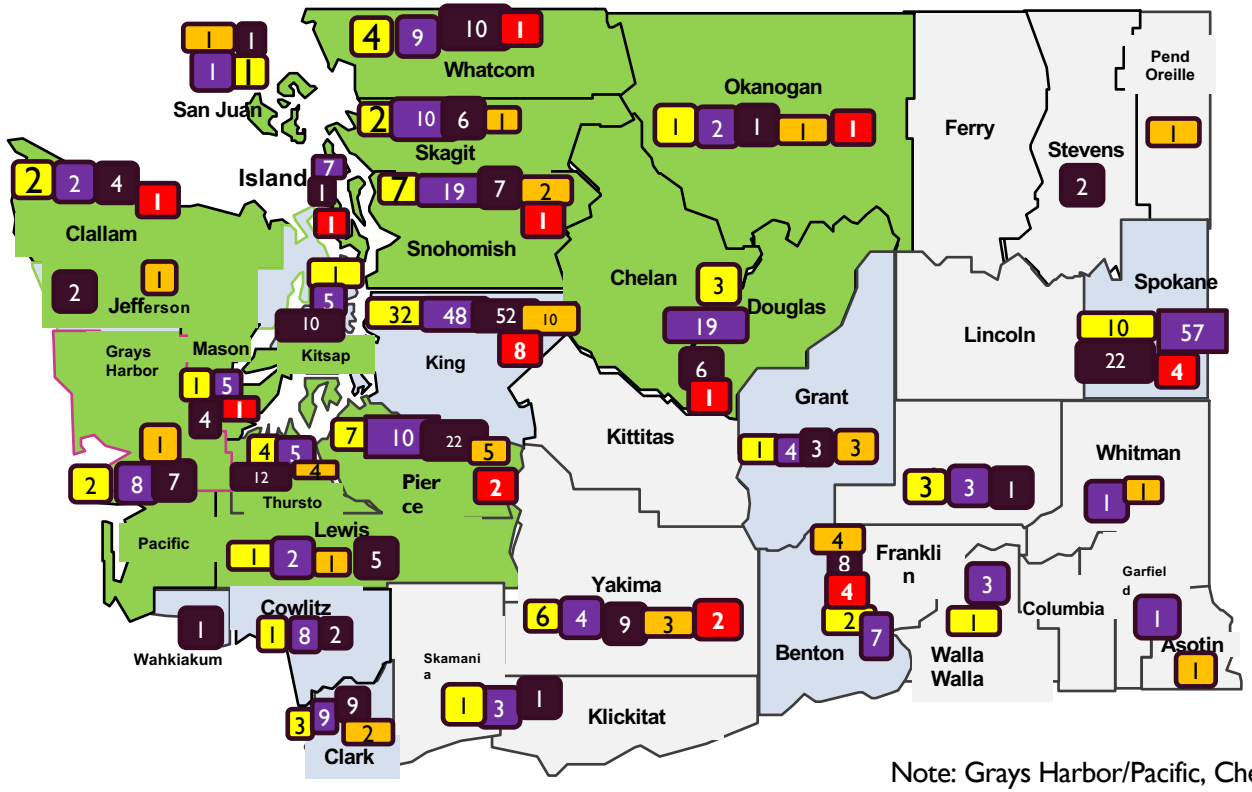
85 # ECHO Autism COE (23/39 counties)

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

TH NIGHT
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UKWILA, WA 98168
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MAHAMUD: (206)456-7972

CONNECTING WITH OUR COMMUNITIES THROUGH OUTREACH AND ENGAGEMENT

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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

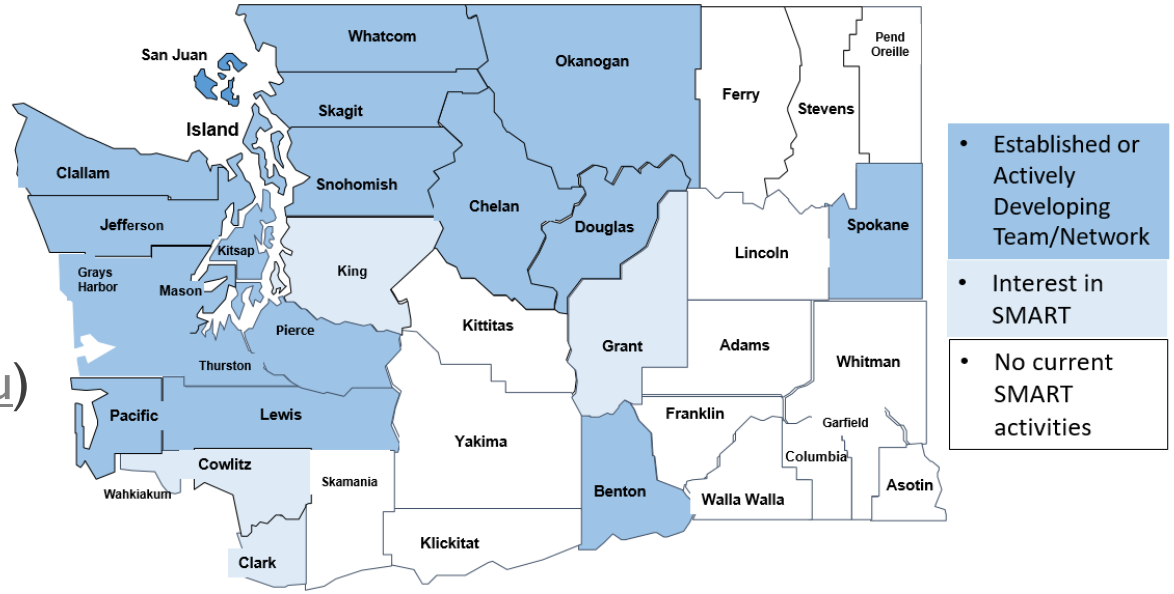
Complete 6.5-hour online AAP course (for eligible COEs) and attend a full-day interactive workshop with specialists, autistic self-advocates, and family advocates

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

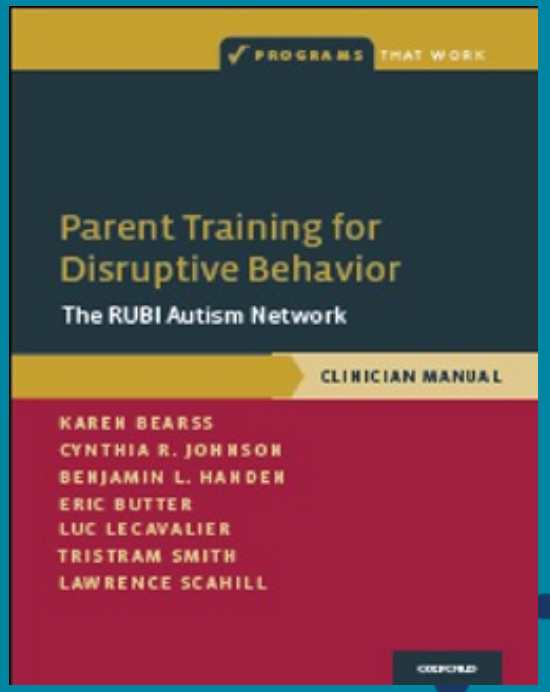
- Local interdisciplinary evaluation teams and networks
- Harnessing power of community knowledge and resources
- Improving services, child and family outcomes and provider satisfaction
- Join or start a hub in your community!
- WA Dept of Health CYSHCN Program funding
- Monthly zoom networking meetings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



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

Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

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

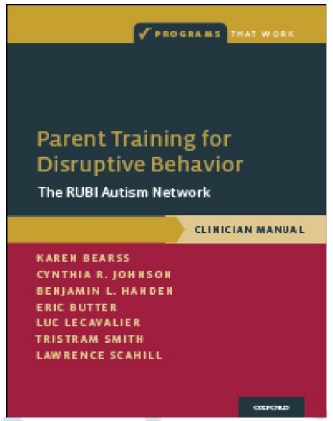
- Behavioral Principles (the ABC's)
- Prevention Strategies
- Daily Schedules
- Reinforcement 1 & 2
- Planned Ignoring
- Compliance Training
- Functional Communication Skills
- Teaching Skills 1 & 2
- Generalization & Maintenance

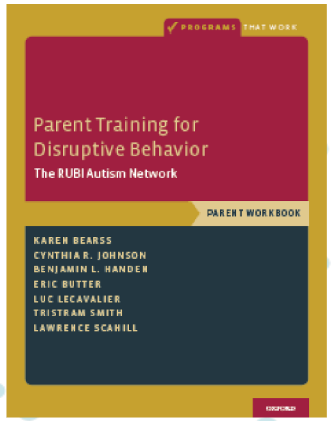
PLUS

- 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/

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

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

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.

ECHO IDD PSYCHIATRIC CARE

Goals

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

Participants

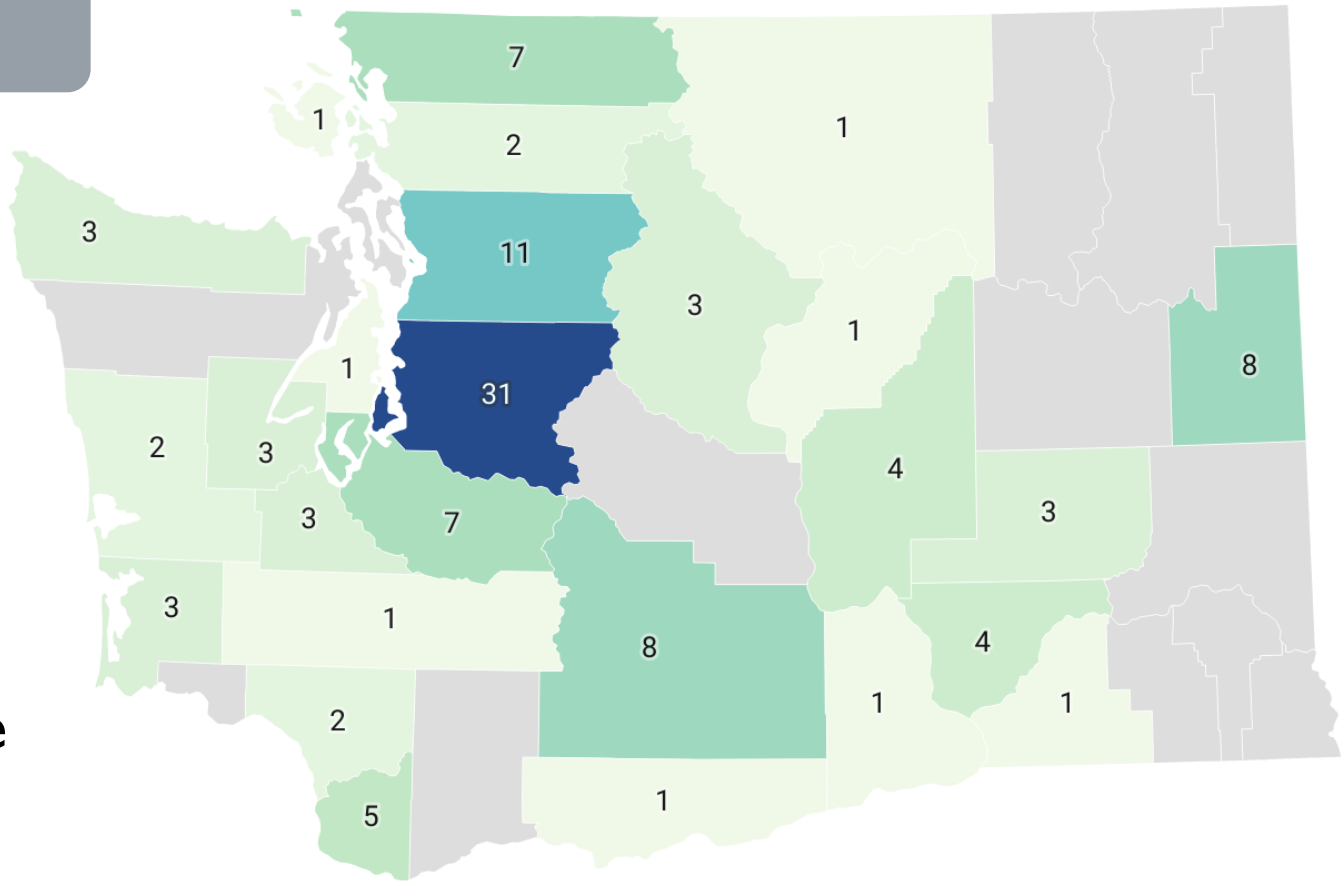
- Primary care providers, Psychiatric ARNPs, PA-C's, NDs working with a Managed Care Organization
- New! First year, 27 providers enrolled

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/

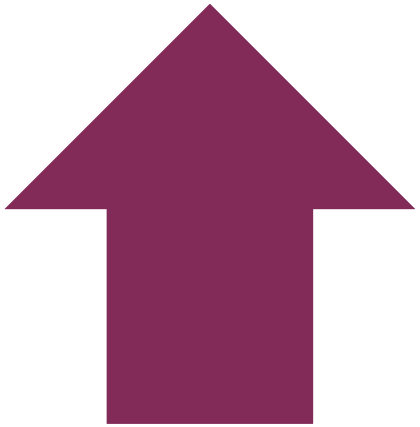


PROVIDER EXPERIENCES

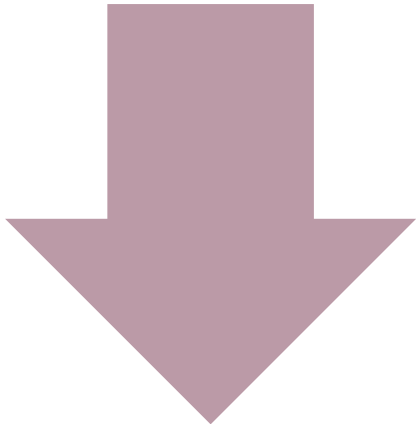
Complexity of care

Continuing education

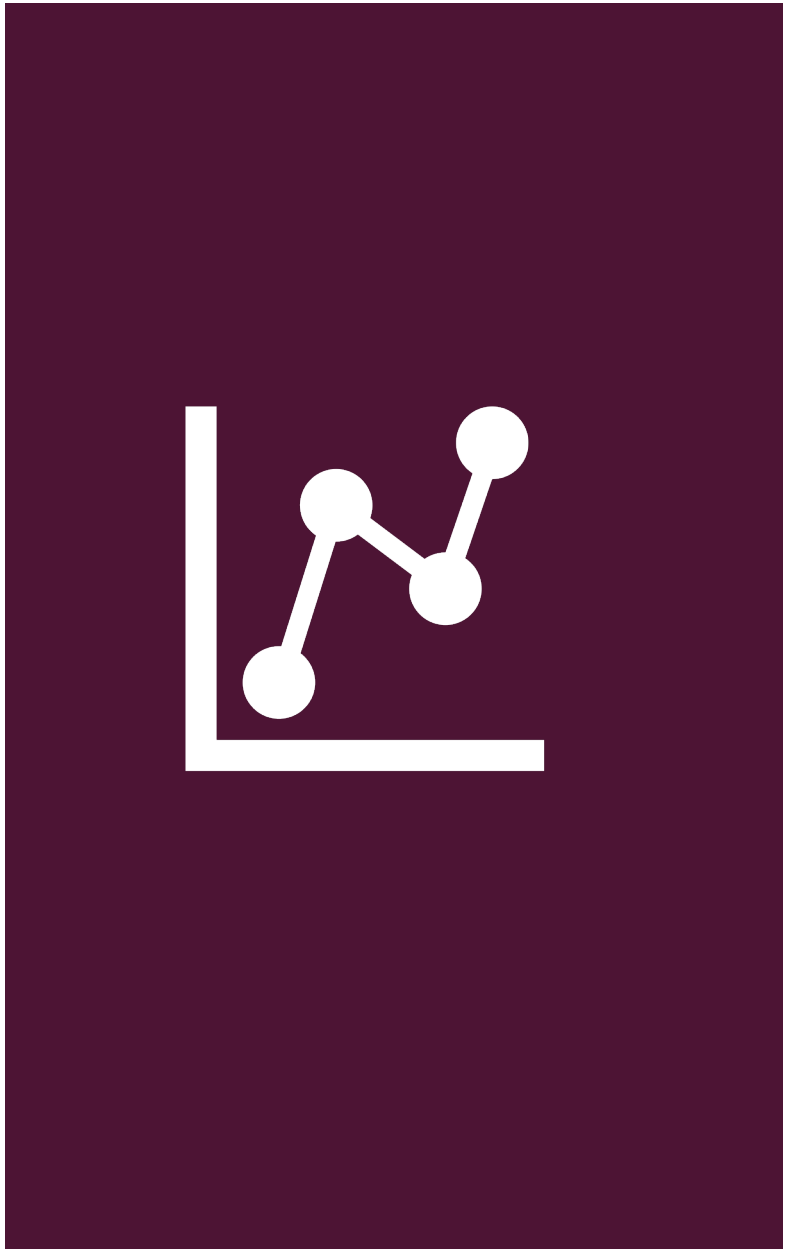
Community of practice



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

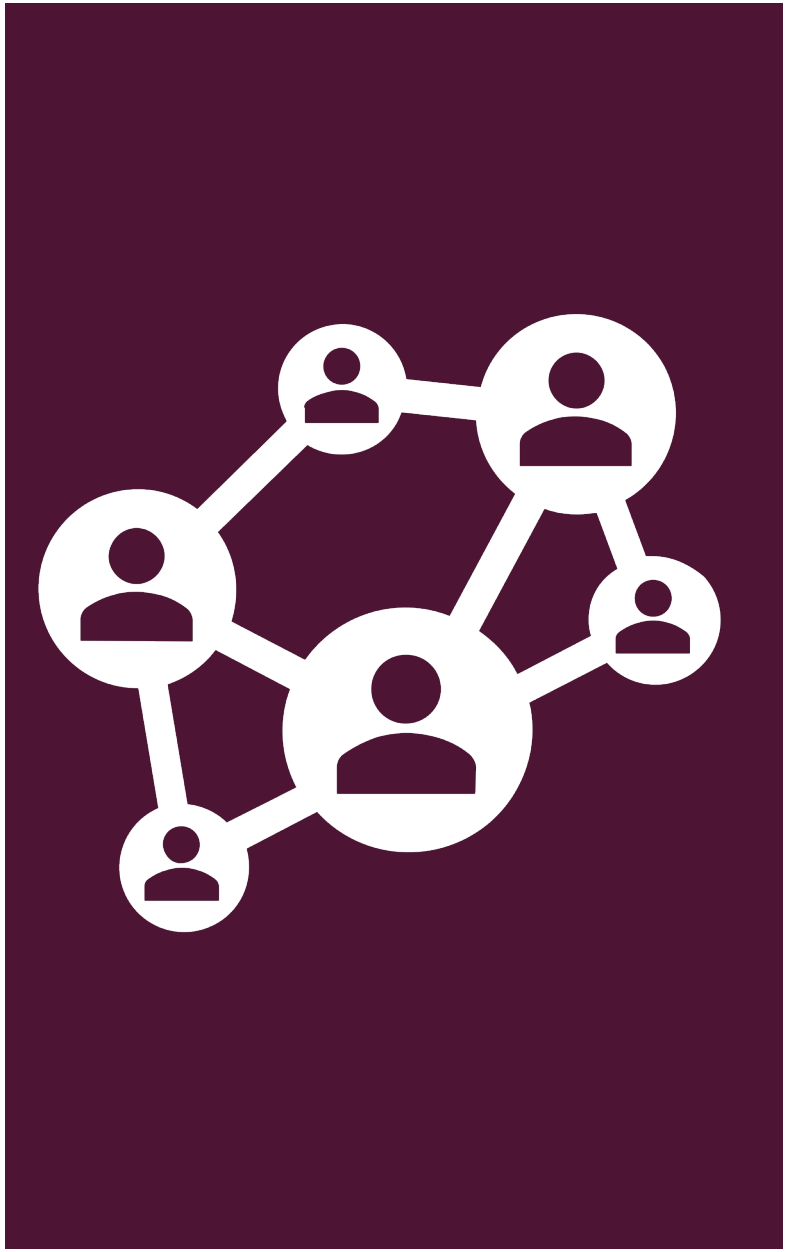


Low reimbursement rates, variable administrative support, and difficulty with navigation post diagnosis



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