

Connecting Expertise to Communities to Support Comprehensive Care for People with I/DD: Building on North Carolina's Assets

June 2020 Webinar Q and A

TEACCH Autism ECHO

- *How can LME MCOs get support for their providers to be involved in the ECHO I/DD program?*
 - TEACCH would be happy to meet with LME MCOs about their needs and offer ECHO programs for their providers. Contact Dr. Laura Klinger at laura_klinger@med.unc.edu. Additional information about ECHO can be found at (<https://teacch.com/trainings/project-echo-autism/>)
- *How does an individual become a part of one of these cohorts?*
 - More information can be found on the UNC TEACCH Autism Program website (<https://teacch.com/trainings/project-echo-autism/>)
- *Can BCBA's participate in ECHO (assume this refers to mental health ECHO)?*
 - Yes, the TEACH Autism ECHO content would be appropriate for BCBA's.
- *What age does the individuals being served in Project ECHO go up to?*
 - TEACCH Autism ECHO typically covers issues related to early symptoms of ASD (e.g., screening at 18-24 months) and issues related to transition to adulthood (e.g., adult healthcare, transition from high school to adult services).
 - ECHO programs can cover health, education, and related issues across the life span, depending on the selected topic focus, intended audience, and learner needs. For example, ECHO programs have been developed to address end of life care, chronic pain, opioids and medication assisted treatment, Latinx mental health, and covid – 19.
- *Can ECHO address Fetal Alcohol syndrome disorder (FASD)?*
 - Yes, an FASD ECHO could be developed and offered regionally or statewide. The ECHO model can be used for a wide array of health issues, including opioids, diabetes, palliative care, Hepatitis C, and medication use with skilled nursing care.

- *Are these trainings available in Spanish?*
 - The TEACCH Autism ECHO sessions are in English. The Autism Resource Spanish – speaking Specialist has participated in some of the TEACCH Autism ECHO sessions. ECHO participants have presented cases dealing with the challenges encountered by Spanish speaking patients and families.
 - El Futuro is offering an ECHO program to increase evidence-based practice capacity in Latinx mental health care. <https://elfuturo-nc.org/training-and-research/el-futuro-teleecho-clinic/>

TEACCH Autism ECHOs are currently focused on primary care, mental health providers, and education. A newly formed ECHO work group is exploring strategies and partnerships that can enhance the availability of multiple ECHO programs on a statewide basis.

- **For more information about upcoming ECHO programs contact TEACCH at <https://teacch.com/trainings/project-echo-autism/>**

Duke NC PAL

- *Does NC-PAL also have referrals for placement options for those with autism/MH/I/DD diagnosis?*
 - The NC PAL Advisory Group developed an I/DD Resource Packet that includes some information on housing options. Contact Amanda Zaski for a copy. amanda.zaski@duke.edu. Resources listed are:
 - ❖ A Closer Look at Housing Choices Resource Guide by The Arc of NC <https://www.arcnc.org/images/housing-resource-guide-2015.pdf>
 - ❖ NCDHHS List of Licensed Facilities <https://www2.ncdhhs.gov/dhsr/reports.htm>
 - ❖ Supported Living Initiative (through Vaya Health) <https://www.vayahealth.com/learn-more/idd/supportedliving/>
 - ❖ Autism Society of NC - Residential Options Toolkit <https://www.autismsociety-nc.org/wp-content/uploads/Residential-Options-Toolkit.pdf>
 - ❖ U.S Department of Housing and Urban Development (HUD) <https://www.hud.gov/> and NC https://www.hud.gov/states/north_carolina

- *Can a job / life coach that works with adults with I/DD use the NC PAL line?*
 - NC PAL provides telephone psychiatry consultation and community referral identification for primary care providers to address direct behavioral health needs of their pediatric patients. The NC PAL phone line is 919-681-2909.
- NC Maternal Mental Health MATTERS (Making Access to Treatment, Evaluation, Resources and Screening Better) is another HRSA grant designed to enhance systems of care for pregnant and post-partum women experience mental health and substance abuse disorders and support local providers through training and the integration of maternal mental health into primary care practice. Additional information can be found at <https://www.med.unc.edu/ncmatters/>

CIDD Complex Care Partnerships

- The CIDD complex multidisciplinary evaluation services at can be accessed by completing an appointment request from at <http://www.cidd.unc.edu/appointment/> or emailing CIDDIntake@cidd.unc.edu or calling 919-966-5171.
- *I know that Duke also has a complex care group. Will there be outreach to that team too?*
 - Duke NC PAL, CIDD and TEACCH have collaborated on the development and evaluation of these services.

GENERAL

- *How are the resources paid for? Medicaid? Innovations waiver? Private insurance? Grants?*
 - Initially these projects received limited grant funding from the NC Council on Developmental Disabilities to develop, implement, and evaluate pilot demonstrations. Over time additional time-limited funding has been provided by NC DHHS and AHEC. Other health care and disability organizations have also contributed funds and in-kind resources. Currently, most of these consultation and education services are not billable. However, we do think that that multiple payors (Standard Plans, LME MCOS, Tailored Plans, and other insurance) can include ECHO, telephone consultation, complex care evaluation and

coordination, and family support in their delivery of services and contracts with providers.

- As Dr. Klinger noted WellCare PHP is supporting a 2020 primary care Autism ECHO in the Charlotte area.
- NC PAL is currently supported by a multi-year HRSA grant awarded to the NC DHHS, Division of Public Health and Duke University.
- *The base delivery of service is direct support staff who help consumers meet goals and get help as needed. You can have the best integrated model but without daily staff it is not workable. Where does your plan address the need for increase of quality direct care?*
 - We agree that there needs to be more acknowledgement of and financial support for the crucial role played by direct support professionals. The ECHO model has been used with community health workers in other states. We support the need for payors and provider organizations to offer DSPs education on integrated care, health across the life span and other relevant topics, utilizing an ECHO framework.

Life Span Focus

- *These models are focused on consultation between professionals and can address issues for people with I/DD across the life span.*
 - There is a need to develop family and individual access to consultation expertise.
 - ECHO is relevant for children and adults with I/DD.
 - NC PAL receives calls for individuals beyond 21.
 - CIDD serves children and adults.

Peer Support

- *Have any of these programs considered integrating peer support specialists and/or mentorship roles within these team efforts.*
 - Although the initial focus of these projects has been on family support, we agree with the need for the participation of self-advocates in these programs, from development to implementation to evaluation.
 - The Family Support ECHO pilot included a presentation by self-advocates on their experiences and recommendations.
 - We believe that a responsive and robust system that supports integrated care should be intentionally inclusive of peer advocates.
 - Peer support specialists and self-advocates could serve as ECHO hub members and contribute to the NC PAL resource team.

I/DD and ASD

- *I noticed we are separating ASD from I/DD. Is this a distinction which will appear throughout NC Medicaid? They are not mutually exclusive and overlap with TBI as well.*
 - The TEACCH ECHO has a specific focus on Autism, while the NC PAL and CIDD programs have a focus on I/DD, inclusive of ASD. We agree that there is overlap across I/DD, ASD, TBI, and behavioral health. We think these models are relevant for all Medicaid populations.
- *Can you speak to how these programs are addressing intersectionality of racism and I/DD?*
 - Dr. Maslow and colleagues have reviewed NC education data to analyze the primary classification of ASD and ID across racial and ethnic groups. They have also analyzed state and county data on education classification, household income, diagnosis, and receipt of Innovations Waiver services and waiting list status to explore variations, gaps, and inequalities. Contact Dr. Maslow for additional discussion.

Who can access these programs?

- *Could a jail or prison provider access these resources?*
 - Contact Dr. Laura Klinger at laura_klinger@med.unc.edu to discuss the potential application of the TEACCH Autism ECHO mental health for jail and prison providers. Additional information about ECHO can be found at (<https://teacch.com/trainings/project-echo-autism/>)
 - NC PAL is focused on the provision of telephone psychiatry consultation and community referral identification for primary care providers to address direct behavioral health needs of their pediatric patients. Contact Dr. Maslow at gary.maslow@duke.edu or Dr. Nathan Copeland at john.copeland@duke.edu to further discuss this question.
 - Contact Dr. Rob Christian, CIDD, at rob.christian@cidd.unc.edu to discuss this question.