



RWJ Partners' Project ECHO Introduction to Medicaid 2.0 Participants

*A collaboration across the state of New Jersey to support the
improvement of care for Vulnerable Populations*



Project ECHO Background



Sanjeev Arora, M.D., a liver disease specialist was frustrated that thousands of New Mexicans with hepatitis C could not get the treatment they needed. The clinic where he worked was 1 of only 2 in the entire state that treated the disease.

Dr. Arora created Project ECHO in 2003 so that primary care clinicians could treat hepatitis C in their own communities.

Over the years, research has shown that Project ECHO participants demonstrate (*click on links for corresponding studies*):



- Increased [Self-Efficacy](#)
- Increased [Competency](#)
- Increased [Knowledge](#)
- Increased [National Guidelines Adherence](#)
- High [Program Satisfaction](#)
- Equal [quality of care and patient results as specialists](#)



Today, Project ECHO operates 92 hubs for nearly 45 diseases and conditions in 30 states and 15 countries outside the U.S., including sites within the Department of Defense healthcare systems.

Project ECHO Model



The Project ECHO model is changing the world fast. This program for lifelong medical learning and collaborative practice is helping to build a Culture of Health by linking primary care clinicians with specialist care teams, to deliver quality treatment to patients with complex, chronic disease. Project ECHO enables people in medically underserved areas to receive the care they need where they live, from providers they know.

Click on picture to see video

Source:
<https://youtu.be/Faz3O1cIDMU>

Project ECHO Model

A “Hub” of specialists telementor “Spokes” of primary care and mid-level providers on disease-specific “Clinics” over 6-12 months. The model creates a learning collaboration.

Weekly 1.5 Hour clinic sessions consist of:

- (1) Case Presentations by Spokes
- (2) Hub Recommendations
- (3) 15-minute Expert-led Education Module



RWJ Partners' Implementation

1. **Target Audience:** Vulnerable Populations identified through FQHCs, Medicaid ACOs, Primary Care Providers (Adult and Peds) serving Medicaid and Dual Eligible patients
2. **Target ECHO Clinics:** Survey Providers and Managed Care Providers to determine identified areas of need and level of interest
3. **Target Hub Participants:** Recruit from across the state and create interdisciplinary teams
4. **Recruit Providers through Networks of PCPs (Peds, FQHCs, MMCOs)**
5. **Curriculum:** Build on success, targeted at complex case management with demonstrated value to the providers
6. **Create a Community of Learners:** Extend Value to the Practices & Convene a Yearly Learning Collaborative
7. **Engage Plans and State in Sustainability Evaluation**

Results from Pediatricians Surveyed in NJ:

14 Practices surveyed
5 of 14 multi-site practices
5 of 14 with multiple physicians

Interest Level
7 definite interest
3 some interest
4 sites not interested

Preference for Meeting
AM time slot
1 hour

Pediatric Practice Priorities

1. ADHD
2. Autism
3. Pediatric Mental Health
4. Pediatric Medical Complexity
5. Pediatric Asthma

No Others Recommended

Implementation Timeline

Q0 January- May 2016	Q1 June- August	Q2 September- November	Q3 December- February	Q4 March- May	Q5 June- August	Q6 September- November	Q7 December- February	Q8 March- May 2018
<i>Planning</i>	<i>Contract Period (2 years)</i>							
	Recruit		Recruit		Recruit		Recruit	
	HUB PREP	Clinic 1-1 (October-September)				Clinic 1-2 (September-May)		
	Recruit		Recruit		Recruit		Recruit	
	HUB PREP	Clinic 2-1 (October-September)				Clinic 2-2 (September-May)		
		Recruit		Recruit		Recruit		
		HUB PREP	Clinic 3-1 (November-October)				Clinic 3-2 (November-May)	
<i>Learning Collaborative</i>			LC				LC	

Clinic 1: **Hepatitis C**

Projected Launch Date – Thursday, October 6th (based on achieving a quorum of providers)

Clinic 2: **Autism: Birth to Age 21**

Projected Launch Date – Tuesday, October 4th (based on achieving a quorum of providers)

Clinic 3: **Advanced Endocrinology**

Projected Launch Date - TBD



Autism ECHO Hub & Curriculum

Anna Malia Beckwith, MD

Elvira Downs, MD

System of Care

Melissa Smith, M.S., CCC-SLP, C/NDT

Joanne Hunt, OTD, OTR/L

Developmental Pediatrician

Psychiatrist

Representative

Speech-Language Pathologist

Occupational Therapist

Month 1: Early identification of Autism Spectrum Disorder (ASD)

- Week 1: Screening tools for ASD in primary practice
- Week 2: Behavioral "Red Flags"
- Week 3: Communication "Red Flags"
- Week 4: Open/Requested Topic

Month 2: Psychopharmacologic interventions- Part 1

- Week 1: Overview of medications used to treat behavioral challenges of ASD
- Week 2: Stimulant/Non-stimulant treatments for ADHD symptoms/impulsivity
- Week 3: Stimulant/Non-stimulant treatments for ADHD symptoms/impulsivity
- Week 4: Open/Requested Topic

Month 3: Psychopharmacologic interventions- Part 2

- Week 1: Mood stabilizing agents for emotional liability
- Week 2: SSRIs for anxiety/obsessive-compulsive symptoms
- Week 3: Atypical antipsychotics for aggression/irritability
- Week 4: Open/Requested Topic

Month 4: Behavioral interventions- Part 1

- Week 1: Overview of Applied Behavior Analysis (ABA)
- Week 2: Use of ABA to modify behaviors in ASD
- Week 3: Approach to feeding refusal
- Week 4: Open/Requested Topic

Month 5: Behavioral interventions- Part 2

- Week 1: Approach to self-stimulatory behavior
- Week 2: Approach to new/undesirable activity
- Week 3: Social stories and social skills groups
- Week 4: Open/Requested Topic

Month 6: Language impairment

- Week 1: Communication disorders in ASD
- Week 2: Augmentative communication interventions: PECS, Proloquo2Go
- Week 3: Pragmatic language interventions
- Week 4: Open/Requested Topic

Month 7: Educational needs

- Week 1: Early Intervention
- Week 2: Interpreting the IEP
- Week 3: School-based interventions for challenging behaviors
- Week 4: Open/Requested Topic

Month 8: Community resources

- Week 1: Parental supports
- Week 2: Recreational activities
- Week 3: Safety interventions
- Week 4: Open/Requested Topic

Month 9: Co-morbidities- Part 1

- Week 1: Overview of sensory processing disorder
- Week 2: Sensory processing interventions
- Week 3: Sleep disorders
- Week 4: Open/Requested Topic

Month 10: Co-morbidities- Part 2

- Week 1: Genetic testing in ASD/ Intellectual disability
- Week 2: Genetic syndromes associated with ASD
- Week 3: Feeding disorder/GI complaints
- Week 4: Open/Requested Topic

Month 11: Autism across the lifespan

- Week 1: Puberty and sexuality
- Week 2: Transition to adult services
- Week 3: Guardianship
- Week 4: Open/Requested Topic

Month 12: Fact and fiction of alternative interventions for ASD

- Week 1: Vitamins, other supplements, and dietary modification
- Week 2: Therapies
- Week 3: Vaccination and ASD
- Week 4: Open/Requested Topic

Benefits of Project ECHO Model



Thank you!

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