CoPCCAP’s External Educational Activities: ECHOs and Beyond

Sandra L. Fritsch, MD
Medical Director, CoPCCAP (Colorado Pediatric Psychiatry Consultation & Access Program)
Project Support

In partnership with the Colorado Department of Public Health and Environment, this project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $1,851,222.00 with zero percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.
External Education:

- Key component of CoPPCAP; increase knowledge & skills
- Supports relationship development
- Offered through multiple venues
  - ECHO
  - Annual Learning Collaborative
  - Community of Practice
  - Traditional “Lunch & Learns”
  - Peer to Peer Consultations
- Website: Colorado Care Guides
CoPCCAP’s ECHOs

• 1st began March 2020; “Pediatric Psychiatry in Primary Care; Core Essentials”

• 8 session, weekly series

• Contracted with ECHO Colorado

• Summer 2020 added “Beyond Core Essentials”

• Currently completed 4 Core Essentials & 3 Beyond Core Essentials with ongoing series currently happening
### UNM Traditional vs CoPPCAP ECHO

<table>
<thead>
<tr>
<th><strong>Original/Traditional</strong></th>
<th><strong>CoPPCAP’s Approach</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Single condition/disorder</td>
<td>Multiple conditions/topics; AAP Mental Health Competencies</td>
</tr>
<tr>
<td>Cases required before session by writeup</td>
<td>Cases not required by formal writeup</td>
</tr>
<tr>
<td>Facilitator may vary</td>
<td>One facilitator</td>
</tr>
<tr>
<td>May be monthly, stable cohort</td>
<td>Intensive weekly 8 session series</td>
</tr>
<tr>
<td>“Hub &amp; Spoke”</td>
<td>“Hub &amp; Spoke”</td>
</tr>
<tr>
<td>Unknown how chat is used</td>
<td>Chat “manned” for adding resources</td>
</tr>
<tr>
<td>Unknown how panelists are chosen</td>
<td>Parent-to-Parent Panelists</td>
</tr>
<tr>
<td>Unknown if “self-care” has been added</td>
<td>“Self-care” added in response to pandemic</td>
</tr>
</tbody>
</table>
ECHO Data to Date

**ECHO 1.0 Pediatric Psychiatry Core Essentials**

Topics:
- Screening & Assessment
- What is Therapy?
- ADHD
- Anxiety Disorders
- Depressive Disorders
- Trauma
- Suicide
- Crisis & Chaos in Primary Care

50 providers participated across 3 series (Year 2)
33% of providers from rural counties

- 27 Physicians
- 15 Nurse Practitioners
- 3 Physician Assistants
- 4 Embedded Behavioral Health Clinicians
- 1 Practice manager

**ECHO 2.5 Pediatric Psychiatry Beyond Core Essentials**

Topics:
- Screening and Assessment,
- Pharmacotherapy - Beyond 2 SSRIs
- Disruptive Behavior
- Comorbidity
- Non-suicidal Self Injury
- Physically Ill Children
- Suicide
- Substance use disorders

71 providers participated across 3 series (Year 2)
32% of providers from rural counties

- 41 Physicians
- 7 Physician Assistants
- 21 Nurse Practitioners
- 2 Embedded Behavioral Health Clinicians
• 1st Annual: September 2020
• Planning second for September 2021
• Originally to be in person, pandemic led to virtual
• Cohorts created, 4 “active learning” (adult learning model) sessions, 90 minutes each
• Yr 1 Topics: Talking with Teens, Coaching parents re handling disruptive behaviors, MI, ACT
• Yr 2 Topics: Coaching parents re handling disruptive behaviors, ACT, Pharmacogenomics, “How to do evals and treatment in primary care”
4 Interactive Learning Sessions:

Working with Teens Around Mood (Depression) and Risk
Elise Fallucco, Ph.D.

Working with Parents of Preschoolers with Difficult Behaviors
Ryan Asherin, PhD & Jessica Hawks, PhD

Acceptance and Commitment Therapy (ACT) in Primary Care
Austin Butterfield, MD

Motivational Interviewing
Chad Morris and Cindy Morris

“This was the best virtual conference I’ve attended since the start of COVID – it was excellent!”

“An excellent, concisely orchestrated virtual event in an intimate setting with small cohorts and an extremely knowledgeable group of presenters. I can’t wait for the next CoPPCAP Learning Collaborative!”
Traditional Lunch & Learns

• Offering one of 4 topics (Assessment & Screening, Depression, Anxiety, Suicide)
• Now virtual due to Covid
• ROI questionable compared to being in person
• Invited practice to ad hoc ECHO offering that coincided with the topic request
“Community of Practice”

- Invitees: participants in ECHOs or Learning Collaborative
- Monthly lunch hour gathering
- Open forum, cases brought by participants
- Piloting this summer, 2 sessions to date
- Staffed by clinical care coordinator, program manager, 2 child psychiatrists

So far 17 PCPs participated (June 15th – 13 PCPs; July 20th - 4 PCPs)
Website (www.coppcap.org): Colorado Care Guides/Resources
Every Point of Contact is an Educational Opportunity

Maura Capaul, FNP, Lafayette Pediatrics and Internal Medicine: “I am so happy with your program. I take one piece of information from a consult and it’s like a big cascade to apply with so many other patients!”