SUPPORTING FAMILIES IN THE POST-COVID WORLD

PROJECT ECHO FOR FAMILIES TO IMPROVE CAPACITY IN RURAL COMMUNITIES

POST COVID-19

• Very few DD services
  • Potential for HUGE service cuts

• Minimal opportunity for best practices
  • ABA / ESDM
  • AT
  • Behavioral supports

• Isolation abounds
• Need for more telehealth and distance services
WHAT ABOUT WYOMING?

- Unique environment
- Large geographic area
- Small population relative to size
- More frontier than rural

PROVIDER SHORTAGE AREAS

- HRSA 2016
- >3500 individuals per provider
WHAT IF CHILD NEEDS A SPECIALIST?

355 miles

PROFESSIONAL DEVELOPMENT: ECHO

- 30 minute didactic
- Case presentation
- Expert advice
- Co-learning
- Ongoing case consultation
### IMPACT

#### IMPACT: WEEKLY EVALUATIONS

- **Teacher impact**
  - Average session attendance: 25.65 (12.4)
- **Satisfaction**
- **Weekly Knowledge Change**
  - Pre: M=3.06 (.91); post: M=3.63 (.78)
- **Weekly Skill Change**
  - Pre: M=2.97 (.92); post: M=3.45 (.81)

<table>
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<tr>
<th>Total</th>
<th>AT</th>
<th>ASD</th>
<th>BS</th>
<th>CD</th>
<th>EC</th>
<th>EL</th>
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**Descriptive Statistics**

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<th>Maximum</th>
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**Paired Samples Test**

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<th>Std Deviation</th>
<th>Std Error Mean</th>
<th>95% Confidence Interval of the Difference</th>
<th>t</th>
<th>df</th>
<th>Sig. (2-tailed)</th>
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<th>Paired Differences</th>
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<th>95% Confidence Interval of the Difference</th>
<th>t</th>
<th>df</th>
<th>Sig. (2-tailed)</th>
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<tr>
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<td>.0190</td>
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<td>-.4419</td>
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<td>.000</td>
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IMPACT: PRE/POST ASSESSMENT

- Teacher impact
  - Knowledge/skills
    - Pre to post
      - Baseline knowledge deficit:
        - pre: M=3.2 (1.04), ideal: M=4.3 (1.2), t(556) = 24.0, p<.0001
      - Retrospective:
        - Retro pre: M=3.0 (1.2), post: M=3.5 (1.0), t(114) = 8.52, p<.0001
      - Pre/post:
        - Pre: M=3.4 (1.1), post: M=3.8 (0.8), t(71) = 4.76, p<.0001

MISSING ELEMENT
VALUE OF FAMILY SUPPORT

- Tons of family stress
- Social support is a protective factor
  - Maternal mental health (Benson 2012; Weiss 2002; Zaidman-Zait et al. 2017),
  - Increased sense of competency (Benson 2012; Ekas et al. 2010; Weiss et al. 2016)
  - Service utilization (McIntyre and Brown 2018)
  - Emotional quality of life and satisfaction with child’s care (Moody et al., 2019)
BIOECOLOGICAL THEORY OF HUMAN DEVELOPMENT

- Bronfenbrenner


DISTRIBUTED INTERVENTION

- UW ECHO for Family: Autism
  - Blend ECHO and Wy Family Mentorship
  - Provide
    - Basic information
    - Emotional support
    - Case presentation with experts
    - Behavioral strategies
UW ECHO FOR FAMILY: AUTISM

ECHO for Families is a learning community that provides opportunities for learning, advocacy, and mentoring with families that have a child with developmental disabilities, autism, or other special healthcare needs. This network allows families to connect with ECHO trained providers, receive support and access to evidence-based solutions or share successes with other families across the state and country.

ECHO for Families has concluded for the 2019-2020 academic year. Join us Fall 2020 for more learning sessions.

Past Sources:
- ECHO for Families Learning Session Topic: Fall 2017 to Spring 2020

8/3/2020
TOPICS

• Behavioral supports
• Interventions
• Financial planning
• IDEA / IEP
• QOL
• Home school ala COVID
• Distance IEPs
• Etc.

<table>
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<tr>
<th>Date</th>
<th>Training Topic</th>
<th>Presenter(s)</th>
<th># of Attendees</th>
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<tbody>
<tr>
<td>10/30/2019*</td>
<td>Positive Behavior Solutions for Families</td>
<td>Aaron Stabel, MA, BCBA</td>
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<tr>
<td>11/13/2019*</td>
<td>The RED ZONE: Teaching and Managing Self-Regulation with Children</td>
<td>Aaron Stabel, MA, BCBA</td>
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<td>12/11/2019</td>
<td>Managing Your Child's Screen Time: An Opportunity to Practice Self-Regulation</td>
<td>Aaron Stabel, MA, BCBA</td>
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<td>2/12/2020*</td>
<td>Social and Behavioral Strategies to Manage Anxiety</td>
<td>Aaron Stabel, MA, BCBA</td>
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<td>3/6/2020</td>
<td>Guardianship</td>
<td>Donna Sheen</td>
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<td>3/11/2020</td>
<td>Navigating the IEP/504 Process</td>
<td>Erin Swilling</td>
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<td>4/8/2020</td>
<td>WYABLE - ABLE Accounts</td>
<td>Alayna Zimmerman</td>
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<td>4/22/2020</td>
<td>Community Discussion on COVID-19 Responses and Family Needs</td>
<td>Wendy Warren</td>
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IMPACT

- Weekly attendance
  - $M = 25$ attendees
  - Increased understanding: 94%
  - Satisfaction: 96%
  - Useful: 92%
  - Improve family life: 89%
  - Increased connection to other families: 84%
OTHER PROGRAM COMPONENTS

- Parent mentorship
  - Distance based
  - Trained mentors
  - Ongoing TA
- Regional leadership network
  - Local advocacy
  - Ongoing training
WHAT ECHO FOR FAMILIES DOES:

- ECHO adaptation works
  - Families, educators & healthcare
- Leverages technology
- Highly acceptable
- Knowledge/skills
- COVID and rural needs

PROGRESS & FUTURE DIRECTIONS

- Refine delivery to families
  - Time, content, disabilities
- Student level outcomes
  - Cases and classes
- Diversify topic areas
  - Alignment with community needs
- Adaptation to ongoing COVID needs
ACKNOWLEDGMENTS

- Sandy Root-Elledge
- Canyon Hardesty
- Family mentors
- Regional leaders
- All Families in WY
- Kristen Kaiser
- Wendy Warren
- Sarah Zlatkovic
- Reshmi Singh
- Victoria Estrada
- Elyssa Smith
- Shira Kern
- Haley Sturges
- Rachel Freedman
- All WIND Staff
- MCHB Partners
- R40MC022643 (HRSA)
- T73MC11044-04-00 (HRSA)
- UL1 RR025780 (NIH)
- U10DD000180 (CDC)