

# CoPPCAP's External Educational Activities: ECHOs and Beyond



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# Project Support

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## 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

# CoPPCAP's ECHOs



- 1<sup>st</sup> 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

Original/Traditional	CoPPCAP's Approach
Single condition/disorder	Multiple conditions/topics; AAP Mental Health Competencies
Cases required before session by writeup	Cases not required by formal writeup
Facilitator may vary	One facilitator
May be monthly, stable cohort	Intensive weekly 8 session series
"Hub & Spoke"	"Hub & Spoke"
Unknown how chat is used	Chat "manned" for adding resources
Unknown how panelists are chosen	Parent-to-Parent Panelists
Unknown if "self-care" has been added	"Self-care" added in response to pandemic

# 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

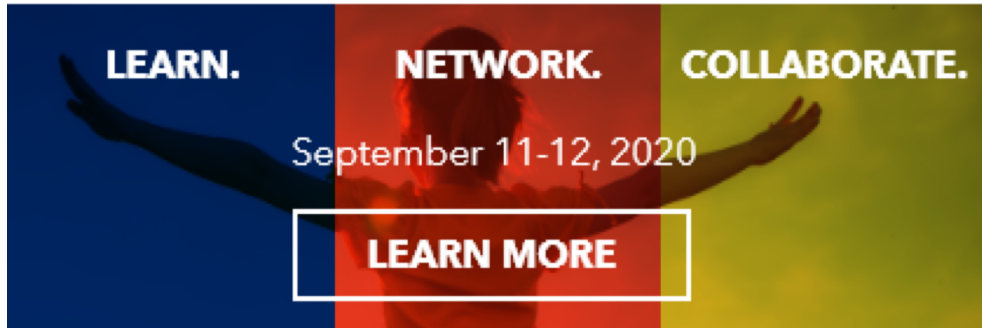
2 Embedded Behavioral Health Clinicians

# Annual Learning Collaborative

- 1<sup>st</sup> 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”



*A free virtual conference*



#### 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”

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Invitees: participants in ECHOs or Learning Collaborative

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Monthly lunch hour gathering

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Open forum, cases brought by participants

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Piloting this summer, 2 sessions to date

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Staffed by clinical care coordinator, program manager, 2 child psychiatrists

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So far 17 PCPs participated (June 15<sup>th</sup> – 13 PCPs; July 20<sup>th</sup> - 4 PCPs)



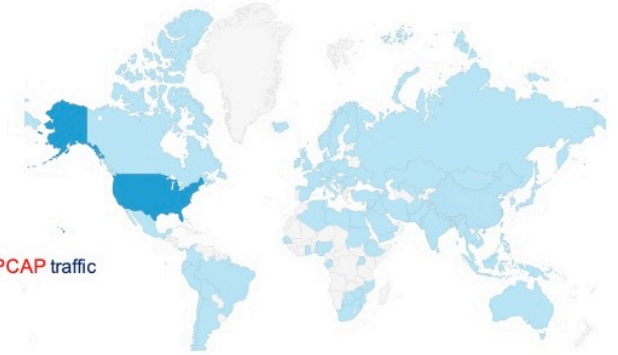
# Website (www.coppcap.org): Colorado Care Guides/Resources



Colorado Pediatric Psychiatry  
Consultation & Access Program

[www.coppcap.org](http://www.coppcap.org) • 7/1/19 – 6/30/21

- 2,576 unique visitors from 91 countries
- 4,444 website visits • 9,286 pageviews
- 91% of visits originate in the USA
- 50 out of 50 states have visited
- Colorado accounts for 71% of national CoPPCAP traffic



**Colorado Care Guides:**

1. Assessment and Screening
2. ADHD
3. Depression

- *currently in development*
  - Anxiety
  - Suicide and NSSI
  - Trauma
  - Physically Ill Children
  - Advocacy
  - Disruptive Behaviors in the Preschooler
  - Disruptive Behaviors in the Older Child

CCHAP, the Colorado Children’s Healthcare Access Program, has placed “Primary Care Principles for Child Mental Health” (developed by Bob Hilt, MD, Program Director, Partnership Access Line Seattle Children’s Hospital) on their website and is available here: <https://cchap.org/wp-content/uploads/2017/04/7.0-WA-PAL-Care-Guide.pdf>

# Every Point of Contact is an Educational Opportunity

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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!”*