



An overview of the ECHO-AIDD Program June 27, 2022

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Project ECHO

Project ECHO is a “hub and spoke” technology enabled education and capacity building model

ECHO Core Principles:

- » Use technology to leverage scarce resources
- » Share best practices
- » Utilize case-based learning
- » Improve and monitor outcomes
- » *“All teach, all learn”*

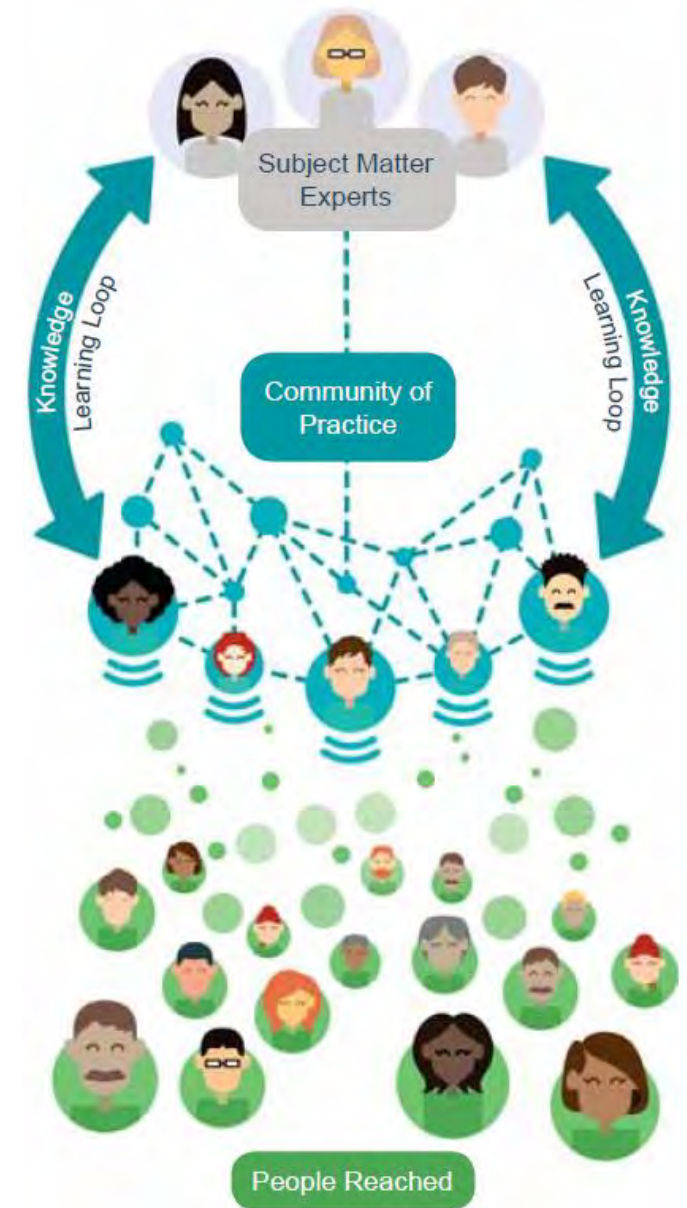


Figure 1. Project ECHO Model. From University of New Mexico School of Medicine.

ECHO Ontario Mental Health (ECHO-ONMH)

ECHO-ONMH helps healthcare providers build capacity in the treatment and management of mental health and addictions.

Reach to date:



PRE COVID



← **Hub**

Spokes

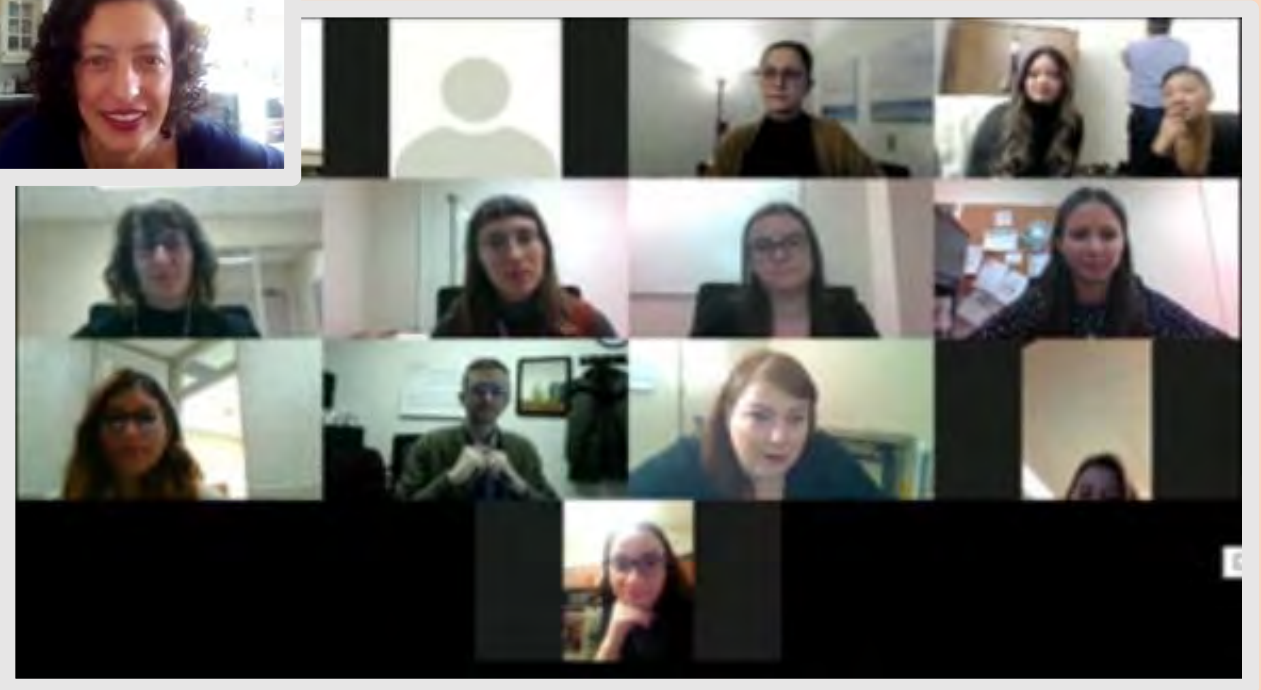


ADAPTED DURING COVID



← Hub

Spokes →



ECHO Adult Intellectual & Developmental Disabilities: Mental Health in the time of COVID-19 (ECHO-AIDD)

Focus: Mental health challenges that the IDD population faces during the COVID-19 pandemic

- COVID MH Overview; Self-care; Depression and Anxiety; Health care decisions & planning; Supporting Families; and Grief and Loss

Hub: Psychiatrist, Psychologist, Family Physician, Social Worker, Occupational Therapist, Patient and Family Advisors

Spokes: Healthcare providers and developmental service providers who support adults with IDD and mental health concerns

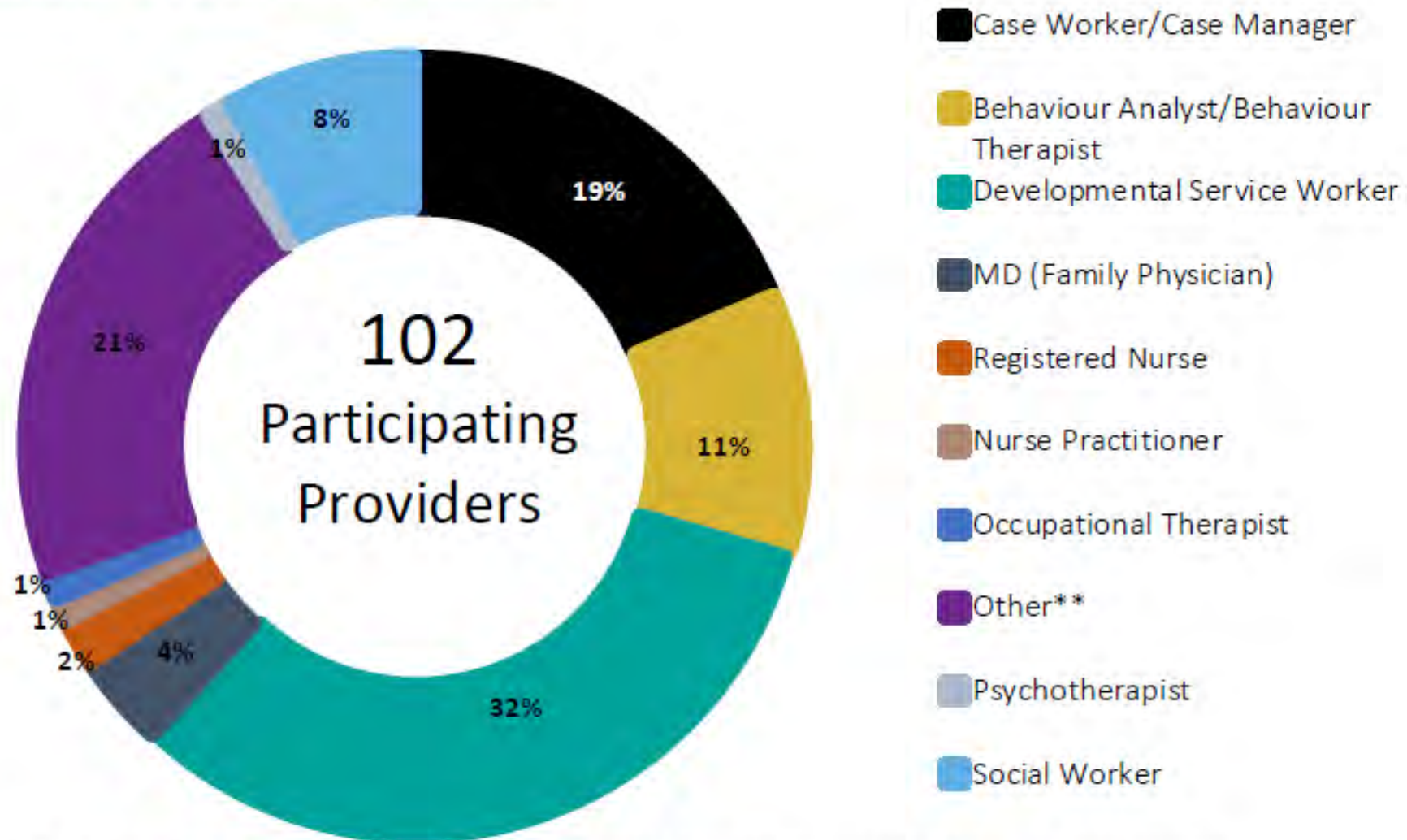


» 6-week cycle with weekly 1.5 hour sessions

- COVID-19 Overview
- Advance Care Planning
- Staff Wellness/ Self-Care
- Depression & Anxiety - Evaluating Risk
- Supporting Families, Family Interventions
- Grief & Loss

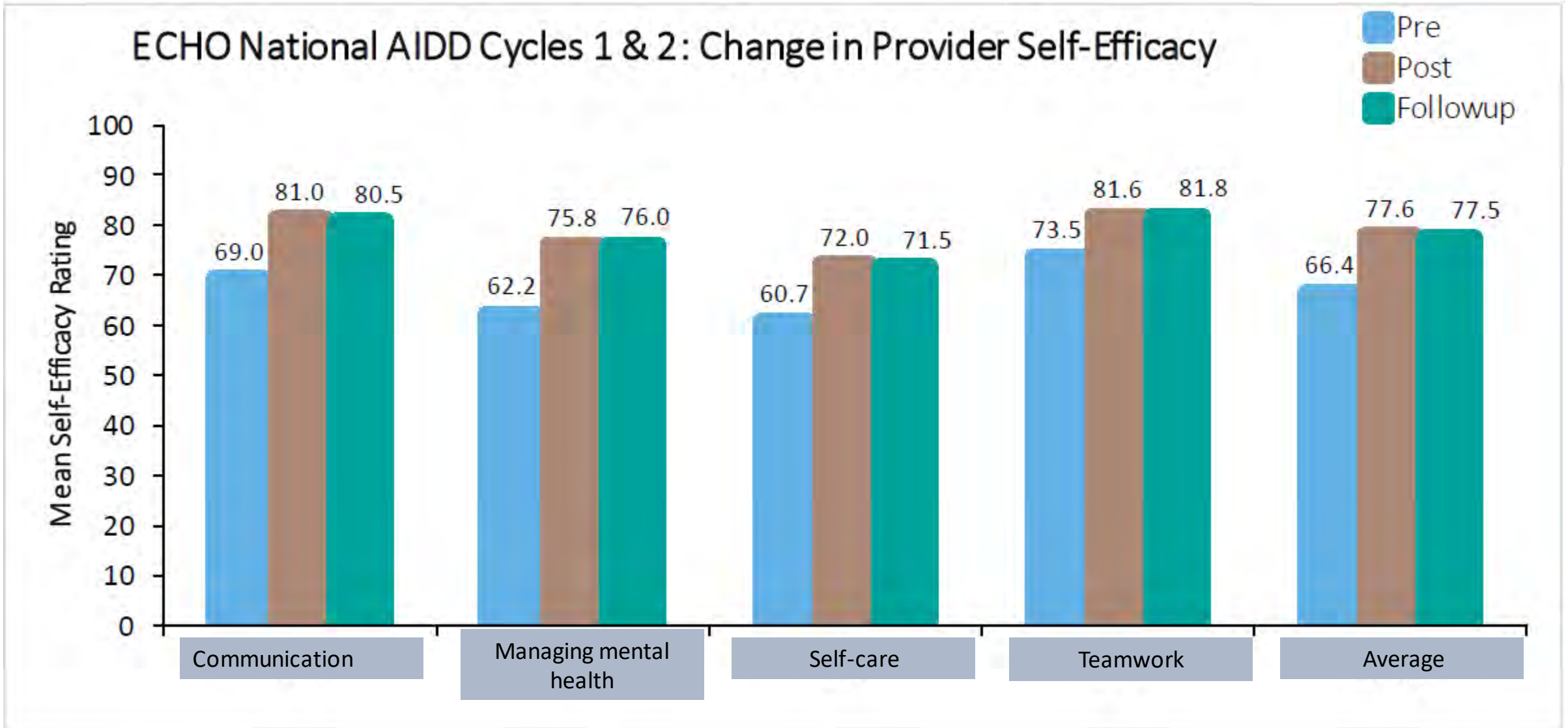
Mental Health in the time of COVID-19 (ECHO-AIDD)

Breakdown of Participants by Profession



**Other professions: Autism employment consultant, Human service counselor, Care Home Operator, Program coordinator, Group home supervisor, Community developer

Self-Efficacy of Service Providers



ECHO STRUCTURE DURING COVID-19

10 min	ANNOUNCEMENTS/INTRODUCTIONS
2 min	MINDFULNESS PRACTICE
5 min	COVID-19/IPAC UPDATES
30 min	DIDACTIC PRESENTATION <ul style="list-style-type: none">• Patient family reflections• Q & A• Fitness break
45 min	CASE PRESENTATION <ul style="list-style-type: none">• Case presenter presents a brief of the case• Hub facilitator summarizes the case and confirms with the presenter• Hub facilitator asks community for questions (Spokes followed by Hub)• Hub facilitator asks community for recommendations (Spokes followed by Hub)• Hub facilitator summarizes recommendations on diagnosis and treatment plan• WRAP UP, CLOSING ANNOUNCEMENTS

Summary

- ECHO can be a helpful framework to build capacity in the community
- “All teach, all learn” philosophy
- Improvement in self-efficacy in self-advocates, families and service providers
- Models interprofessional care AND dialogue
- Fosters a community of practice
- Can be more specialized, or for a broader audience

For more information:

<https://camh.echoontario.ca/programs-aidd/>

Thakur A, Pereira C, Hardy J, Bobbette N, Sockalingam S, Lunsky Y (2021). Virtual Education Program to Support Providers Caring for People With Intellectual and Developmental Disabilities During the COVID-19 Pandemic: Rapid Development and Evaluation Study, JMIR Ment Health 021;8(10):e28933 doi: [10.2196/28933](https://doi.org/10.2196/28933)

To be a guest at our ECHO, you can also email yona.Lunsky@camh.ca