



ADVANCING INTEGRATED HEALTHCARE

Restrictive Eating Disorders ECHO[®]

Kick off Meeting and Session 1: Eating Disorders 101

Date: September 21st, 2023

PLEASE NOTE: Project ECHO case consultations do not create or otherwise establish a provider-patient relationship between any clinician and any patient whose case is being presented in a project ECHO setting

Care Transformation Collaborative of RI

Welcome

- This session will be recorded for educational and quality improvement purposes
- Please do not provide any protected health information (PHI) during any ECHO session

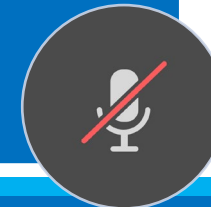
- Please turn on your video
- Please enter your name and organization in the chat box

Introduce Yourself



- Please mute your microphone when not speaking

Microphones



Agenda

Time	Topic	Presenter
7:30 – 7:45 AM	Welcome Introductions Project Overview	Linda Cabral Pat Flanagan Liz Cantor
7:45 – 8:45 AM	Eating Disorders 101	Dr Christina Tortolani
8:45 – 9:00 AM	Q&A	Dr Christina Tortolani

Thank you to
UnitedHealthcare
for funding and
support.



Project Team Introductions



Liz Cantor, PhD,
Pediatric IBH
Practice Facilitator



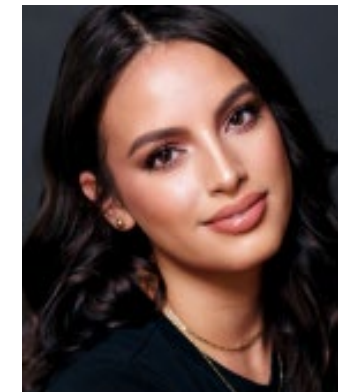
Christina Tortolani, PhD
Associate Professor,
Rhode Island College



Andrea Goldschmidt,
PhD, Associate
Professor of Psychiatry,
University of Pittsburg



Linda Cabral, MM,
Senior Program
Manager



Nijah Mangual, BA
Program Coordinator



Pat Flanagan, MD,
Clinical
Director/PCMH
Kids Co-Chair

Practice Team Introductions

Cohort 1

Aquidneck Pediatrics

Contact	Title/Professional Credentials
Brittany Vose	IBH Clinician
Christina Dierolf	Pediatrician

Cohort 1

East Greenwich Pediatrics

Contact	Title/Professional Credentials
Heather Pelletier	IBH Clinician
Peter Pogacar	Pediatrician
Heather Tirpaeck	Pediatrician

Cohort 2

Coastal Medical Narragansett Bay Pediatrics

Contact	Title/Professional Credentials
Antoinette Sullivan	IBH Clinician
Erin Dalton	Physician Assistant
Jennifer Cioffi	Clinical Transformation Special Project Administrator

Cohort 2

Coastal Medical Lifespan Toll Gate Pediatrics

Contact	Title/Professional Credentials
Laura Dawson	Pediatrician
Maureen McKenna	Pediatrician

Cohort 2

Bald Hill Pediatrics

Contact	Title/Professional Credentials
Laura Beaudry	IBH Clinician

Cohort 2

Atlantic Pediatrics

Contact	Title/Professional Credentials
Colleen Vitale	Pediatrician
Angelica Muscatelli	Nurse Practitioner

Cohort 2

Barrington Pediatric Associates

Contact	Title/Professional Credentials
Michelle Beller	Pediatrician

Cohort 2

Smithfield Pediatrics

Contact	Title/Professional Credentials
Dinusha Dietrich	Pediatrician

Project Goals

- Increase capacity of pediatric practices to support children and adolescents with restrictive eating disorders
- Educate clinicians in Family Based Treatment, the gold standard for restrictive eating disorders
- Improve patient outcomes
- Be part of a learning community for behavioral health providers and pediatric care teams

What is Project ECHO?

- ECHO = Extension for Community Healthcare Outcomes
- A tele-mentoring program designed to create communities of learners by bringing together health care providers and experts using didactic and case-based presentations
 - “All teach, all learn”
 - Encourages knowledge exchange
 - Utilizes technology
 - Promotes case-based learning

What does an ECHO session look like?

- Introductions/Housekeeping (5 min)
- Lecture (followed by short Q&A) (15-20 min)
- De-identified Case Discussion (25 min)
 - Case Presentation by spoke or faculty
 - Facilitator summarizes case; asks for clarifying questions
 - Recommendations/Discussion
 - Facilitator summarizes recommendations
- Wrap-up (5 min)

ECHO sessions are smaller than the typical webinar to allow for more active participation. Much of the learning comes from the discussions

Practice Requirements / Expectations

	Cohort 1	Cohort 2
ECHO session	IBH clinician must attend/view all 12 sessions	Practice member attends at least 9 of the 12 sessions
Case Study (template provided)	Present 2	Present 1
Pre/Post Assessment (for IBH Clinician and PCP)	Complete	Complete
Post ECHO Satisfaction Surveys	Complete	Complete
Practice Facilitation	4-5 Sessions	N/A
IBH Group Supervision	3 sessions/month	N/A
Patient Weight	Collect patient weight at each session during the course of engagement with FBT	N/A
Monthly metrics	Complete	N/A

	Date
1. Kickoff and ECHO session on Eating Disorders 101	Sept 21, 2023
2. Medical Basics	Oct 19, 2023
3. FBT Basics	Nov 16, 2023
4. Food is Medicine	Dec 21, 2023
5. Externalizing the Illness	Jan 18, 2024
6. Family Meal/Meal Coaching	Feb 15, 2024
7. Partnering with Caregivers	Mar 21, 2024
8. Collaborative Weighing	Apr 18, 2024
9. One Team, One Message	May 16, 2024
10. Harnessing Parental Anxiety	June 20, 2024
11. Navigating Challenging Family Dynamics	July 18, 2024
12. Brain Recovery	Aug 15, 2024

Session 2A: FBT Training (two additional 3-hr trainings just for IBH clinicians in Cohort 1 – dates TBD)

First 2 sessions are 90 minutes.

The remaining sessions will be 1 hour

CME Credits

- Applied for credit via AAFP for each ECHO Series attended
 - MDs, PAs, Rx, RNs, NPs, PhD
- BH clinicians can submit their certification to their accrediting agency for credit equivalency
- Evaluations must be completed to receive credit
- Certificates will be mailed ~ 1 month after event

Faculty Introduction

Christina Tortolani, PhD is an Associate Professor at Rhode Island College's Graduate program in Counseling, Educational Leadership and School Psychology where she is the Clinical Director. She is also an Adjunct Assistant Professor of Psychiatry and Human Behavior at Alpert Medical School at Brown University. She is a Certified Eating Disorder Specialist and has worked with children, adolescents and adults with eating disorders within various contexts and levels of treatment, utilizing evidence-based treatment models. Christina also provides clinical supervision and trainings and is published in the field of eating disorders.