

# Creating Connections through Telehealth: Linking Children and Their Families, Self-Advocates, and Providers.

## Lessons Learned from the 2018 SPHARC Peer-to-Peer Exchange

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### State Public Health Autism Resource Center

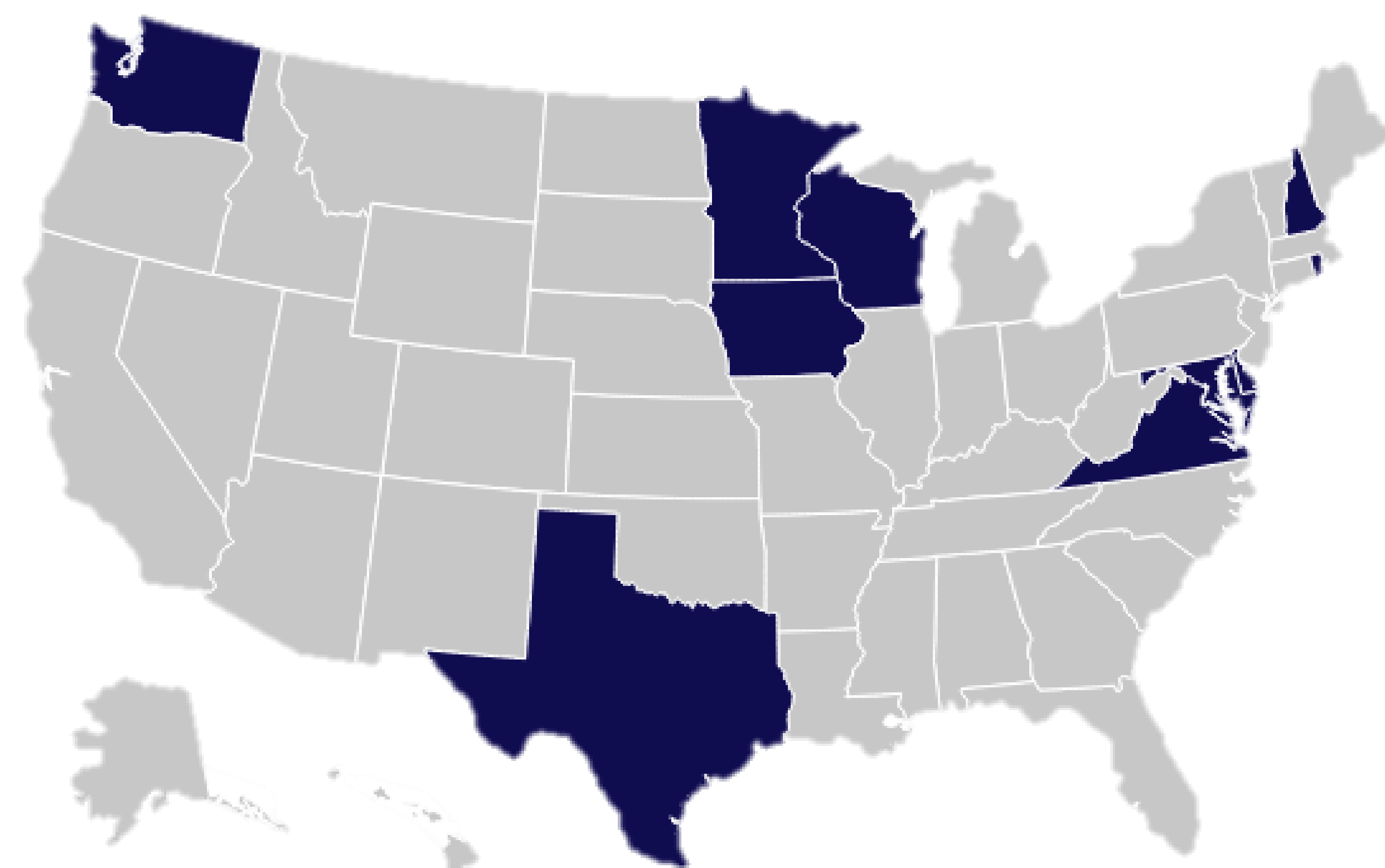
[www.amchp.org/SPHARC](http://www.amchp.org/SPHARC)

- ✓ Web-based resource center
- ✓ Ongoing technical assistance (TA)
- ✓ Facilitate cross-state learning opportunities
- ✓ Resource development
- ✓ Focus: Developing and implementing state systems of care for children and youth with Autism Spectrum Disorder/Developmental Disabilities (ASD/DD)



AMCHP's SPHARC convenes the Peer-to-Peer Exchange Program as a mechanism for states to:

- 💡 **Learn** from one other about building systems of care for children and youth with ASD/DD
- 💡 **Share** lessons learned and best practices
- 💡 **Develop** action steps for moving ahead



#### 2018 Peer to Peer Exchange Grantee Participants:

Delaware, Iowa, Maryland, Minnesota, New Hampshire, Rhode Island, Texas, Virginia, Washington, and Wisconsin

Access resources from the Peer-to-Peer Exchange at:  
<http://bit.ly/2AnFOlc>



### The Peer to Peer Theme: Addressing Growing Needs through Telehealth Services

#### The Gap: Inadequate Number of Specialty Service Providers

## 1 in every 59

Children are diagnosed with ASD/DD

Due to the growing prevalence of ASD/DD, the need for behavioral services for children with ASD/DD has increased, causing disparities in care, notably in medically underserved areas.



#### The Need:

#### Early and Continuous Intervention Services

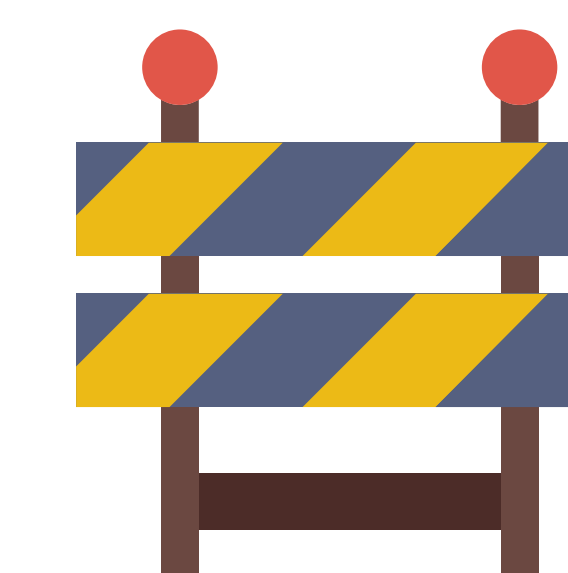


- ✓ Effective in improving delays and less costly than special education services in later childhood.
- ✓ Facilitate access to inclusive care coordination and specialized services to reach the highest level of health and overall well-being.

#### Family Advocates: Overcoming Obstacles

The challenges associated with living in medically underserved areas:

- Inaccessibility of specialized providers
- Long travel times to see a qualified provider
- Missed work and lost wages



#### Self Advocacy: Meaningful, Necessary Inclusion

Testimonies stressed...



Include autistic individuals in the service delivery setting not just as *recipients of care*, but also as **employees** and **managers**.

Conduct inclusive **research** to highlight the unique ways autistic individuals respond to trauma, with the goal of **educating providers**.

### Lessons Learned

#### The Solution: Telehealth

Resource to bridge the gap in care for autistic individuals

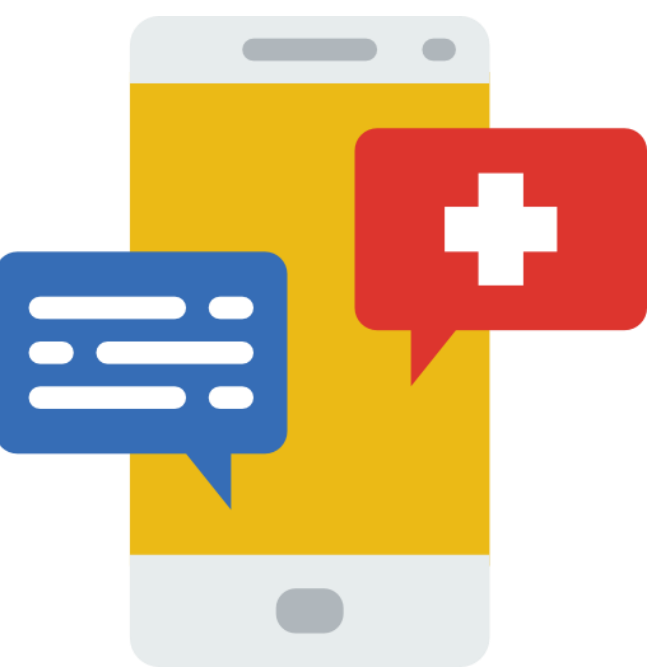
#### Telehealth: Connecting Families with Providers

##### Advantages:

- ➕ **Scheduling flexibility**
- ➕ **Stress Reduction**
- ➕ **Time and money savings**
- ➕ **Access to specialists**

##### Barriers:

- ⊗ **Costs**
- ⊗ **Infrastructure & Maintenance**
- ⊗ **Reimbursement**
- ⊗ **HIPAA (e.g. regulation and liability)**
- ⊗ **State telehealth policies**



#### State Grantee Solutions:

#### Autism Community of Learners Spotlight

Current HRSA Innovation in Care Integration for Children and Youth with ASD/DD grantees highlighted the nation's range of successes and challenges in addressing health inequities through telehealth.

Delaware	Rhode Island	Washington	Wisconsin
			
Pilot: <b>Tele-TOTs (Treatment On Time)</b> , to provide parent coaching interventions to parents/caregivers of young children with ASD via telemedicine.	The Autism Project developed and maintains a <b>medical home portal</b> to bolster local early identification/ASD resources for families' and providers' use.	AS3D facilitates <b>trainings around telehealth billing</b> to various stakeholders: e.g. providers, neurodevelopmental centers, Centers of Excellence, and family navigators.	<b>Addressing service delivery gaps to rural and underserved areas</b> by piloting successful models with their 2 Engaged Community Quality Improvement Project sites.

Check out the SPHARC Spotlights page:  
<http://bit.ly/2f0q7SX>



### Next Steps

Consider these priority action items for your state!



- ✓ **Check out your state's policies on telehealth by visiting the Center for Connected Health Policy: ([www.cchpca.org](http://www.cchpca.org))**
- ✓ **Self Advocate Empowerment**
- ✓ **Child/family-centric care**
- ✓ **The needs of diverse communities: Rural, Frontier, & Urban**
- ✓ **Explore Solutions to Culturally Competent Care via:**
  - **Language Access**
  - **Social Justice**