



MEDICAL HEALTH HOMES

Promoting Integrated, Person-Centered Care for People with Intellectual & Developmental Disabilities

NC Family Support ECHO™ Growth:

Project ECHO™ (Extension of Community Health Outcomes) is designed to spread knowledge, expand capacity, and accelerate collective wisdom. It uses a guided-practice and mentoring model that links interdisciplinary teams of specialists (the hub) with primary care providers and other health and human service providers in multiple sites in the community (the spokes). This knowledge sharing network creates a learning loop among specialists and community providers.

NC Family Support ECHO™ programs are designed to connect expertise to communities and providers who support families in navigating multiple, complex, and challenging systems with a goal of supporting timely, comprehensive, accessible care for children and adults with I/DD and families. Project ECHO programs are particularly valuable in reaching families living in rural communities challenged by multiple barriers to care.

Programs: From 2019-2022 NC Family Support ECHO™ has grown from 2 pilot programs to 6 programs. Participants have grown from 13 to 79.

- **2019:** 13 in Western NC
- **2020:** 10 in Western NC
- **2021:** 16 in Western & Central NC AND 12 in Western NC
- **2022:** 15 in Central Eastern NC
- **2022:** 13 in Southern Piedmont of NC

Topics include:

- *Guardianship & Alternatives*
- *Ethics and Boundaries*
- *Accessing Medicaid Services*
- *Housing*
- *ABLE Accounts*
- *Medicaid Transformation in NC*
- *Education and IEPs*
- *Understanding Your Regional Resources*
- *Self-Advocates: what you need to know*
- *SSI and SSDI*
- *Sexuality and Relationships*
- *Self-Care and Wellness*

The Impact of NC Family Support ECHO™:

Across every item participants showed an increase in their ability to understand, identify, and connect others to resources.



