

CHILD & ADOLESCENT
MENTAL HEALTH ECHO
FOR NATIVE AMERICAN YOUTH

Recommendations on the Mental and Behavioral Health Needs of Native Children and Youth

Regional Hearing for the Alyce Spotted Bear and
Walter Soboleff Commission on Native Children

August 25, 2022

Carolyn Kraus-Koziol, MSc, MD
Stanford Health Care

Steven Adelsheim, MD
Stanford Center for Youth Mental
Health and Wellbeing



Carolyn Kraus-Koziol, MSc, MD

- Mixed-heritage Bahweting Anishinaabe (Sault Ste. Marie Tribe of Chippewa Indians) descendant
- Long-term resident of San Francisco Bay Area
- Parent and Partner
- Third-year Resident Physician at Stanford Department of Psychiatry and Behavioral Sciences
- Over fifteen years of experience in health program development, research, and evaluation work with Native American communities in California



Steven Adelsheim, MD

- Jewish American from Pittsburgh, Pa
- Married father of 4
- Began work with Tribal partners in Alaska Interior in 1980
- 28 years in New Mexico (1985-2013), including work in regional and state leadership in school based health, telehealth system development, youth suicide prevention and postvention
- 10th year at Stanford and partnering on state and local tribal suicide prevention, school mental health, telehealth and youth development



Overview of Presentation

- Share outcomes from Native American Youth Mental Health ECHO program, an “all teach, all learn” tele-mentoring learning series as a strategy for building community capacity
- Identify strengths, challenges and opportunities that have emerged through the work and collaboration of our ECHO Leadership Council
- Provide recommendations for expanding broad impact to uplift the whole health of Native youth and families and support Native-led organizations and tribal agencies*

**Native-led organizations and tribal agencies include federally-recognized tribes, state-recognized tribes, Urban Indian Health Programs, and Native-led organizations*



Project ECHO Model

Project ECHO is a revolutionary guided-practice model that:

- Reduces health disparities in underserved areas at state, national, and international levels
- Utilizes innovative telementoring
- Generates knowledge-sharing via learning loops
- Amplifies the capacity of all providers to deliver best-in-practice care
- Possibility to improve cost-effectiveness for health systems



ECHO Leadership Council



Stanford
MEDICINE

Center for Youth Mental
Health and Wellbeing

*Department of Psychiatry
and Behavioral Sciences*



Our Journey

- **February 2021:** Development of Project ECHO proposal and plan model
- **June - August 2021:** Implemented 3-month pilot project of 6 sessions
- **January - September 2022:** Implementing a 9-month series with two learning tracks:
 - Primary Care / General Clinicians Track
 - School Mental Health Track
- Will have completed **19 learning sessions total in 2022 by end of September.**
- Planning for **third series to begin in 2023**



Curriculum Design Process

- ECHO Leadership Team meets regularly to make decisions regarding topics and speakers
- Didactics are co-presented by speakers who respect and teach best practices and practice-based wisdom, providing both western and traditional perspectives
- Current cases are developed and presented by ECHO participants to obtain real-time feedback on best-practices and generate creative, culturally-grounded approaches to care



Our Outcomes

Primary Care / General Clinicians Track

- **674** members from **300+ organizations** across **37 States**
 - Master's Level Therapists (144)
 - Medical Doctors (85)
 - Bachelor's Level mental health professionals (61)
 - Psychologists (38)
 - Nurses (30)
 - Pharmacists (14)
- **132 participants** at the first session
- **786 continuing education units** have been awarded so far in 2022



Our Outcomes

200+ participant responses to our ongoing feedback surveys:

- **100%** would attend another session led by our speakers.
- **92%** excellence rating on the topics covered in our sessions.
- **91%** would recommend this series to a colleague.
- **83%** agreed or strongly agreed that the sessions informed their work with Native youth and their families.



Participant Feedback

“New to ECHO. I am happy to hear from others working with youth.”

“I appreciate that it was presented with being respectful and inviting of cultural and traditional viewpoints, as well as incorporating Western ideas, as we as providers negotiate both worlds.”

“You provided a nice mix of topics.”

“Hearing from the NA youth through a speaker, interview or survey of needs would be great.”

“Providing us a list of everyone at the sessions and what they do to support Native youth. That would help.”

“Having Native American referral sites for one another.”



Our Outcomes

School Mental Health Track

- **316** members from **150+ organizations** across **25 states**
 - Master' Level Therapists (92)
 - Bachelors Level Social Workers (42)
 - Psychologists (23)
 - Medical Doctors (20)
 - Nurses (18)
 - Pharmacists (3)
- **92 participants** at the first session alone
- **229 continuing education units** have been awarded so far in 2022



Our Outcomes

90+ responses to our feedback surveys

- **96%** would attend another session led by our speakers.
- **95%** excellence rating on the topics covered in our sessions.
- **90%** would recommend this series to a colleague.
- **86%** agreed or strongly agreed that the sessions informed their work with Native youth and their families.



Participant Feedback

“I enjoyed it very much. It was **worth my 90 minutes** at home.”

“The entire presentation was very informative and useful. The presenters were absolutely **outstanding and engaging.**”

“The presentation and presenters covered a lot of **useful information.** The case presentation was helpful, very real.”

“I would love to have continued cases presented and continued collaboration/sharing on **culturally relevant practices when dealing with grief, trauma, mental health, and addiction.**”

“A series **expansion of topics, including cultural & spiritual considerations,** would be great!”



Our ECHO: Additional Community Benefits and Expansion of Networks

- Increases capacity of providers to address complex contexts for youth mental health and wellness
- Creates a community of care that shares expertise and best strategies for providing care to Native youth and families
- Allows for connections and relationships to develop and grow across regional, state and national networks



ECHO Recommendations

- Expand funds and partnership opportunities for Native Youth Mental Health ECHOs, both General Clinician/Primary Care and School-Based Mental Health tracks, across the US
- Collaborate with Native-led organizations and tribal agencies, IHS Telebehavioral Health Center of Excellence and IHS Area Offices to expand ECHO opportunities and sites
- Consider SAMHSA development of ECHO programs across Garrett Lee Smith and Circles of Care funding as a component of a technical support model
- Consider school mental health ECHO partnerships for BIE schools and entities funded by Indian Education programs



Recommendations: Expanding Workforce

- Increase numbers and capacity of Native American mental health care providers, and more broadly, health care providers across the United States:
 - Expand workforce pathways and steps to mental health careers, from behavioral health aides to peer support to master's level to MD/Ph.D clinicians
 - Increase numbers of culturally congruent providers
 - Create national licensing network to support Native mental health providers to support tribal and urban programs across the country, regardless of state licensure (similar to IHS credential)



Recommendations: Technology Access

- Expand telehealth access (including rural internet access) for Native youth patients and providers
- Enhance rural power and technology access (hardware as well as internet access and speed) for Native youth and families



Recommendations: Culturally Grounded Care

- Invest in culturally-grounded mental health care at all levels: from the local/tribal/community/schools level to state and national level networks and leadership councils
 - Include Native youth in development and leadership of all aspects of the youth mental health care delivery system, including 988 hotline and climate solutions strategies
 - Identify and disseminate community best practices that center strengths and protective factors seen in individual and community-level health interventions



Recommendations: Culturally Grounded Care (Continued)

- Incorporate traditional healers into multi-disciplinary leadership for mental health care delivery
- Improve reimbursement models and financial support for cultural practitioners and traditional healers, as well as traditional helpers, at all levels and in all models of care delivery
- Enhance and expand reimbursements for culturally-focused community engagement activities and mental health care delivery as part of mental health promotion, prevention, and care coordination



Recommendations: State Level Connections

- Ensure California (CA) Native-led organizations and tribal agencies have awareness of and equitable access to all Mental Health Services Act (MHSA) and CA Youth Behavioral Health Initiative (CYBHI) Funding
- Incentivize CA county and statewide behavioral health programs to fund Native youth mental health initiatives
- Expand support for university collaborations with CA Native-led organizations and tribal agencies for workforce development, system TA, and clinical support
- Continue to grow communication and collaboration between Native-led organizations and tribal agencies with county and state mental health agencies and the CA IHS



Recommendations: Federal Level Connections

- Enhance formal communication pathways between the IHS and SAMHSA
- Ensure when states receive SAMHSA mental health block grants & set-asides they specifically fund tribal programs
 - Examples include: crisis funding, early psychosis, 988 hotline
- Ensure new national funding for school mental health and Project AWARE grants specifically requires targeting schools with Native students



Recommendations: Federal Level Connections (Continued)

- Through Project ECHO and similar models, allow SAMHSA funded tribal programs to have ongoing channels for cross-training, support, and communication
- Develop cross-sector strategies to address the roots of climate change and center climate change solutions in response to increasing rates of eco-anxiety in Native communities
- Recognize and advocate for the continued support and protection of ICWA as a protective federal mechanism in order for Native American youth to maintain cultural ties



Presenter Contact Information

Carolyn Kraus-Koziol, MSc, MD

Resident Physician

Stanford Department of Psychiatry and Behavioral
Sciences

krauskoziol@stanford.edu

650-489-1461



Presenter Contact Information

Steven Adelsheim, MD

Clinical Professor & Director

Stanford Center for Youth Mental Health and Wellbeing

sadelsheim@stanford.edu

Office: 650-725-3757



For More Information

ECHO Program page:

<https://med.stanford.edu/cme/echos/echomentalhealth>

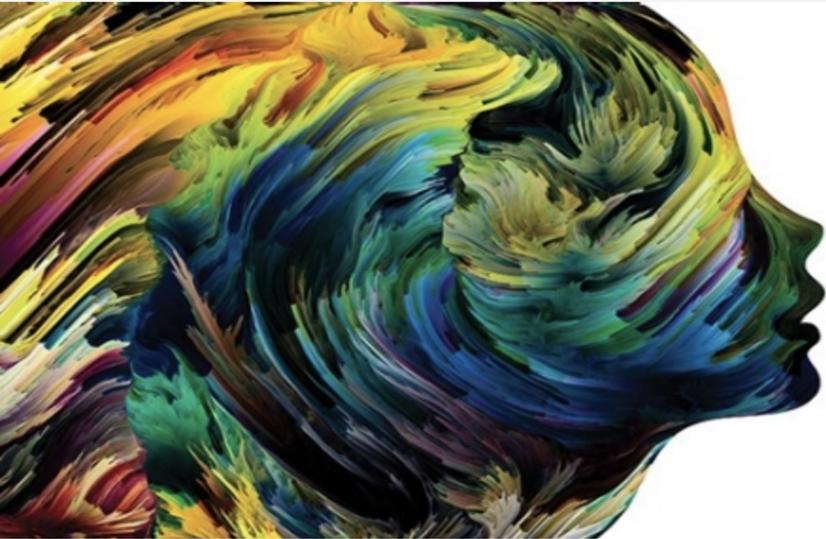
To view past ECHO session recording and resources:

<https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing/tribal>

Stanford Center for Youth Mental Health and Wellbeing:

<https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing.html>





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**Appendix: Selected Past ECHO
Session Topics, Presenters &
Additional Resources**



Incorporating Traditional Healers and Cultural Leaders in Patient Care



**Shoshoni Gensaw-Hostler,
AMFT, MA**
Noh-sue-no-wow' Suicide
Program Manager
Yurok Tribe



Kiana Maillet, MPA, LCSW
Program Manager /
Therapist
Youth Behavioral Health
Southern Indian Health



Strategies for improving outreach and building engagement with Native students to expand behavioral health support



Keoki Burbank
Lead Project Coordinator,
Two Feathers Native
American Family Services



Kiana Maillet, MPA, LCSW
Program Manager /
Therapist
Youth Behavioral Health
Southern Indian Health



Early Identification and Culturally Responsive Intervention for Native Youth at Risk of or with Early Psychosis Symptoms



Daniel Calac, MD
Chief Medical Officer,
Indian Health Council in
Southern California



Steven Adelsheim, MD
Clinical Professor & Associate Chair for
Community Engagement,
Stanford Department of Psychiatry,
Director, Stanford Center for Youth Mental
Health and Wellbeing



Navigating and Responding to Substance Use issues in the school setting – special focus on Cannabis



Julie K. Wochuk, BA, CADC-II, ICADC
Lead Chemical Dependency Counselor
Southern Indian Health Council, Inc.
Kumeyaay Wellness Center



Bonnie Halpern-Felsher, PhD, FSAHM
Professor of Pediatrics
Taube Endowed Research Faculty Scholar
Professor (by courtesy),
Epidemiology & Population Health; Psychiatry & Behavioral Sciences, Stanford University



Recognizing and Responding to Adversity and Toxic Stress Among Native Children and Youth



Shoshoni Gensaw-Hostler,
AMFT, MA
Noh-sue-no-wow' Suicide
Program Manager
Yurok Tribe



Steve Sust, MD
Clinical Assistant Professor,
Department of Psychiatry
and Behavioral Sciences
Stanford University School
of Medicine

