



ADVANCING INTEGRATED HEALTHCARE

CTC-RI Pediatric Anxiety ECHO®

Optimizing a Behavioral Health Approach to Manage Anxiety in Pediatrics
May 2025 - April 2026

In May 2025, CTC-RI kicked off a 12-month ECHO® program with the following goals:

- **Improve** pediatric assessment and response to child and adolescent anxiety.
- **Expand** participants' knowledge, comfort and confidence in addressing anxiety disorders, comorbidities and best practice treatment options.
- **Exchange** information, experiences, cases, and ideas on how to improve care for pediatric patients with anxiety.

Practice Tracks

Track 1: Participating teams attended monthly ECHO® sessions and practice facilitation meetings, completed required assessments, presented a patient case study, and implemented a **Quality Improvement PDSA project** culminating in a patient success story presentation.

Track 2: Participating teams attended a minimum of 10 monthly ECHO® sessions, completed all required assessments, presented one patient case study and presented a final case update/patient success story.

ECHO® Curriculum (12 Monthly Sessions)

Kick-Off & Anxiety 101

Young Children & Separation Anxiety

Social Anxiety & Selective Mutism

Obsessive-Compulsive Disorder & Specific Phobias

Somatic Manifestations, Stress & School Avoidance

Adolescent Anxiety

Post Traumatic Stress Disorder & Trauma

Medication Management & Co-Morbid Conditions

Focus on Brief Interventions, Part 1 & 2

Practices Present Success Stories, Part 1 & 2

Participating Practices

Track 1

Partners in Pediatrics, Providence

P.R.I.M.A. Pediatrics, Cumberland

Smithfield Pediatrics, Greenville

Track 2

Blackstone Valley Pediatrics, Cumberland

Atlantic Pediatrics, Cranston

Waterman Pediatrics, East Providence

Faculty Spotlight

Sincere thanks to the local expert faculty engaged for this series:

Amy Egolf, MD - PARC, Bradley Hospital

Sarah Morris, Ph.D. - PARC, Bradley Hospital

Christopher Georgiadis, Ph.D. - PARC, Bradley Hospital

Rebecca Laptook, Ph.D. - Hasbro Children's

Elizabeth Brannan, MD - PARC, Bradley Hospital

Wendy Plante, Ph.D. - Hasbro Children's

Pamela Scalise, Psy.D. - Hasbro Children's

Alison Manning, MD - Hasbro Children's

Jill Welte, MD - Brown Health Medical Group Primary Care

Sarah Hagin, Ph.D. - Hasbro Children's

Select Evaluation Results

Clinicians completed a pre/post assessment as a part of this project. **Pre (N=12) Post (N=12)**
Below are average levels of selected knowledge, confidence, and comfort, pre and post training.

What is your current level of knowledge on these session topics? <u>Scale (1-5)</u>	PRE	POST	DIFFERENCE
Selective Mutism	2.36	3.92	+1.55
Anxiety Brief Interventions in a Primary Care Setting	2.73	4.17	+1.44
PTSD & Trauma	2.82	4.00	+1.18
What is your current level of confidence on these session topics? <u>Scale (1-5)</u>	PRE	POST	DIFFERENCE
Selective Mutism	2.09	3.58	+1.49
Anxiety Brief Interventions in a Primary Care Setting	2.73	4.17	+1.44
Anxiety in Young Children (ages 2-5)	3.00	4.17	+1.17
To what extent do you feel comfortable? <u>Scale (1-5)</u>	PRE	POST	DIFFERENCE
Explaining helpful vs unhelpful anxiety	2.00	4.17	+2.17
Talking to school-age children about anxiety	2.50	4.50	+2.00
Empowering parents	2.00	3.92	+1.92

Clinician Feedback

These quotes come from participating clinicians. See the impact this series has had on managing pediatric anxiety for these practices!

"This was, as always, a fantastic learning collaborative. The lectures were thorough but succinct, with easy take away lessons..."

"Overall, faculty lectures make a difference in clinical care & in confidence for handling what can be handled at office."

"...it was great to learn new strategies and options to better serve these patients"

"I found these sessions incredibly useful. I learned of different screening tools and resources. I felt a little more empowered to talk to my pts about their anxieties and addressing them..."

"The faculty and lectures were the best part. Information shared through recordings and from other practices was very beneficial."

"This was a truly exceptional ECHO series and the knowledge I gained will be used almost every day."

For more information on this series, please email mirving@ctc-ri.org