

What is First Episode Psychosis?: An Overview and Best Practices

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Did you know...

- Approximately 100,000 youth and young adults experience an episode of psychosis each year—that's 274 young people each day.¹
- The average duration of untreated psychosis in the US is more than 2 years. Systems of care wait for patients with the illness to come to them.²
- 3X as many young people who have experienced psychosis will drop out of school compared to their peers.³

¹ calculated from McGrath, J. et al. Epidemiologic Reviews. 2008; 30: 67-76.

² Marshall, M. et al. Arch Gen Psychiatry. 2005; 62: 975-983.

³ Goulding, S. et al. Schizophr Res. 2010; 116(2-3): 228.

Did you know...

- Treatment works. 77% of those experiencing first episode psychosis will have a remission of symptoms with medication.⁶
- However, at present, 2/3 of those individuals will experience very limited functional recovery (e.g. social, school, work)⁶



⁶ Tohen M. et al. Biol Psychiatry. 2000; 48: 467–476.

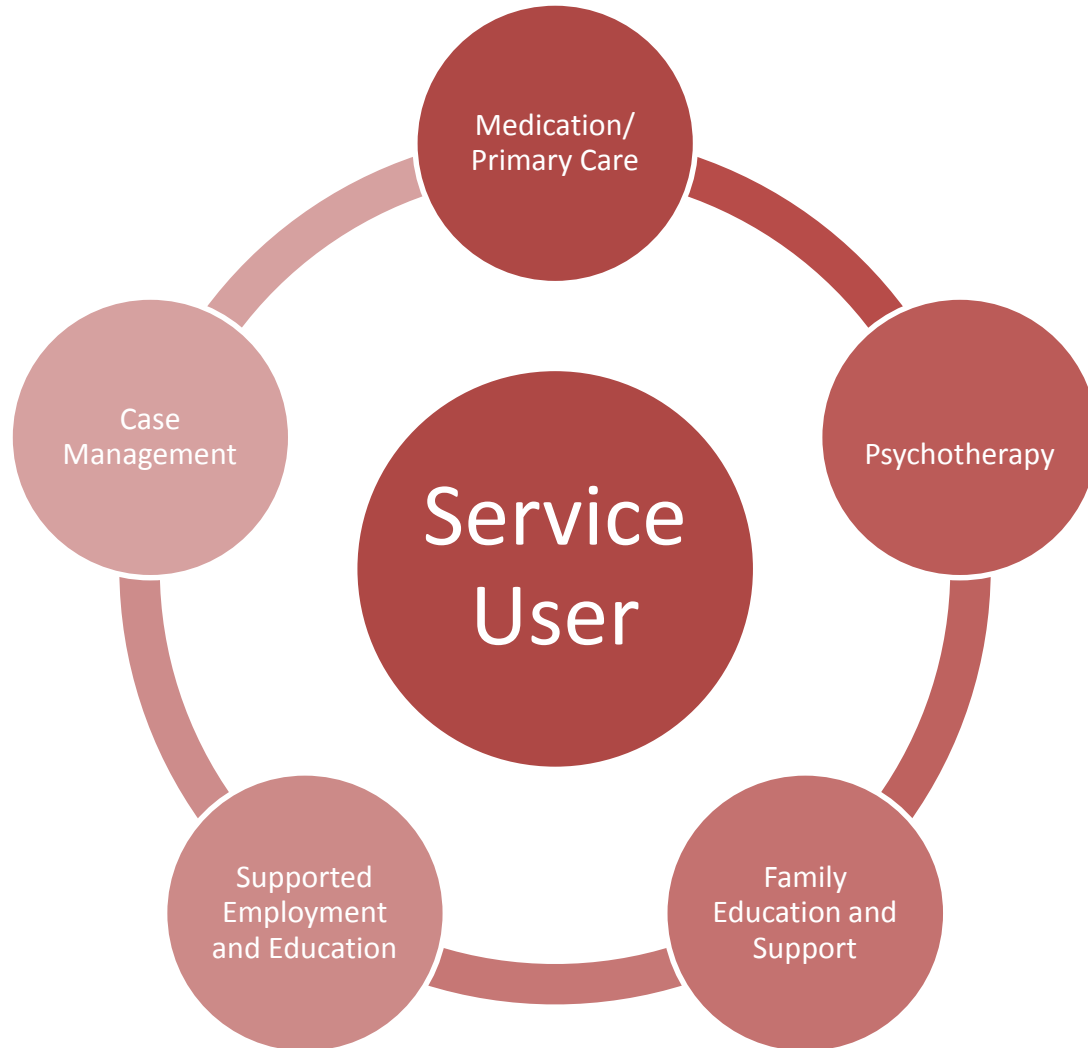
H.R. 3547, 113th Congress

January 17, 2014

- Increases funds for Mental Health Block Grants (MHBG) by ~\$25M
- New 5% set-aside for evidence-based programs for FEP
- SAMHSA and NIMH to develop guidelines for States regarding effective programs for FEP
- SAMHSA and NIMH to brief Appropriations Committees on set-aside plan by mid-April 2014

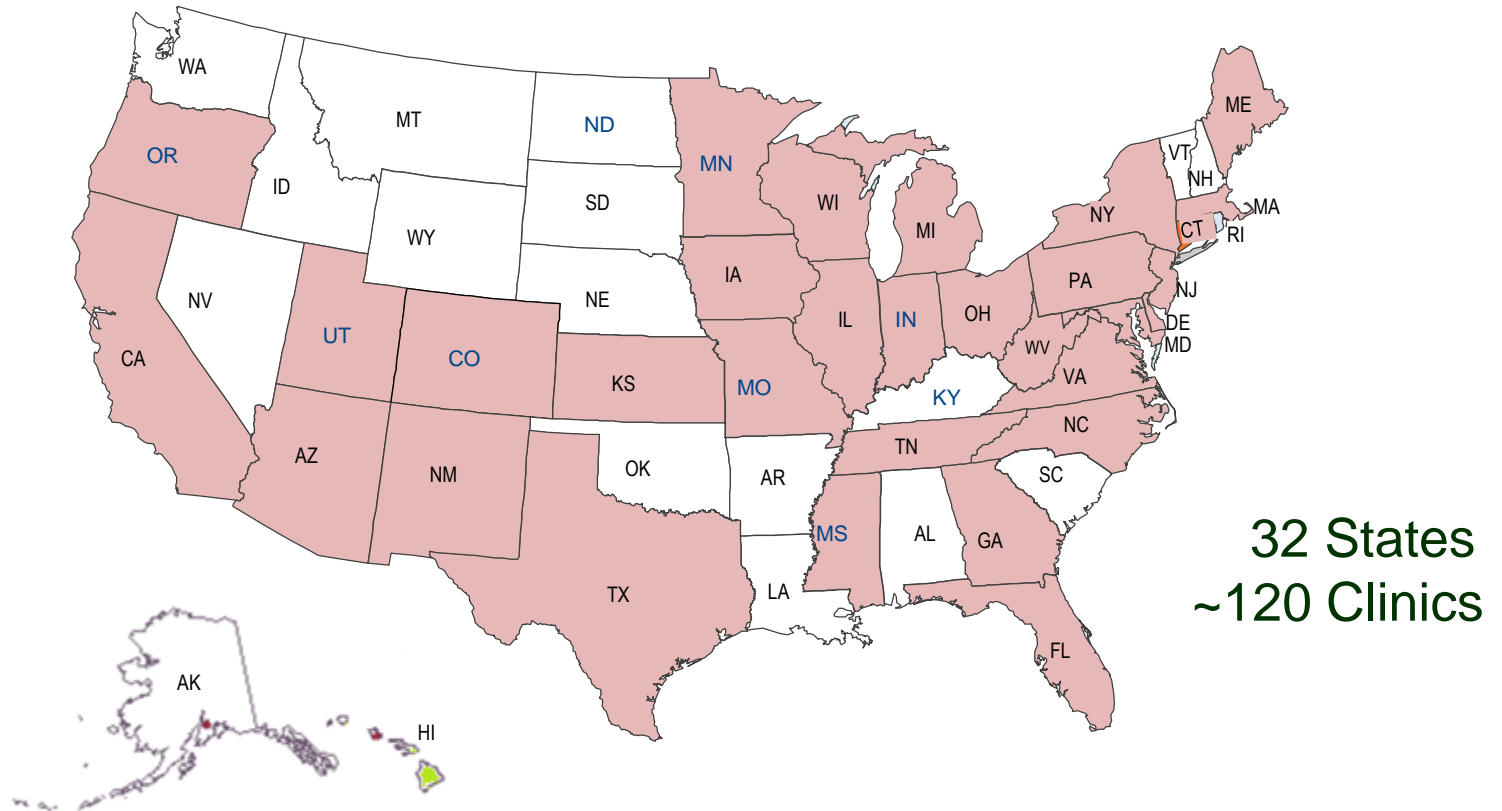


Coordinated Specialty Care



NAVIGATE

States with Early Psychosis Services, 2016



What is Psychosis?

- **Psychosis** refers to a condition of the mind described as involving a "*loss of contact with reality.*" People experiencing psychosis may exhibit some personality changes and thought disorder (hallucinations, delusions, odd speech). Depending on its severity, this may be accompanied by unusual or bizarre behavior, as well as difficulty with social interaction and impairment in carrying out daily life activities. The experience of psychosis can be very frightening.
- Like “dreaming while you are awake”
- Occurs in 3/100 people at some point in their lifetime

Psychosis Can Be Caused by Many Things

- Drugs
- Alcohol
- Stress
- Environmental deprivation
- Sleep deprivation
- Damage to the brain
- Mental illness

With time and the elimination of the causal factor (if possible), many episodes of psychosis end spontaneously

CSC Treatment is Designed to Help Psychosis Related to a Schizophrenia Diagnosis

- Schizophrenia—a type of psychosis
- Schizoaffective Disorder—psychosis blended with mood symptoms
- Schizophreniform (less than 6 months of symptoms)

Symptoms of Schizophrenia

- Delusions
- Hallucinations
- Disorganized speech
- Disorganized or catatonic behavior
- “Negative symptoms” such as lack of interest, energy, initiative or sense of pleasure
- Cognitive difficulties—problems with focus, attention, and memory

Medications tend to be most helpful for the items in blue and less effective for the items in green

Most Common Signs of Emerging Psychosis

- Performance in school, work, or family life is rapidly dropping
- Spending a lot of time alone, in their room
- Doing or saying things that seem strange, even bizarre
- Depression
- Irritability
- Having problems sleeping

Additional Signs of Emerging Psychosis

- Social withdrawal
- Hostility or suspiciousness
- Decline in personal hygiene
- Flat, expressionless gaze
- Inability to cry or express joy
- Inappropriate laughter or crying
- Oversleeping or insomnia
- Odd or irrational statements
- Forgetful; unable to concentrate
- Extreme reaction to criticism
- Strange use of words or way of speaking

Identifying Individuals with First Episodes of Psychosis

- Inpatient facilities
- Emergency rooms
- Crisis services
- Religious leaders and their congregations
- Pediatricians, primary care, and family doctors
- High Schools
- Colleges, technical schools
- Police departments, jail systems
- Substance abuse programs for young people

Typical Interventions for Psychosis

- Medication
- Possible hospitalization—usually short-term
- Psychotherapy
- Case management—referrals for income support (SSI, SDI, TANF), health insurance, housing, SNAP
- Vocational counselling
- Family counselling

Welcome to a New Era in the Treatment of Schizophrenia

- We are pioneers in the U.S. in implementing a Coordinated System of Care (CSC) for individuals who are first experiencing the symptoms of psychosis
- The NAVIGATE program is a CSC designed specifically for these individuals and their families
- By providing early, effective, and coordinated treatment, people can build the best possible foundation to experience recovery, and to live full, rewarding lives.



What is RAISE?

- In 2009, NIMH launched the RAISE Initiative, and awarded contracts to two teams to develop early treatment programs for persons with first episode psychosis
 - <https://www.nimh.nih.gov/health/topics/schizophrenia/raise/index.shtml>
- --The Connection Program (now OnTrackUSA) at the Research Foundation for Mental Hygiene at Columbia University in NYC
- --The Early Treatment Program (now NAVIGATE) at the Feinstein Institute for Medical Research in Manhasset, NY (www.navigateconsultants.org)

So what is the
NAVIGATE Program?



Specific NAVIGATE Interventions

- Medication Management
- Family Program
- Supported Employment and Education (SEE)
- Individual Resiliency Training (IRT)
- Sometimes separate case management and/or peer specialist services

How the Team Works Together

- Clients (and usually families) meet all team members at the beginning of treatment
- Team strives to have each client receive the benefits of each intervention
- Team members continually share information and strategies
- Team members “piggyback” appointments
- In dealing with challenges, team member with strongest rapport is utilized
- Whole team meets together weekly

Early Treatment Program (ETP)-NAVIGATE

- Participants received treatment at 34 community facilities. The facilities were randomly assigned
 - 17 NAVIGATE sites
 - 17 Community Care sites (control sites)
- People who joined the study were treated and assessed for at least 2 years
- The study is still ongoing and will compare the results of treatment of the two groups at five years

ETP Study Participants (during research)

- Sample size: 400
 - 10 – 20 at each site (34 sites in all)
- Age 16-40
- One of these diagnoses is in the differential
 - schizophreniform disorder
 - schizophrenia
 - schizoaffective disorder
 - psychotic disorder NOS
 - brief psychotic disorder
- Less than six months of lifetime treatment with antipsychotic medications

Early Treatment Program (ETP): NAVIGATE and Control Sites



RAISE ETP Trial: Outcomes

Compared to clients getting customary care treatment, NAVIGATE clients:

- Were more likely to stay in treatment
- Had greater reductions in symptoms
- Had greater improvements in quality of life
- Had greater rates of participation in work or school



Health & Science

Study suggests new way to treat people after first schizophrenia episode

A Print 48



Health

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New Approach Advised to Treat Schizophrenia



361



John Kane, chairman of the psychiatry department at Hofstra North Shore-LIJ School of Medicine, who led a study on the treatment of schizophrenia.

ULI SEIT FOR THE NEW YORK TIMES

Here's where NAVIGATE is happening now...

Michigan	Mississippi
Oklahoma (Ok City and Tulsa)	Virginia
Florida	Minnesota
California (Humboldt County)	Montana
Iowa	Missouri
Pennsylvania (Erie and Harrisburg)	Washington
Kansas	New York (Buffalo)
Louisiana	ISRAEL
South Carolina	

Minnesota NAVIGATE Teams

- M Health-University of Minnesota
 - 2 NAVIGATE Teams
 - <https://www.psychiatry.umn.edu/clinical-services/specialty-clinics/navigate>
- Hennepin County Medical Center
 - Hope Program
 - [https://www.hcmc.org/clinics/TheHOPEProgram/HCMC D 047257](https://www.hcmc.org/clinics/TheHOPEProgram/HCMC_D_047257)

Helpful Strategies for First Episode Psychosis

- Recognize the importance of language
 - Experience vs symptoms
 - Focusing on the person's goal
 - Understanding how the person makes sense of what happened
 - Providing illness education at all levels of insight
 - Being patient

Helpful Strategies for First Episode Psychosis

- You may be the person's and their family's first experience with mental health services
 - What would it be like to get treatment for the first time?
 - Meeting the client and family/supports where they are at
 - Meeting in the community
 - Understanding the role of self-stigma

Helpful Strategies for First Episode Psychosis

- Engage family members and supportive persons as much and as soon as possible
 - Support systems for the long-term
 - Provide education
 - Work with client to engage the family/supports
 - Problem-solving and communication skills

Summary

- We are excited to work with the Minnesota NAVIGATE teams to help clients and their loved ones find their own personal roads to recovery
- We look towards the future and to a new era in schizophrenia treatment: helping people with first episode psychosis get back on their developmental paths & reduce the long-term disability of schizophrenia
- Thank you for your commitment and dedication to your community.