NEW JOURNEYS
A COORDINATED SPECIALTY CARE-
FIRST EPISODE PSYCHOSIS
(CSC- FEP) PROGRAM

Presented By:
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New Journeys Program Supervisor
Frontier Behavioral Health

What is Psychosis?

THE TERM “PSYCHOSIS” DESCRIBES CONDITIONS THAT AFFECT THE MIND, CAUSING A LOSS OF CONTACT WITH REALITY OR TROUBLE DECIDING ON WHAT IS REAL AND WHAT IS NOT REAL. (PSYCHOSIS IS A CLUSTER OF SYMPTOMS NOT A DIAGNOSIS.)
Psychosis...

- Often begins in late teens to mid-twenties
- Is unfamiliar and highly disturbing
- Involves a lack of understanding about what is happening
- Common Symptoms:
  - Hallucinations
  - Delusions
  - Cognitive impairment
  - Disorganization
  - Odd speech
  - Unusual or bizarre behavior
  - Trouble with social interaction
  - Difficulty carrying out daily roles & activities

Some Facts About Psychosis

NEARLY 3.5% OF ALL PEOPLE WILL EXPERIENCE PSYCHOsis IN THEIR LIFETIME.

THAT’S OVER 11,300,000 AMERICAN PEOPLE.

MORE THAN THE ENTIRE POPULATION OF GREECE.

PSYCHOsis IS NOT:

1. Made up
2. One specific mental illness
3. Caused by bad parenting
4. Permanent – symptoms change over time
5. Just being “eccentric”
6. Untreatable
7. Violent by nature
8. Having multiple personalities
9. A choice
10. A sign of weakness
11. A character flaw
# Psychosis In Various Mental Health Disorders

- Schizophrenia Spectrum Disorders
- Bipolar Disorder
- Major Depressive Disorder
- Obsessive-Compulsive Disorder (OCD)
- Autism Spectrum Disorders
- Substance Use Disorders
- Medical Illnesses
- Trauma and Post Traumatic Stress Disorder (PTSD)

(Mueser & Gingerich, 2006)

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## More Facts About Psychosis

- **Psychosis is the 3rd most disabling condition in the world**
- The average duration of untreated psychosis in the U.S. is more than 2 years.
- **Untreated psychosis can lead to:**
  - Increased substance use
  - More hospital Visits
  - Legal trouble
  - Risk of homelessness
  - Premature death*

*1 in 10 individuals with psychosis will take their own lives.*
**What Is... “First Episode Psychosis (FEP)”**

The 1\textsuperscript{st} time a person experiences a psychotic episode.

Psychotic symptoms are present for at least one week but no more than two years.

**IN SHORT:**

FEP = Sxs ≥ 1 week & ≤ 2 years

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**First Episode Psychosis (FEP)**

In the U.S.:
Approximately 100,000 adolescents and young adults experience FEP every year\textsuperscript{1}

In WA State:
Approximately 2,000 adolescents and young adults experience FEP every year\textsuperscript{2}

\textsuperscript{1}NIMH (August 2015); \textsuperscript{2}WA DBHR (December 2019)

That’s 274 young people every day!
## Early Warning Signs Before Psychosis Starts

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Feeling &quot;something’s not quite right&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having</td>
<td>Having unusual thoughts and confusion</td>
</tr>
<tr>
<td>Experiencing</td>
<td>Experiencing fear for no good reason</td>
</tr>
<tr>
<td>Hearing</td>
<td>Hearing sounds/voices that are not there</td>
</tr>
<tr>
<td>Declining</td>
<td>Declining interest in people, activities and self-care</td>
</tr>
<tr>
<td>Having</td>
<td>Having trouble communicating and understanding</td>
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## Signs of Emerging Psychosis

### MOST COMMON
- Spending a lot of time alone, in their room
- Depression
- Irritability
- Sleep problems
- Diminished performance in school, work, or family life
- Doing or saying things that seem strange, even bizarre

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

Many people recover from a first episode of psychosis & never experience another psychotic episode.

What is...

Coordinated Specialty Care (CSC) ?
Early Psychosis Intervention (EPI) with CSC-FEP Programs Is Associated With...

Multiple systematic reviews & meta-analyses attest to the value of early intervention for improving symptoms & restoring adaptive functioning in a manner superior to standard care.*

- Decreased positive & negative symptoms
- Increased functioning at work & school
- Increased quality of life & subjective well-being
- Decreased need for medications
- Decreased relapse & hospital readmissions
- Increased treatment engagement
- Decreased trauma secondary to psychosis onset and/or hospitalization

*Bird et al., 2010; Nordentoft et al., 2014; Norman et al., 2011; Penn et al., 2005

Early Intervention is Associated with:

- More rapid and complete recovery
- Preservation of brain functioning
- Preservation of psychosocial skills
- Decreased need for intensive treatments
- Preservation of supports, especially family and friends
- Less or no stigma and rejection
The shorter the Duration of Untreated Psychosis (DUP), the better the outcomes are.*

(i.e., the sooner individuals w/ FEP receive CSC-FEP treatment, the greater the improvements)

*Kane et al., 2016

The Goal of CSC-FEP Treatment:

TO FUNDAMENTALLY CHANGE THE TRAJECTORY AND PROGNOSIS OF SCHIZOPHRENIA & RELATED DISORDERS.
What is New Journeys (NJ)?

The State of Washington’s Coordinated Specialty Care First Episode Psychosis Program

In short... NJ is WA’s CSC-FEP Program

Key Partners of WA’s NJ Programs:

Washington State Health Care Authority
Division of Behavioral Health and Recovery

University of Washington
Department of Psychiatrist and Behavioral Sciences, UW School of Medicine
(NJ Implementation Team)

Washington State University
Behavioral Health Innovations Program at Elson S. Floyd College
(NJ Research & Evaluation Team)
AS OF JANUARY 2022, THERE ARE 11 NEW JOURNEYS PROGRAMS ACROSS WA STATE.

FBH’s NJ FEP Program

2118 E. SPRAGUE
SPOKANE, WA 99202
**NEW JOURNEYS MODEL**

**FBH New Journeys Program:**

**Service Components**

<table>
<thead>
<tr>
<th>Role</th>
<th>Services Provided</th>
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<tbody>
<tr>
<td><strong>IRT Clinician: Brennan Champagne</strong></td>
<td>Individual Resiliency Training (IRT)/Individual Psychotherapy</td>
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<tr>
<td><strong>Psychiatric Provider: Jason Vestal</strong></td>
<td>Medication Management</td>
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<tr>
<td><strong>SEE Specialist: Danielle Smith</strong></td>
<td>Supported Employment and Education (SEE) Services</td>
</tr>
<tr>
<td><strong>PSS Specialist: Caitlyn Baker</strong></td>
<td>Peer Support Services</td>
</tr>
<tr>
<td><strong>Case Manager: Caitlyn Baker</strong></td>
<td>Assertive Case Management</td>
</tr>
<tr>
<td><strong>FES Specialist: Lauren Renard</strong></td>
<td>Family Education Program/Single-Family Psychotherapy</td>
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<td><strong>All NJ Team Members:</strong></td>
<td>Address substance use &amp; impact on wellness, <em>to a degree</em></td>
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New Journeys (NJ) Program:

Team Core Competencies:
- Psychoeducational Skills
- Illness Self-Management
- Target Self-Stigmatizing Beliefs
- Positive Psychology
- Motivational Enhancement Skills
- Cognitive Behavioral Therapy Teaching Skills
- Involve and Collaborate with Family and Other Natural Supports

FBH New Journeys Program:

General Info:
- Program Capacity: 25-30 individuals/clients
- Financial Eligibility: Public, Private, & Uninsured
- Program Duration: Approx. 2 years
- Monthly Admission Rate: 2-3 individuals & their loved ones per month
FBH New Journeys Program:
Program Eligibility

<table>
<thead>
<tr>
<th>County of Residence:</th>
<th>Spokane</th>
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<tr>
<td>Age Range:</td>
<td>15-40</td>
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<tr>
<th>Eligible DSM-5 Diagnoses:</th>
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<tbody>
<tr>
<td>• Schizophrenia</td>
</tr>
<tr>
<td>• Schizoaffective Disorder</td>
</tr>
<tr>
<td>• Schizophreniform Disorder</td>
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<tr>
<td>• Delusional Disorder</td>
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<tr>
<td>• Brief Psychotic Disorder</td>
</tr>
<tr>
<td>• Other Specified Schizophrenia Spectrum and Other Psychotic Disorder</td>
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<thead>
<tr>
<th>Duration of Illness/Psychotic Symptoms:</th>
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<tbody>
<tr>
<td>• Greater than or equal (≥) to 1 wk</td>
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<tr>
<td>• Less than or equal (≤) to 2 yrs</td>
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FBH New Journeys Program:
Exclusion Criteria

**Psychotic symptoms are NOT known to be caused by:**

- A mood disorder w/ psychotic features (e.g., Bipolar Disorder w/ Psychotic Features)

- The effects of alcohol or drug use (i.e., Substance/Medication-Induced Psychotic Disorder)

- A medical or neurological condition (i.e., Psychotic Disorder Due To Another Medical Condition)

**Autism Spectrum Disorder**

- Previously separated into Autistic Disorder, Asperger’s Syndrome, Pervasive Developmental Disorder NOS, & Childhood Disintegrative Disorder (i.e., pre-DSM-5)

**Intellectual Disability**

- Significant impairments of general mental abilities that impact adaptive functioning in conceptual, social, & practical domains

- Previously called Mental Retardation, w/ approx. IQ<70
**CONNECTING TO FBH NJ SERVICES**

**UNSURE Whether To Refer**
Request Program Info and/or Contact Lauren Renard for Consultation:

- **Call:** (509) 992-5786
- **Email:** lrenard@fbhwa.org
  or newjourneys@fbhwa.org

**To MAKE A Referral**
Complete a FBH NJ Program Referral Form & Submit via:

- **Email:** newjourneys@fbhwa.org
- **Mail:** New Journeys Program
  2118 E. Sprague
  Spokane, WA 99202

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**NJ REFERRAL RECEIVED**

**PRE-SCREENING**

**REFERRAL APPROPRIATE**

**NJ SCREENING**

**ELIGIBLE & INTERESTED**
- If External: Intake w/ FBH ATC & Admitted to NJ Program
- If Internal: TRANSFERRED to NJ

**INELIGIBLE**
- Referred To Clinically Indicated Care

**REFERRAL INAPPROPRIATE**

- Referral Source Updated
- Referred Individual Updated
Check out the WA New Journeys website!

WWW.NEWJOURNEYSWASHINGTON.ORG

Thank You for Your Time!

Questions? Comments?
Please contact me!

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(509) 992-5786