Coordinated Specialty Care: Get with the Program

April Macakanja
Chelsea Keyt
Deborah Cohen
Warren Stewart
Today’s Agenda

• Introductions

• Primer on Early Onset Psychosis and Coordinated Specialty Care

• Panel Discussion
  • Training
  • Providing services
  • Engaging clients
  • Evaluating programs

• Q/A
Emerging Adulthood is a **THING**.

**Official Adulthood?**

1. Taking responsibility for yourself
2. Making independent decisions
3. Becoming financially independent

Onset of Psychosis

Pre-frontal Cortex not fully functioning until mid-20s!

Arnett, 2000
Emerging Adulthood is Challenging!

General EA Population

- Feeling in-between
- Age of possibilities
- Instability

EA Population with SMHC

- Feeling really young in Adult MH System & old in the child system!
- Truncated possibilities (perceived &/or real)
- Acute, especially if exiting multiple child systems.
What is a first episode of psychosis (FEP)?

- Schizophrenia is a complex medical condition where changes in the brain interfere with a person’s experience of the world.

- Loss of contact with reality - it is difficult to distinguish between what is real & what is not.

http://schizophrenia.com/schizpictures.html

---

alt text: The brain in schizophrenia

- **Schizophrenia** is a complex medical condition where changes in the brain interfere with a person’s experience of the world.

- **Loss of contact with reality** - it is difficult to distinguish between what is real & what is not.

---

http://schizophrenia.com/schizpictures.html

---

*aEarly Detection & Intervention for the Prevention of Psychosis Program (EDIPPP) (2014). Recognizing & Helping Young People at Risk for Psychosis.*
Key Symptoms of Psychosis

• **Hallucinations:** hearing or seeing things that aren’t there

• **Delusions:** false or bizarre beliefs that make sense to the individual; including marked irrational suspicions of others

• **Confused thinking:** disorganized thoughts or speech; difficulty concentrating or understanding others

• Paired with **substantial life disruption**
Scientifically-Identified Risk Factors

• Being young (12-30)

• Family history of psychotic disorder, especially parent or sibling

• History of difficulty making friends + unusual thoughts & odd/eccentric behaviors

• Growing research base for the role of severe trauma
Early Signs of Psychosis

- Others (especially family) notice an individual thinking & acting differently. a
- Isolation & social withdrawal b
- Loss of interest in peers b
- Declining self-care/hygiene b
- Disorganized thinking
- Feeling suspicious
- Preoccupations/paranoid thinking b
- Lack of motivation b & lacking energy
- Complaints about sleep; changes in appetite difficulties with memory & concentrating. a
- Feelings anxious or irritable
- Feeling down or depressed

b http://www2.nami.org/Content/NavigationMenu/First_Episode/About.htm

c http://brotherword.org/tag/alone/
Psychosis Develops **Overtime.**

**Early Recognition**

- **Premorbid Phase**
  - First non-specific indication

- **Prodromal Phase**
  - Start of condition

- **Psychotic Symptoms**

- **Initial Treatment**
  - Start of 1st episode

- **Long-term Phase**
  - End of 1st episode

---

What is coordinated specialty care?
Launch of National TA Efforts: 2015-2017

- SAMHSA & NIMH
- National Council Learning Collaborative
- NASMHPD Learning Collaborative
- NTAC Learning Collaborative

Fast & Massive National CSC Rollout

SAMHSA Mandate

- January 2014: Congress passed H.R.3547
- 5% set aside of state MH block grant in 2015
- 10% set aside state MH block grant in 2016

Launch of National TA Efforts: 2015-2017

- SAMHSA & NIMH
- National Council Learning Collaborative
- NASMHPD Learning Collaborative
- NTAC Learning Collaborative

Over 100 CSC teams nationally!

- Same base model, but variation in components/approaches
- National effort to examine fidelity & determine ways to evaluate CSC nationally (and improve quality in the process)!
50% of CSC Teams are in 7 States
WHAT’S HAPPENING IN TEXAS?

• Bluebonnet
• Burke
• Center for Health Care Services
• Emergence
• Harris
• Integral Care
• Metrocare
• Panhandle
• Tarrant
• Tropical
Components of CSC approach

- Outreach
- Medication & Primary Care
- Evidence-based Therapy Intervention
- Family Education & Support
- Case Management
- Supported Employment & Education
- TAY
Panel Discussion!

- Training
- Engaging Clients
- Providing Services
- Evaluating the Program
- More
Questions?

Thank you for participating!