

# Coordinated Specialty Care: Get with the Program

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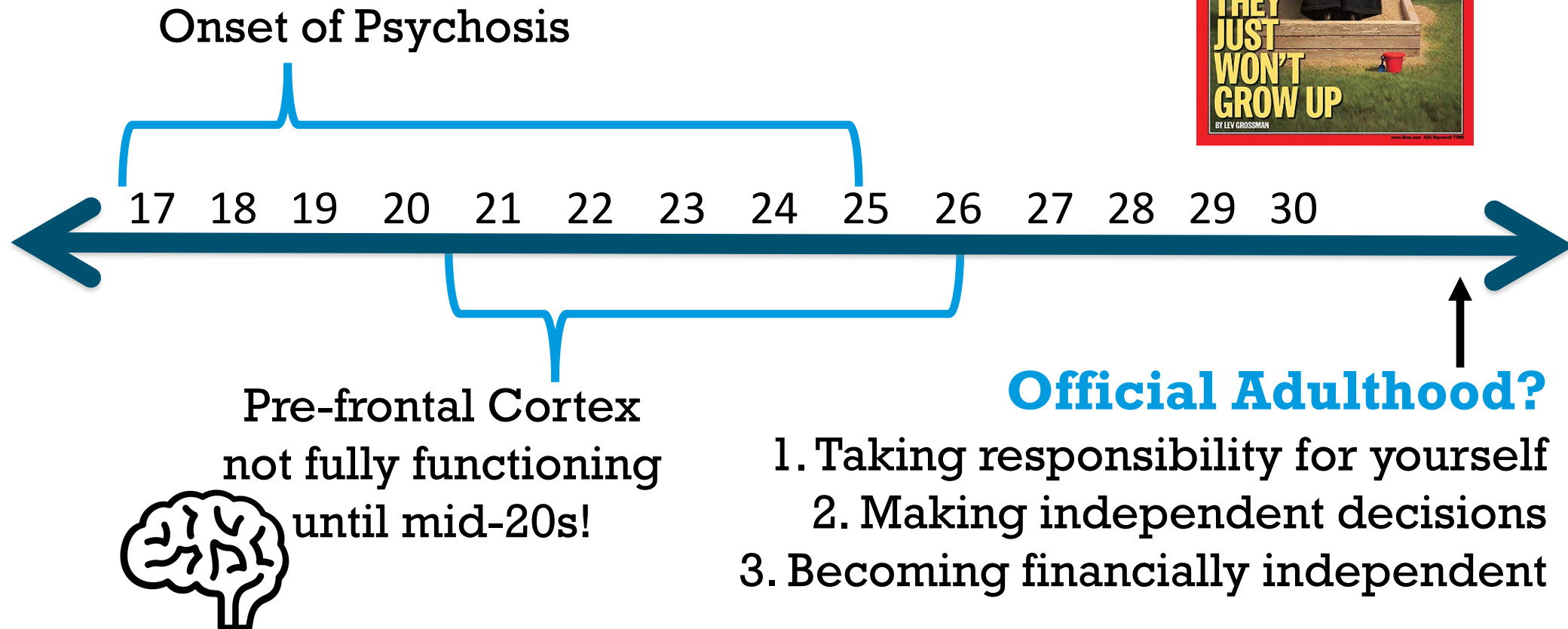
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# Today's Agenda

- Introductions
- Primer on Early Onset Psychosis and Coordinated Specialty Care
- Panel Discussion
  - Training
  - Providing services
  - Engaging clients
  - Evaluating programs
- Q/A

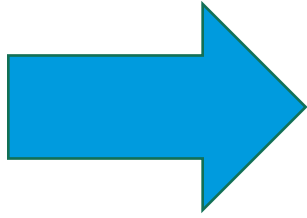
# Emerging Adulthood is a **THING**.



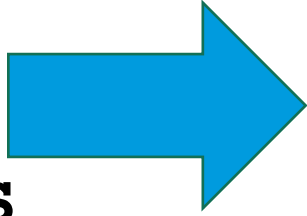
# Emerging Adulthood is **Challenging!**

## General EA Population

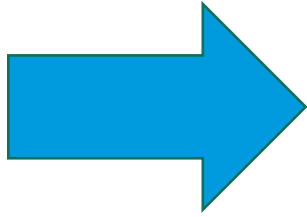
- Feeling in-between



- 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)?

## THE BRAIN IN SCHIZOPHRENIA

MANY BRAIN REGIONS and systems operate abnormally in schizophrenia, including those highlighted below. Imbalances in the neurotransmitter dopamine were once thought to be the prime cause of schizophrenia. But new findings suggest that

impoverished signaling by the more pervasive neurotransmitter glutamate—or, more specifically, by one of glutamate's key targets on neurons [the NMDA receptor]—better explains the wide range of symptoms in this disorder.

### BASAL GANGLIA

Involved in movement and emotions and in integrating sensory information. Abnormal functioning in schizophrenia is thought to contribute to paranoia and hallucinations. [Excessive blockade of dopamine receptors in the basal ganglia by traditional antipsychotic medicines leads to motor side effects.]

### AUDITORY SYSTEM

Enables humans to hear and understand speech. In schizophrenia, overactivity of the speech area (called Wernicke's area) can create auditory hallucinations—the illusion that internally generated thoughts are real voices coming from the outside.

### OCCIPITAL LOBE

Processes information about the visual world. People with schizophrenia rarely have full-blown visual hallucinations, but disturbances in this area contribute to such difficulties as interpreting complex images, recognizing motion, and reading emotions on others' faces.

### FRONTAL LOBE

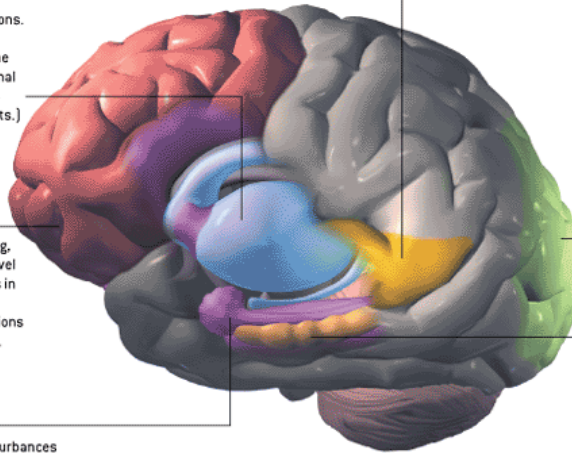
Critical to problem solving, insight and other high-level reasoning. Perturbations in schizophrenia lead to difficulty in planning actions and organizing thoughts.

### LIMBIC SYSTEM

Involved in emotion. Disturbances are thought to contribute to the agitation frequently seen in schizophrenia.

### HIPPOCAMPUS

Mediates learning and memory formation, intertwined functions that are impaired in schizophrenia.



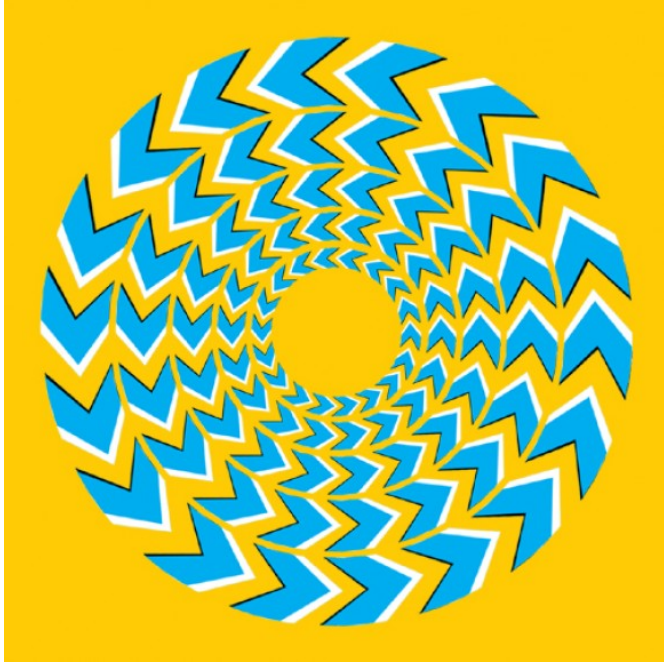
ALFRED T. KAMAJIAN

- Schizophrenia is a complex medical condition where changes in the brain interfere with a person's experience of the world.<sup>a</sup>
- Loss of contact with reality - it is difficult to distinguish between what is real & what is not.

<http://schizophrenia.com/schizpictures.html>

<sup>a</sup>Early 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 w/ substantial [life disruption](#)

# Scientifically-Identified Risk Factors

- Being young (12-30)<sup>a</sup>
- Family history of psychotic disorder, especially parent or sibling<sup>a</sup>
- History of difficulty making friends + unusual thoughts & odd/eccentric behaviors<sup>a</sup>
- Growing research base for the role of severe trauma<sup>b</sup>

# Early Signs of Psychosis

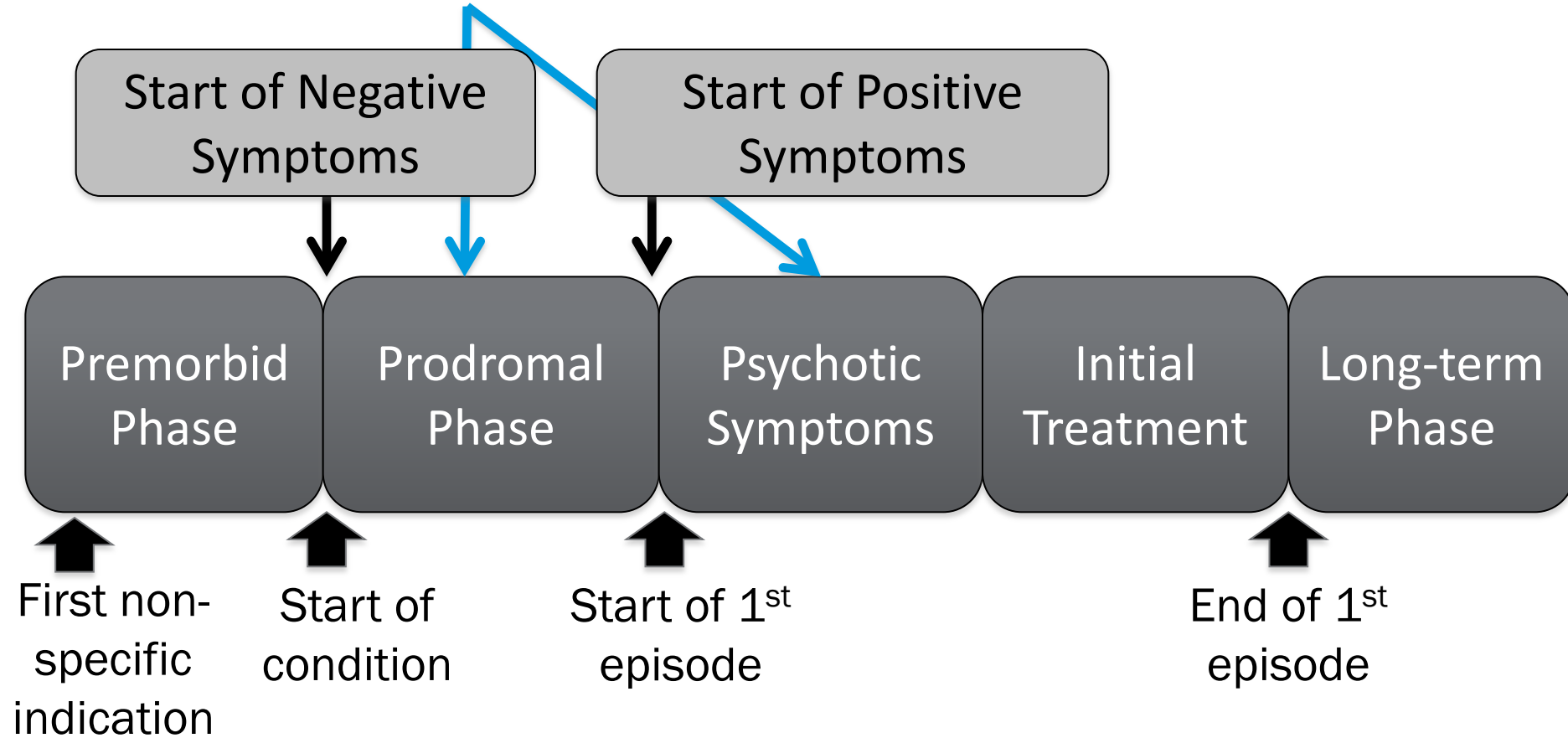


- Others (especially family) notice an individual **thinking & acting differently**.<sup>a</sup>
- Isolation & social **withdrawal**<sup>b</sup>
- Loss of interest in peers<sup>b</sup>
- Declining self-care/hygiene<sup>b</sup>
- Disorganized thinking
- **Feeling suspicious**
- Preoccupations/paranoid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



# Psychosis Develops Overtime.

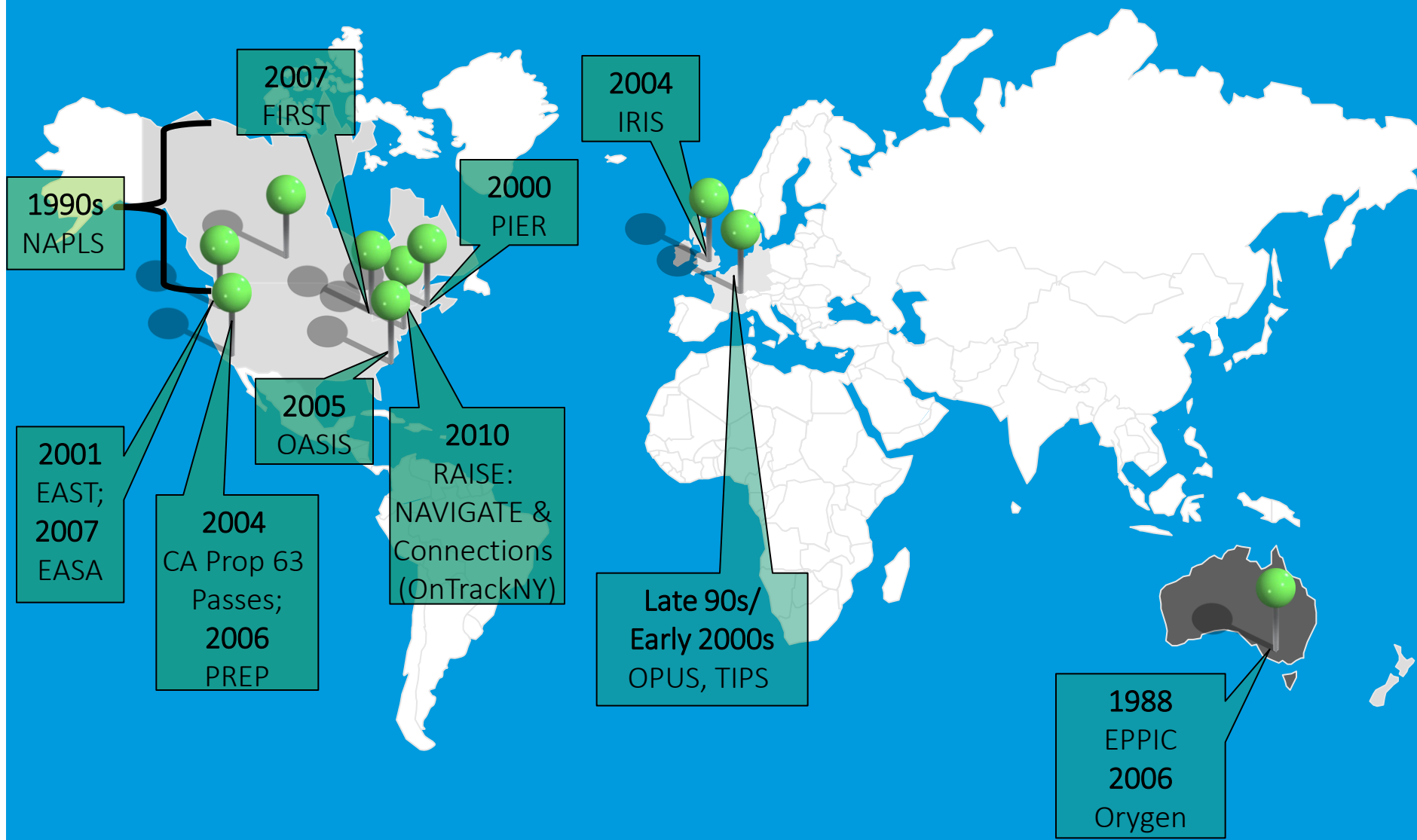
## Early Recognition



**What is  
coordinated  
specialty  
care?**

ASC

# CSC Across the World



# 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

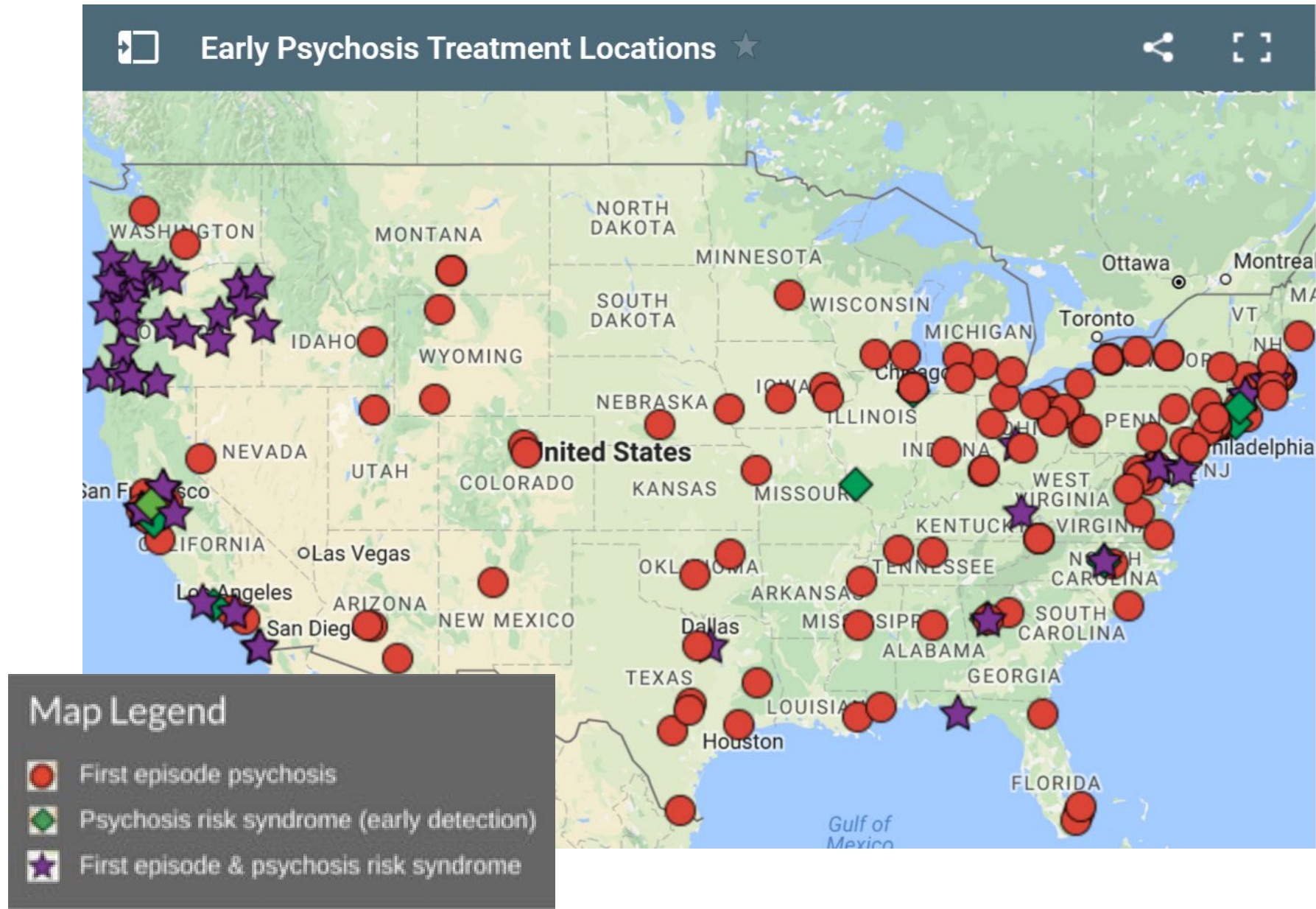
## Launch of National TA Efforts: 2015-2017

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

## Over 100 CSC teams nationally!

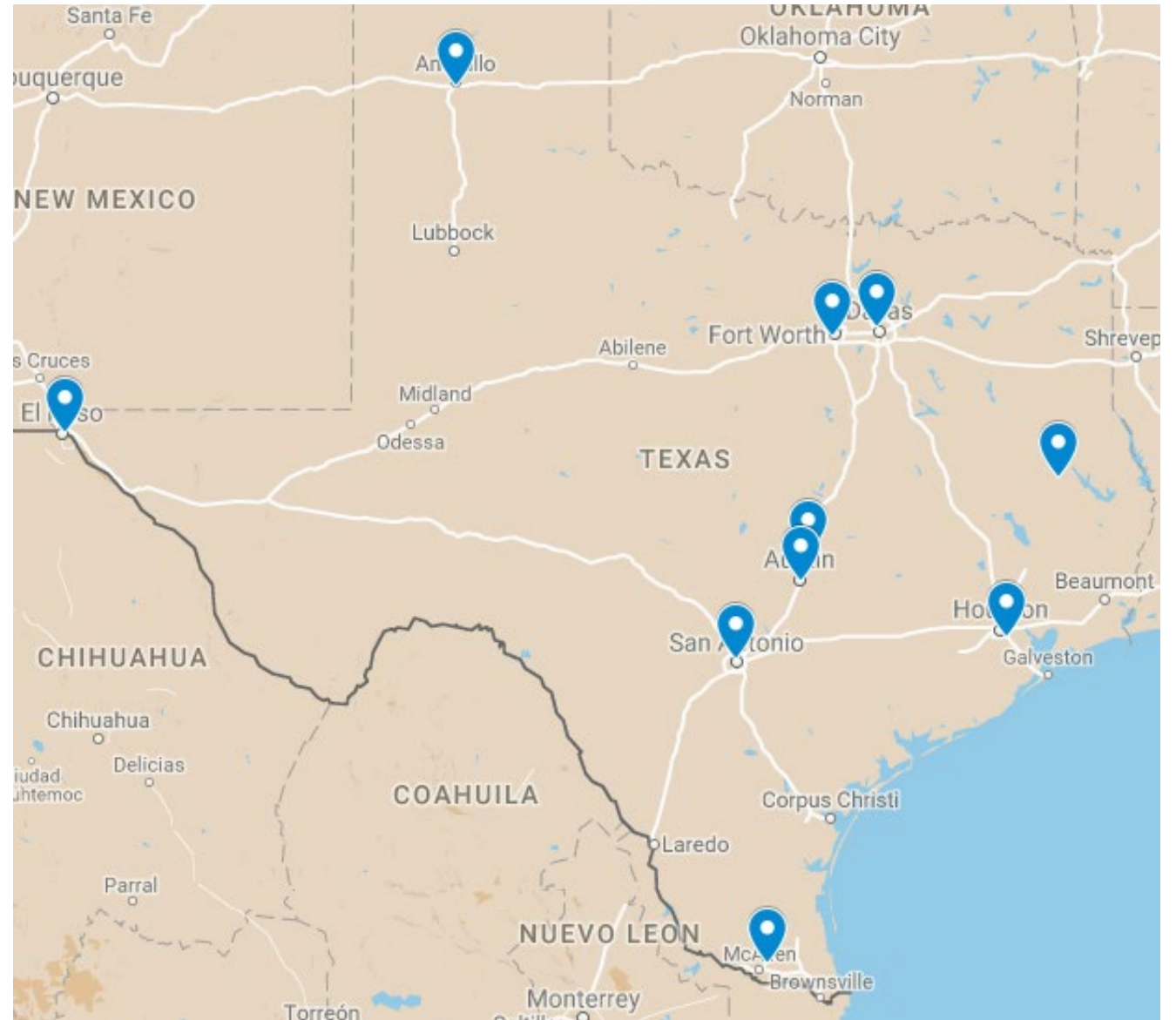
- Same base model, but variation in components/approaches
- National effort to examine fidelity & determine ways to evaluate CSC nationally (and improve quality in the process)!

# 50% of CSC Teams are in 7 States

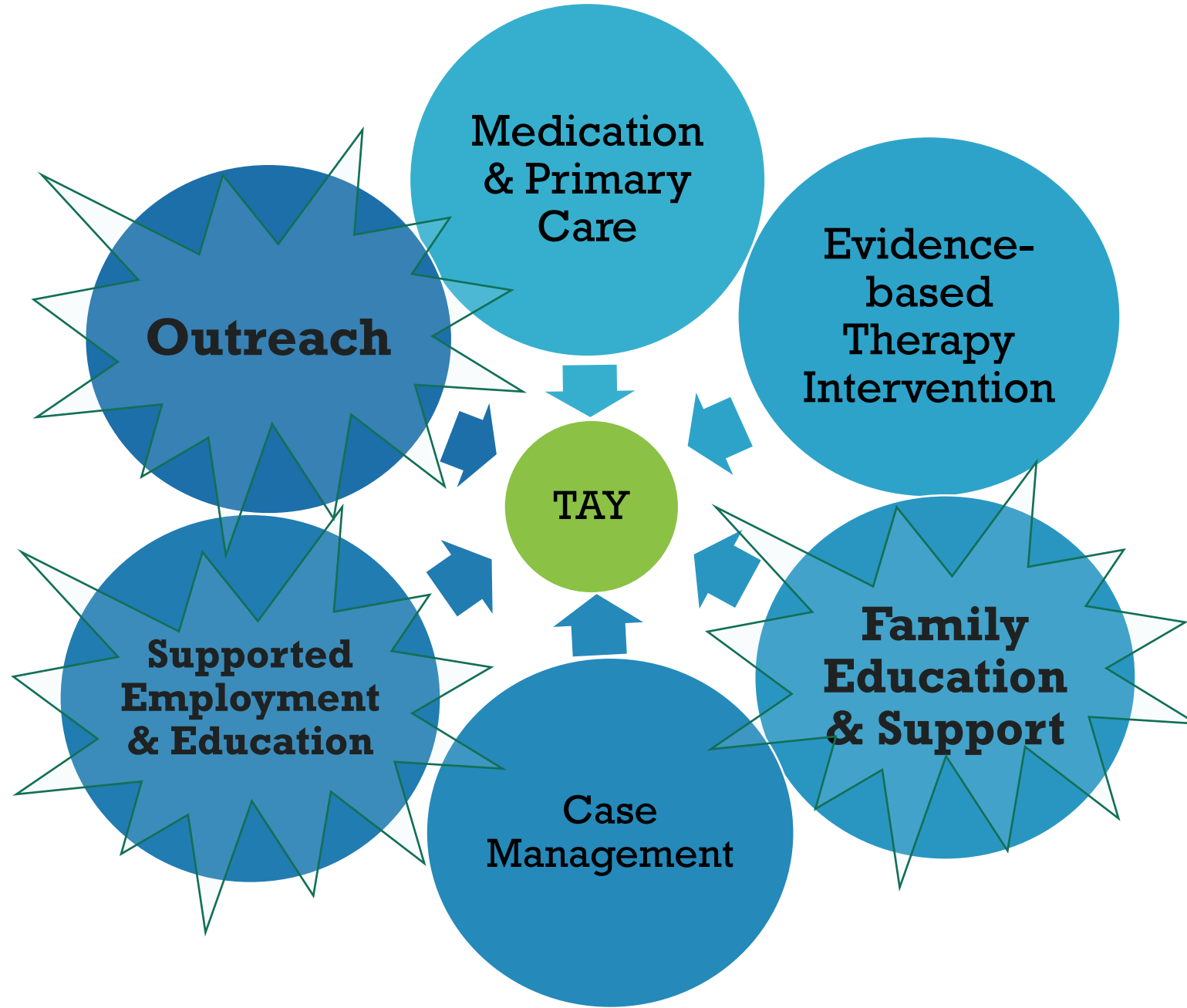


# WHAT'S HAPPENING IN TEXAS?

- Bluebonnet
- Burke
- Center for Health Care Services
- Emergence
- Harris
- Integral Care
- Metrocare
- Panhandle
- Tarrant
- Tropical

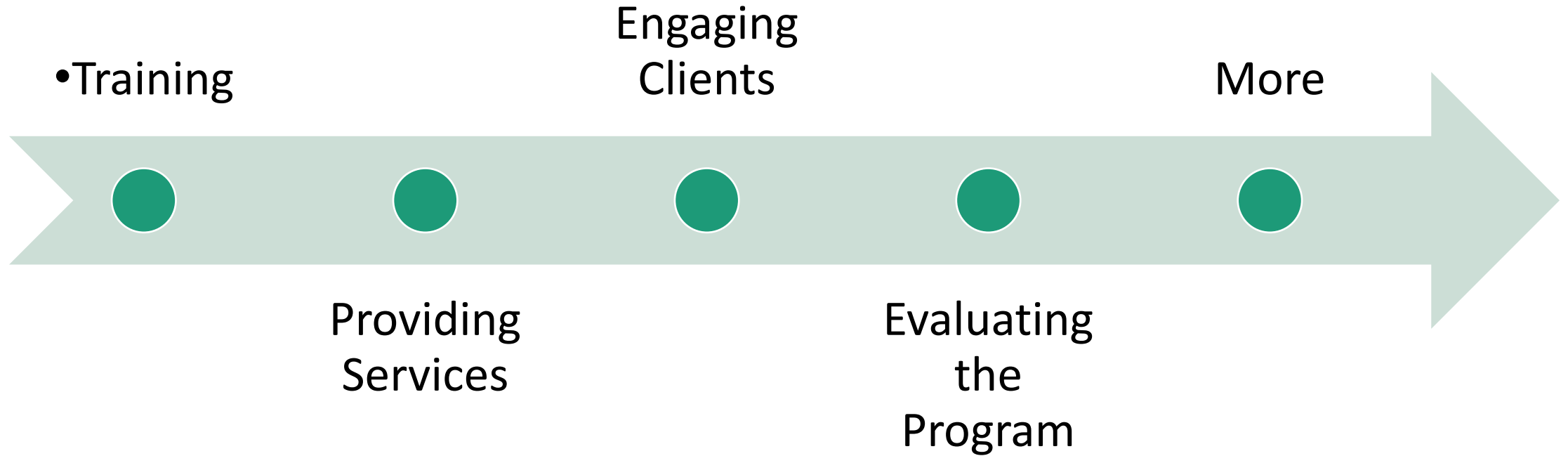


# Components of CSC approach





# Panel Discussion!





# Questions?

Thank you for participating!