



RA1SE
A Research Project of the NIMH
Early Treatment Program

Early Intervention and Resources

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CRCBH

<http://psychiatry.unm.edu/centers/crcbh/index.html>

The Take Home Message

**Finding Young People with Mental
Health Issues Early and Treating
Them is Also “Prevention”**

It Works!

AndIt Saves Money!

**Half of all lifetime cases of
mental illness start by age 14**

Three fourths start by age 24

\$247 billion is the annual cost of
mental disorders on the well-
being of American youth and
their families

Mental disorders will be the leading cause of disability in the world by 2020



2 Early Intervention Models

- **Massachusetts Child Psychiatry Access Project (MCPAP)**
- **EARLY intervention for early psychosis symptoms**
 - International
 - Oregon
 - New Mexico

MCPAP

Regional children's mental health consultation teams designed to help primary care providers meet the needs of children with psychiatric problems.

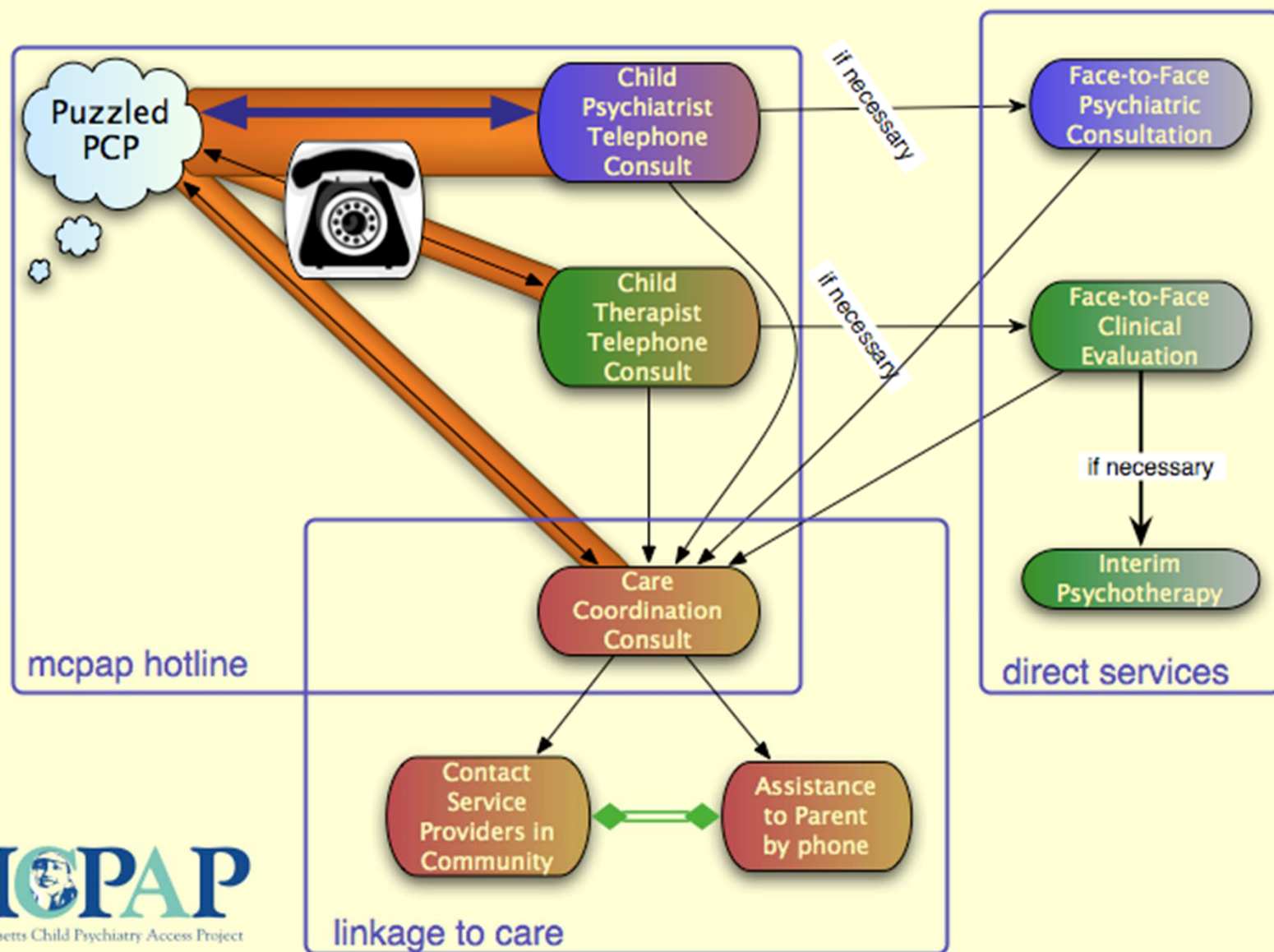
Why Link Child Psychiatry to Primary Care Sites?

- Overuse of psychiatric medication in young children: safety, cost, philosophical problem
- Lack of child psychiatrists
- Coordination of care: carving back in of mental health

Why Primary Care?

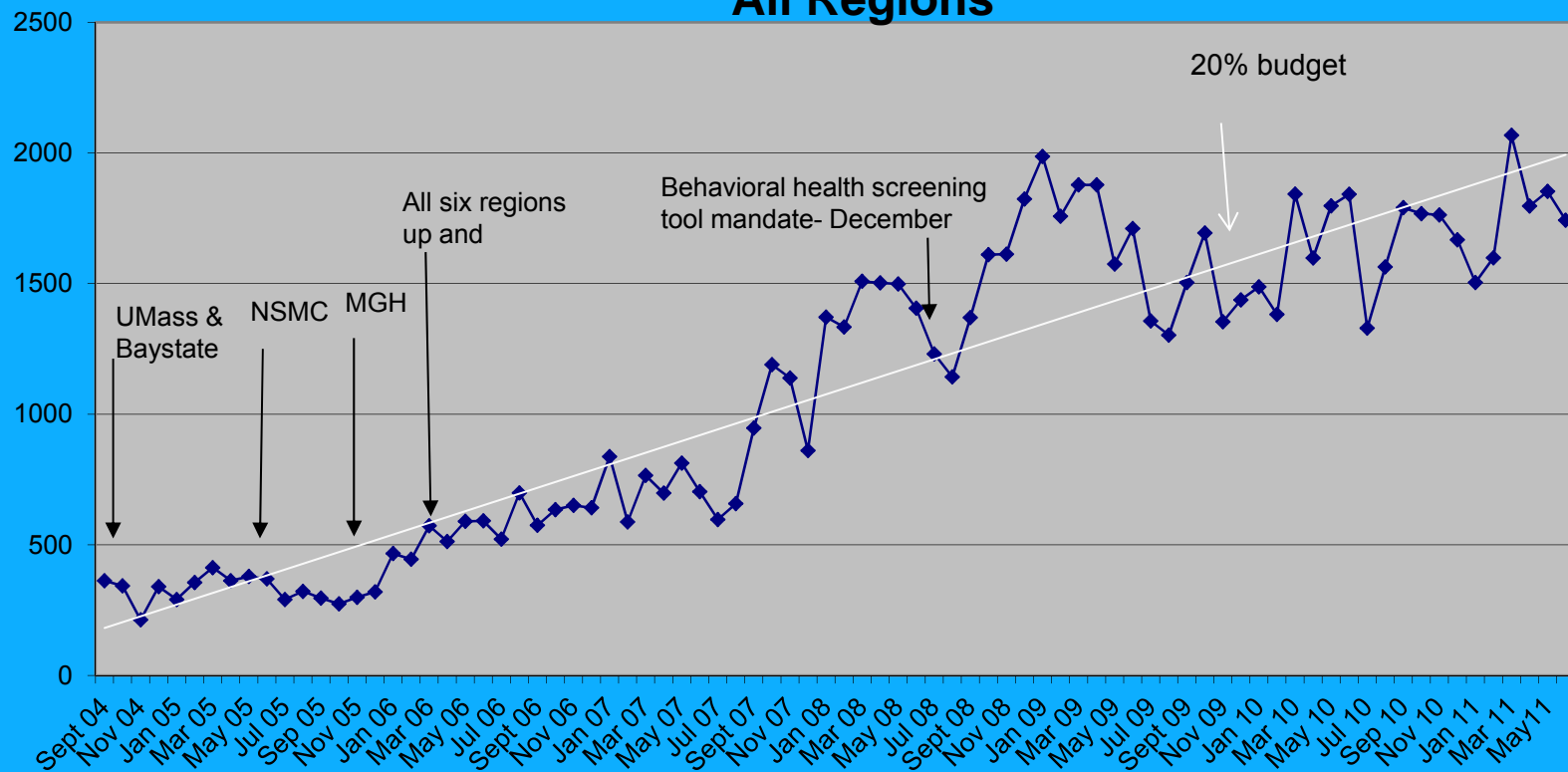
- Patients and families often feel more comfortable and trusting of primary care providers
- Addressing psychiatric issues in primary care setting can reduce stigma

The MCPAP Clinical Process



Utilization

**Number of MCPAP Encounters by Month
All Regions**



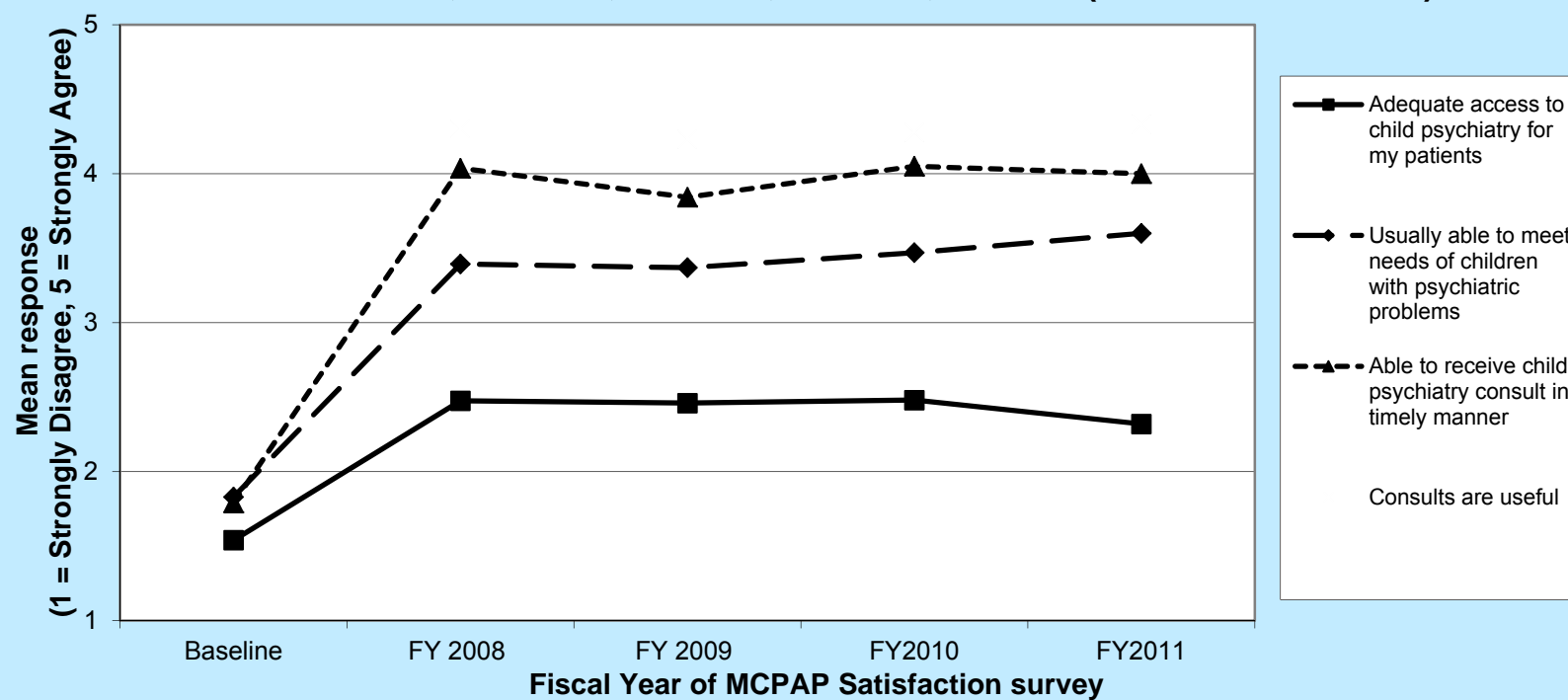
Reason for contact (% of total calls)

Reason for Contact	FY 2011 N = 7,823	Cumulative April 2008 – June 2011* N = 22,761
Resources –Community Access	36%	37%
Diagnostic	33%	37%
Medication Question	22%	24%
Medication Evaluation	19%	24%
Parent Guidance	6%	6%
Second Opinion	5%	3%
Follow Up	4%	1%
School Issues	3%	4%
Crisis	2%	2%
Other	1%	2%

** Reason for contact field added in April of 2008*

Outcome

Mean MCPAP Satisfaction Survey Responses
Baseline, FY 2008, FY 2009, FY 2010, FY2011 (N = 453 for FY2011)



State Management and Funding

- Through the MA Dept. of Mental Health, administered by the Medicaid MCO.
- Serves all children and families in MA regardless of insurance status

Overview

- 20,322 encounters in FY 2011
- 98% of children in the state now covered
- Cost = \$.17 per child per month



NATIONAL NETWORK OF CHILD PSYCHIATRY ACCESS PROGRAMS

- Alaska
- Arkansas
- California
- Colorado
- Delaware
- Florida
- Illinois
- Louisiana
- Illinois
- Iowa
- Louisiana
- Maine
- Michigan
- Massachusetts
- Missouri
- New Hampshire
- New Jersey
- New York
- North Carolina
- Ohio
- Pennsylvania
- Texas
- Vermont
- Washington
- Wyoming
- Wisconsin

EARLY PROGRAM



EARLY started in Portland, Maine (EDIPPP), and expanded to six sites across the nation, with goals to:

- Build the evidence to stop the progression of severe mental illness.
- Engage communities in long-term, sustainable mental health improvement.
- Transform the way we address severe mental illness.

What is psychosis?

Any number of symptoms indicating a loss of contact with reality, including:

- **Hallucinations:** most often hearing voices or seeing visions
- **Delusions:** false beliefs or marked suspicions of others
- **Associated features:**
 - Neurocognitive impairment
 - Behavioral and emotional changes
 - Disordered speech
 - Sleep difficulties

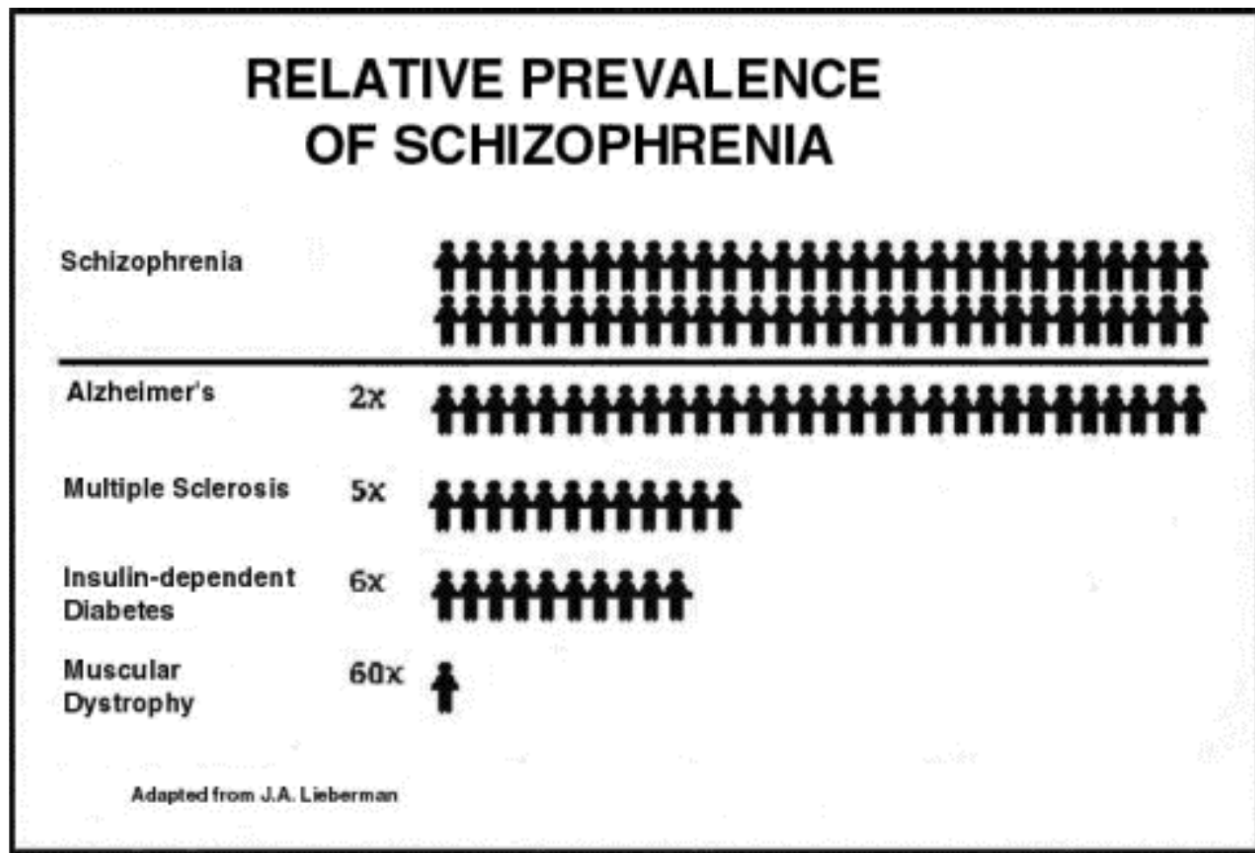
Why Focus on Psychosis

- Symptoms of psychosis are treatable and the shorter the duration of untreated psychosis, the better the outcomes;

However

- the average duration of untreated psychosis (DUP) in the US and Europe is 1-2 years;

Psychosis is Far More Common than Insulin-Dependent Diabetes (5x more common for Schizophrenia alone)



Early Psychosis Programs

- First programs began around 1990
- Early psychosis intervention “standard of practice” in Australia, Great Britain, Canada, Scandinavia
- Early psychosis intervention came to Oregon in 2001
- 2007 Oregon legislature allocated \$4.3 million to disseminate EAST; the Early Assessment and Support Alliance was created in 2008
- California is now rolling out models across the state with Prop 63 funds

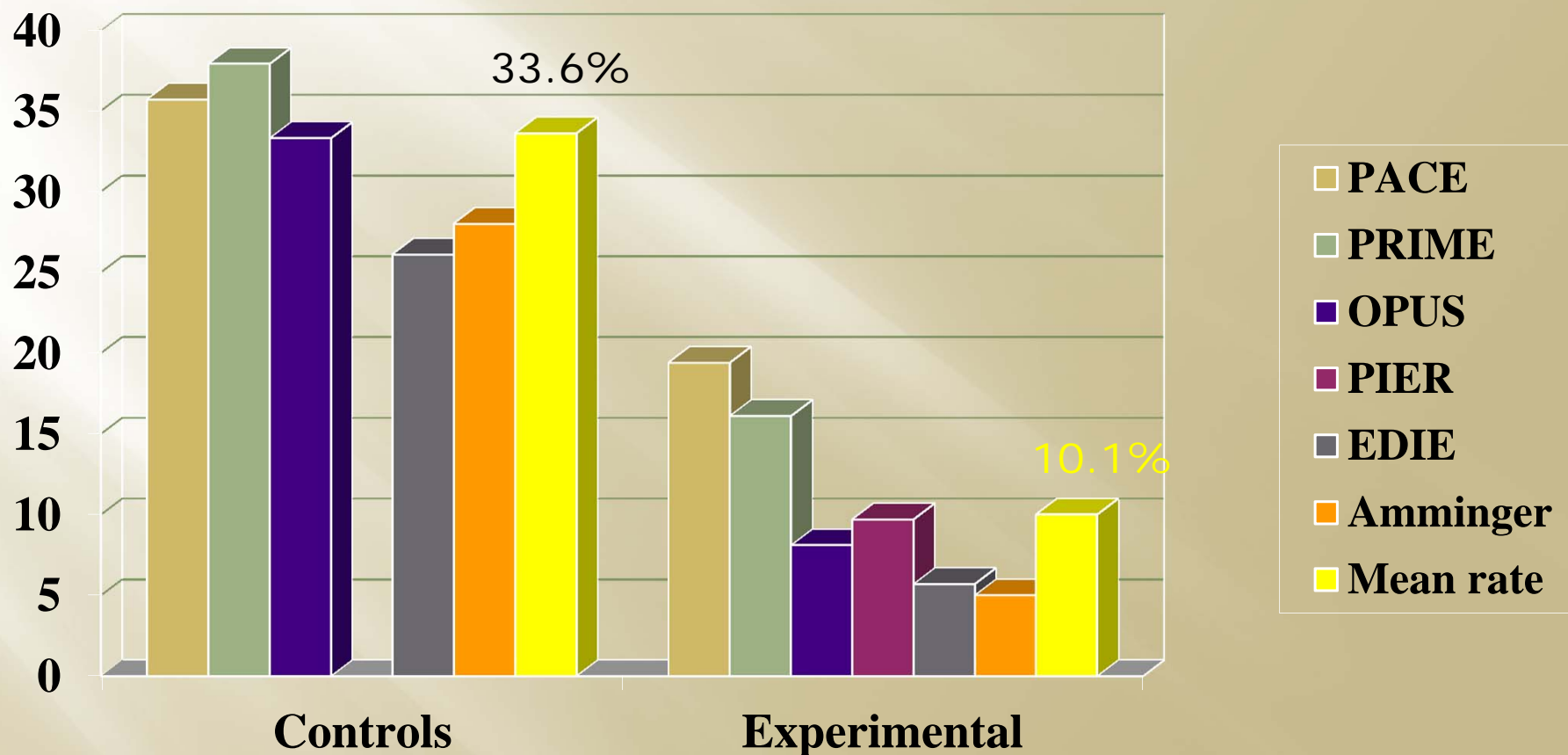
Early Intervention for Psychosis Outcomes

Early Intervention is associated with:

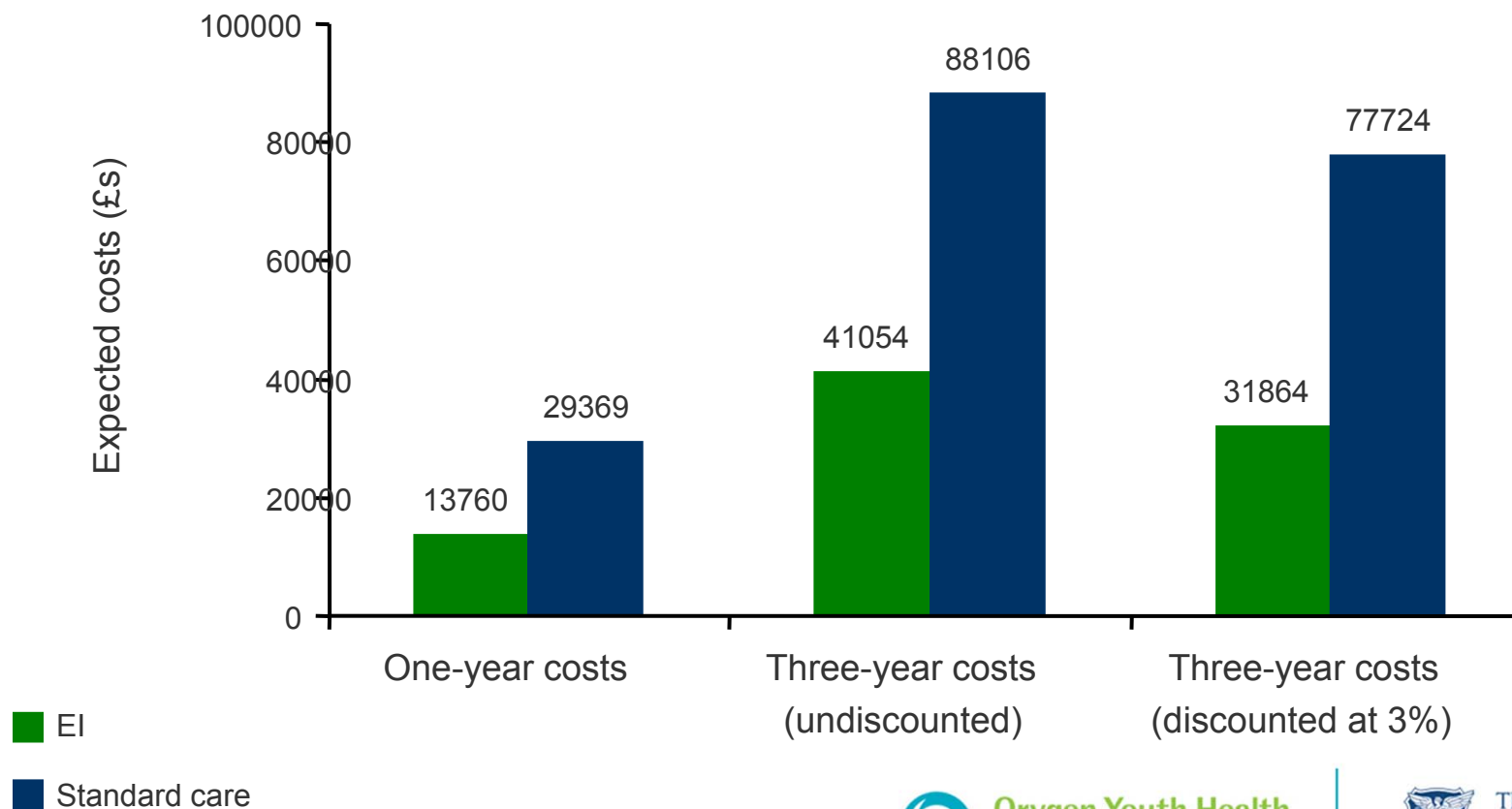
- Greater decrease in symptom severity
- Decreased frequency of relapse
- More time at work and school
- Fewer hospitalizations
- Faster and longer response to treatment

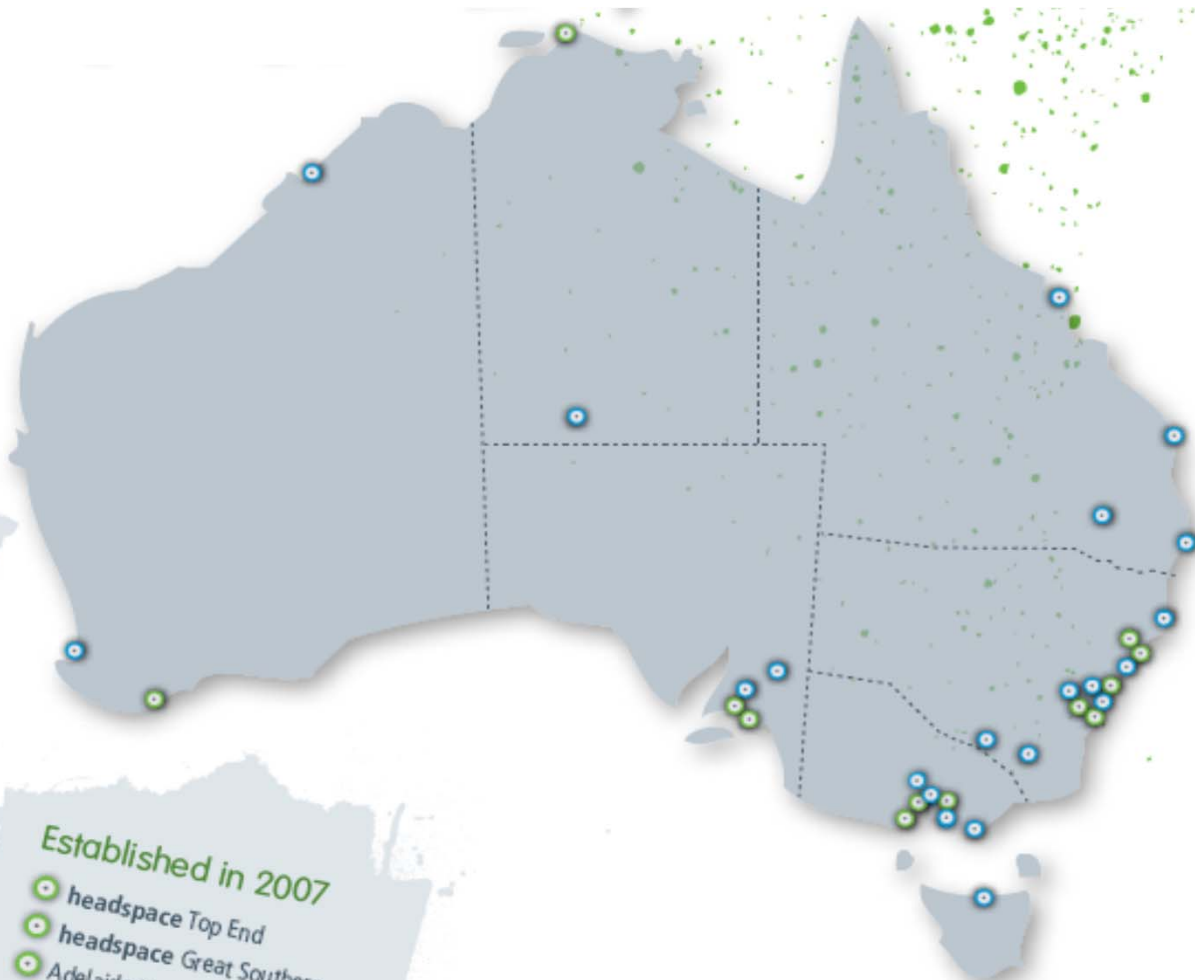
Perkins et al, AJP 2005; 162:1785-1804

Initial Research Results: Psychosis prevention studies: 1 year rates for conversion to psychosis



LEO Study: Base-case results





Established in 2008

- headspace Kimberley
- Townsville headspace
- headspace Central Australia
- headspace Fraser Coast
- headspace Southern Downs
- headspace Gold Coast
- Fremantle headspace
- Riverland headspace
- Murraylands headspace
- Hunter headspace
- Mt Druitt headspace
- NSW Central West headspace
- headspace Central Sydney
- Riverina headspace
- headspace ACT
- Northern Melbourne headspace
- Peninsula headspace
- South West Victoria headspace
- headspace Central West Gippsland
- headspace Northern Tasmania

Established in 2007

- headspace Top End
- headspace Great Southern
- Adelaide Northern headspace
- headspace Mid-North Coast
- headspace Central Coast
- headspace Macathur Campbelltown and Southern Highlands
- headspace Illawarra
- Western Melbourne headspace
- headspace Southern Melbourne
- headspace Barwon

How do you find a headspace service?

To find the **headspace** service closest to you, check out the map above or visit www.headspace.org.au



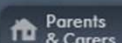
Getting help

Immediate Help:
Helpline Information
What options are available and what to expect.

[More](#)



headspace home



Parents & Carers



Knowledge Centre



My headspace



headspace Sites



Information

Getting Help



My headspace

[See all things to do](#)

YOUR STORIES

NEWS & EVENTS

PHOTO GALLERIES

GET INVOLVED

DOWNLOADS

welcome to headspace

Australia's National Youth Mental Health Foundation.

If you or someone you know is going through a tough time we can help with:

- Useful information
- Where to get help
- What to expect when you get there
- Stories from others
- Events you can attend



Ask an Expert

Missed the bullying forum? You can still check out some of the answers provided by our experts and their great tips...



headspace Update

headspace has been busy in it's first 18 months of operation...



headspace is online on Facebook & MySpace

headspace knows that Facebook and MySpace are



headspace sites

[See all headspace sites](#)

There are 30 headspace sites around Australia. See what options are close to you.



headspace services

Check out the 20 new headspace sites!

Click on the map to find a headspace service. If there is not a site near you, find out where to get help using the [Lifeline Service Finder](#)

Friends of headspace

[Register here](#) to receive updates, reminders or to contribute your stories to the site. [More on signing up](#)

Email:

Password:

[LOGIN](#)

[Forgotten password?](#)

☒ Remember me next time.



Information

[See all information](#)

Mental health and Drug and Alcohol information for young people. Also, see our [parents and carers](#) section



Ask An Expert

Thank you to all that joined our bullying and cyber bullying forum on Thursday 21st August! Transcript is now available for those that missed it..

Most Viewed Factsheets

Depression
Anxiety
Alcohol
Eating Disorders
Self harm
Psychosis



Media Centre

headspace regularly produces media releases on topical issues. Visit the headspace [media centre](#) for resources, media archives and useful contacts



Max Birchwood
Uni of Birmingham

EI Services in England



Jo Smith David Shiers
NIMHE/ReTHINK MH Leads

NHS plan: PIG

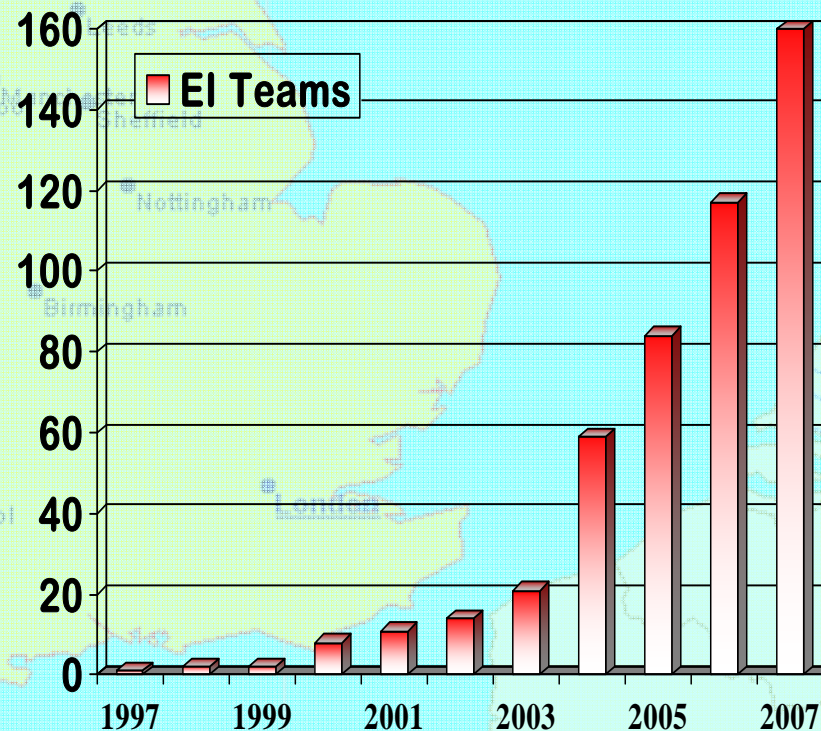
IRIS: Newcastle declaration

EI teams include:

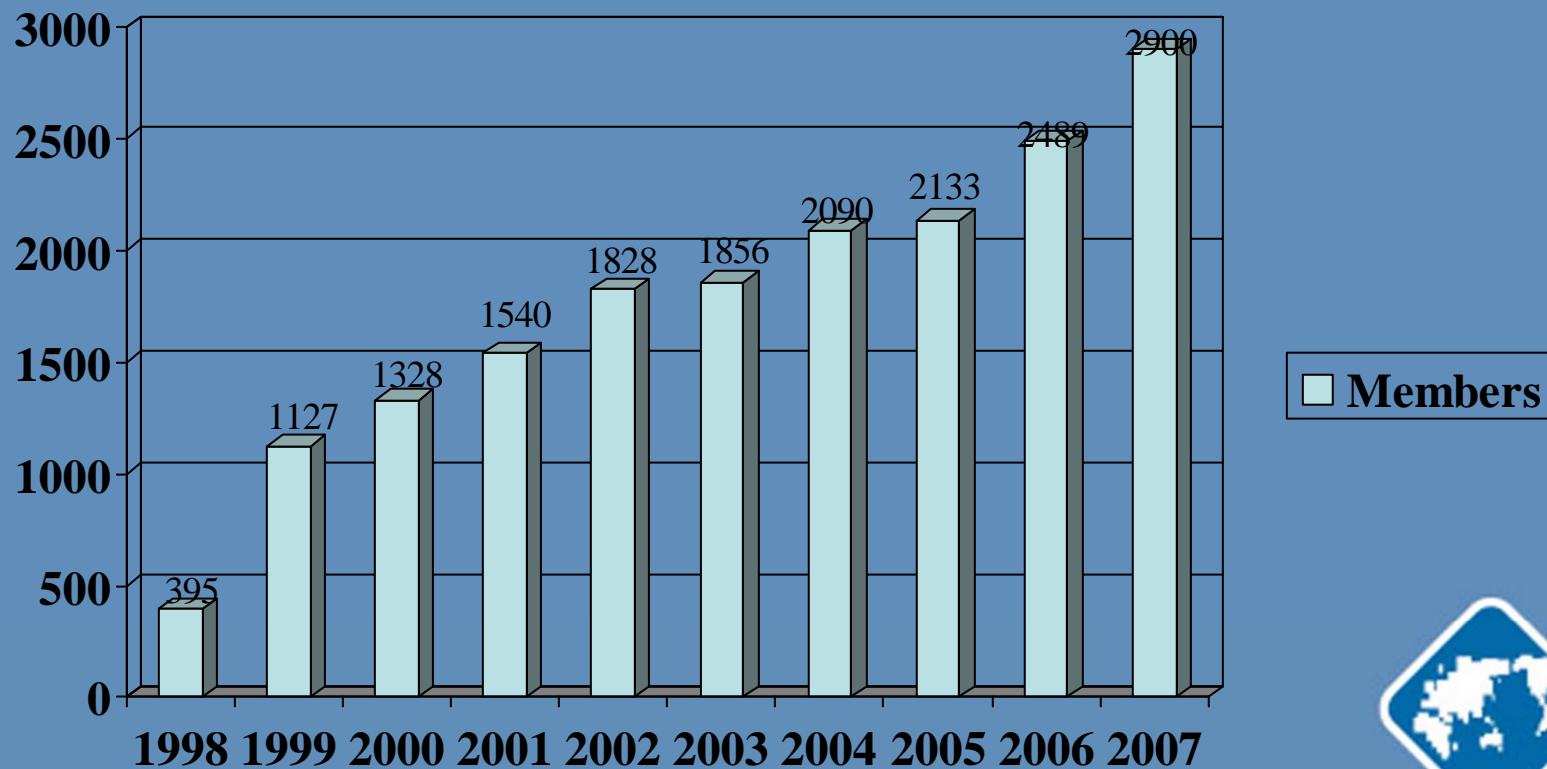
- North Birmingham EI service
- LEO & OASIS service
- Plymouth service
- Manchester
- Tower Hamlets
- ETHOS
- COAST
- Sheffield EI service
- STEPS, Poole

160 EI teams by 2007

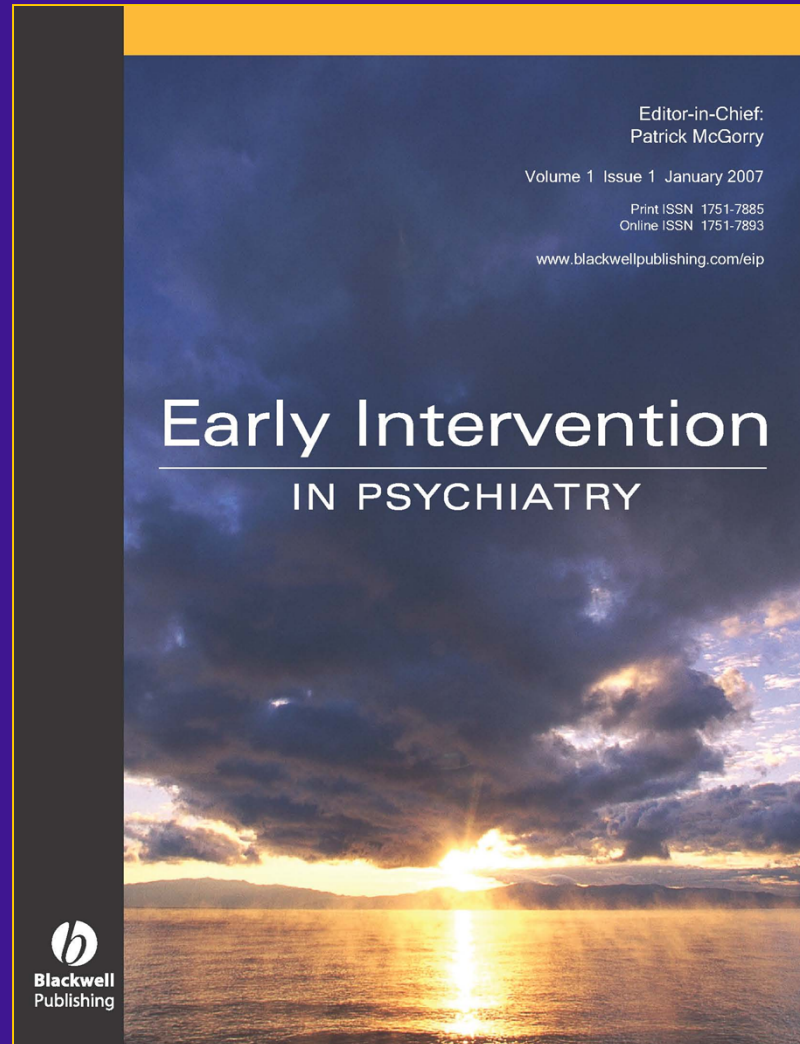
- Staffed by 686+ staff
- Managed 11,000 clients in 2007
- 6,900 new cases in 2006/2007



TOTAL IEPA MEMBERS PER YEAR

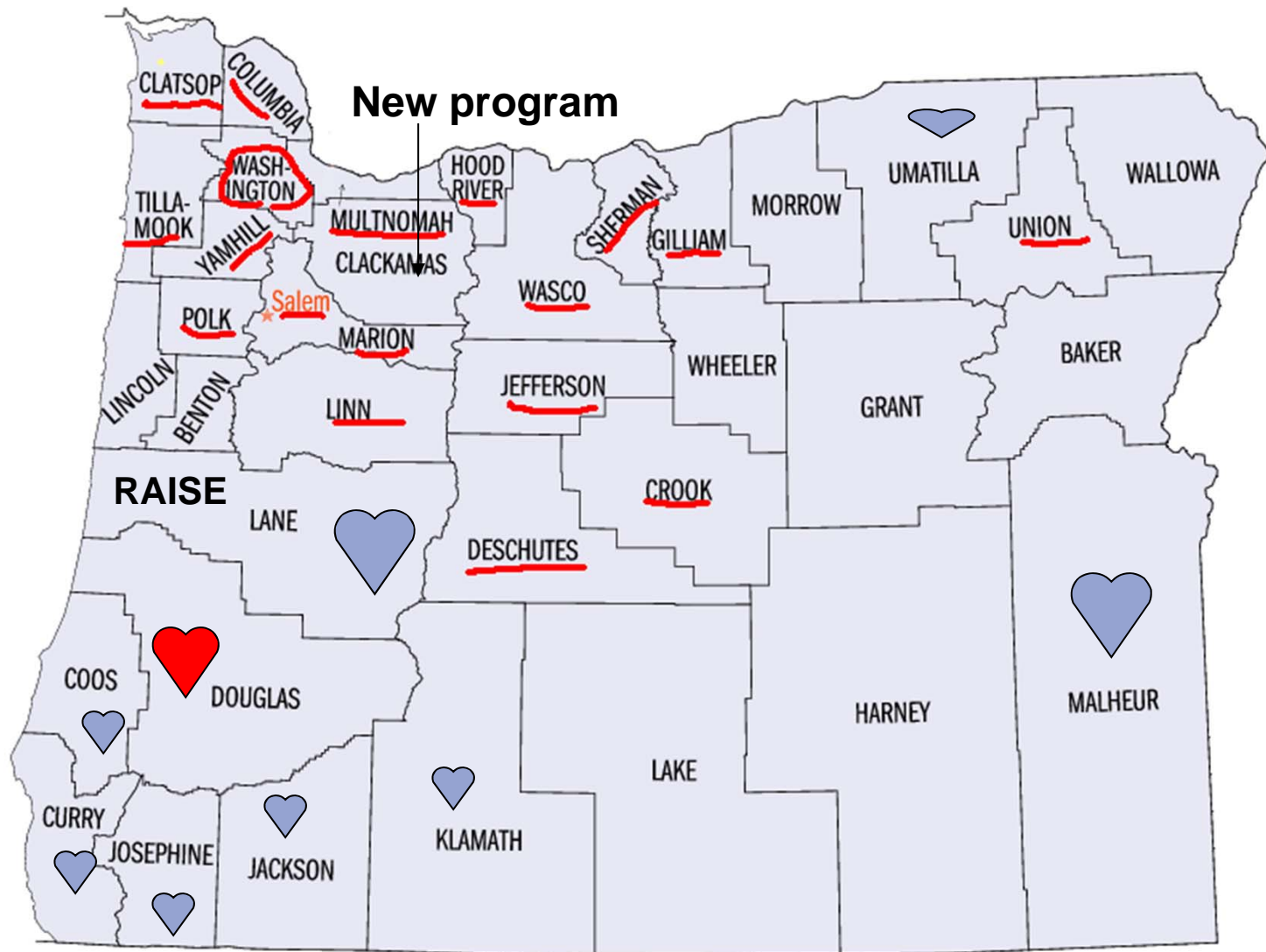


International Early
Psychosis Association

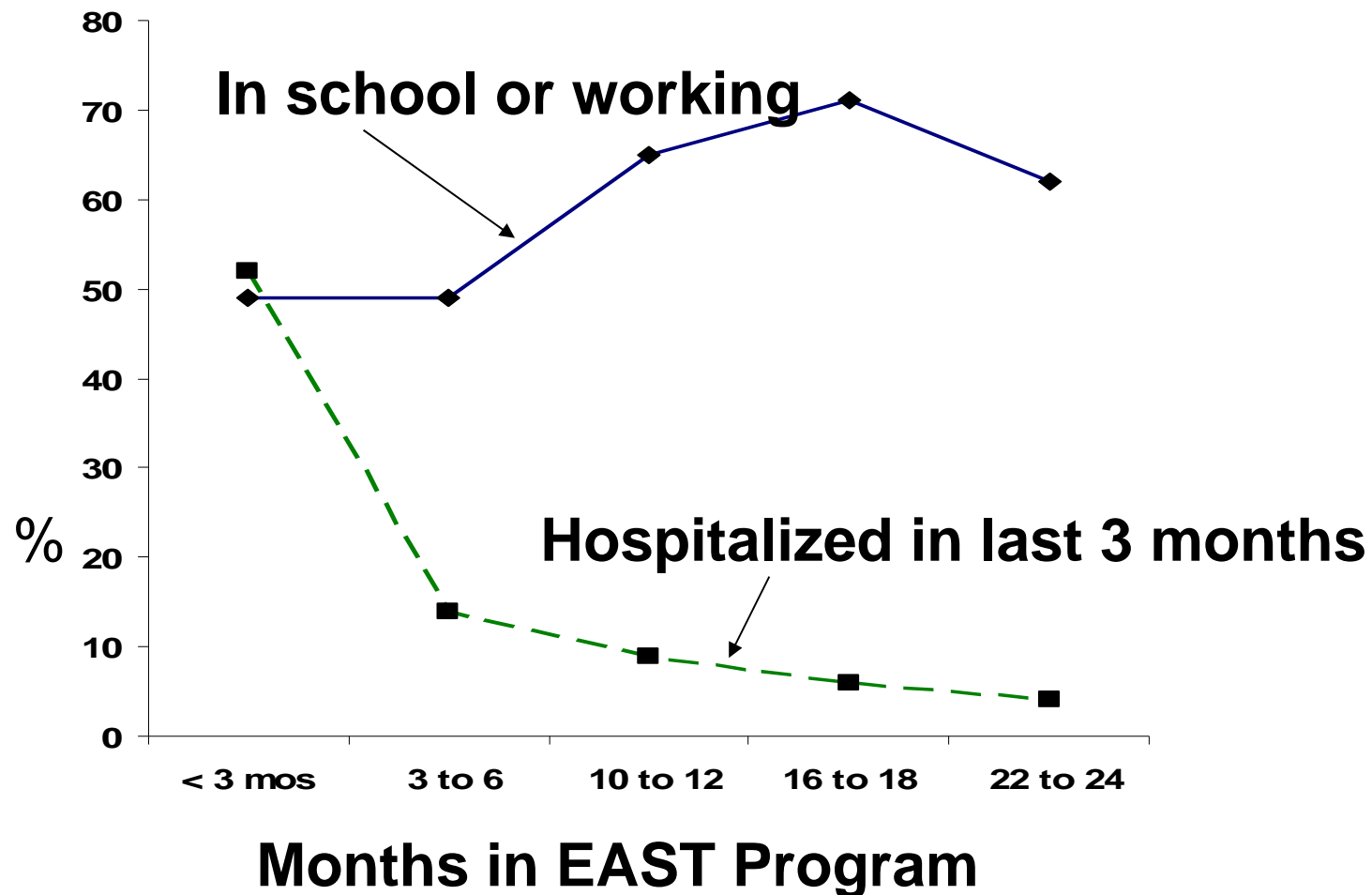


**Early Intervention: A general principle in
modern healthcare**

Early Assessment and Support Alliance counties, 2008



Vocational & Hospital Outcomes Prior to Service Enhancements



EASA Outcomes

- Fewer hospitalizations
- More people at work or in school
- Decrease in legal involvement
- Active ongoing family involvement in treatment.
- More self-sufficiency
- Overall cost savings

RA1SE

A Research Project of the NIMH

Early Treatment Program

The NIMH RAISE Early Treatment Program (ETP)

Recovery After an Initial Schizophrenia Episode



CRCBH

<http://psychiatry.unm.edu/centers/crcbh/index.html>

RAISE ETP Treatment Services

A comprehensive, recovery based approach:

- 1. Pharmacological Treatment**
- 2. Family Education Program (FEP)**
- 3. Supported Employment and Education (SEE)**
- 4. Individual Resiliency Training (IRT)**

UNM Early Psychosis Programs



Early Psychosis Consultation Clinic

- A consultation clinic for young people (generally middle to high school aged) from across the state who are experiencing early warning signs of psychosis.
- Young people will be seen for up to 3 sessions with our specially trained clinical team (Psychiatrists, Psychologists, Occupational Therapists and Psychotherapists) for evaluation and treatment recommendations.

It's never too late for early
intervention

