FIRST EPISODE PSYCHOSIS: EARLY INTERVENTION THROUGH THE EARLY ASSESSMENT AND SUPPORT ALLIANCE
- I have no relevant financial disclosures
## WHAT IS PSYCHOSIS?

<table>
<thead>
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<th>IS</th>
<th>IS NOT</th>
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<tbody>
<tr>
<td>Treatable</td>
<td>Insanity</td>
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<td>A medical condition</td>
<td>Psychopathy</td>
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<td>A difficulty in separating false,</td>
<td>Something that makes people more dangerous to others</td>
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<td>personal experiences from reality</td>
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- 1% prevalence of schizophrenia
- 1/3 of all mental health care spending in the U.S. on schizophrenia treatment
- Indirect costs of schizophrenia high: loss of work, time and money spent by caregivers, law enforcement costs, etc.
- World Health Organization rated schizophrenia 2nd “most burdensome disease” in world (15%), after cardiovascular disease (18%)
WITHOUT EARLY INTERVENTION...
SCHIZOPHRENIA PRODROME: C.A.S.I.S. MODEL

INCREASING PSYCHOTIC SYMPTOMS

Social & Environmental Triggers

Cognitive

Social Isolation

Affective sx$s$

School/Voc failure

Disability

Biological Vulnerability

PERCEPTUAL CHANGES

- Fear others are trying to hurt them
- Heightened sensitivity to sights, sounds, smells or touch
- Statements like, “I think I’m going crazy” or “My brain is playing tricks on me”
- Hearing voices or sounds others don’t
- Visual changes (wavy lines, distorted faces, colors more intense)
- Feeling like someone else is putting thoughts in your brain or taking them out
BEHAVIOR CHANGES

- Extreme fear for no apparent reason
- Uncharacteristic, bizarre actions, statements or beliefs
- Incoherent or bizarre writing
- Extreme social withdrawal
- Decline in appearance and hygiene
- Sleep (sleep reversal, sleeping all the time, not sleeping)
- Dramatic changes in eating
PERFORMANCE CHANGES TO WATCH FOR

- **NEW** trouble with:
  - reading or understanding complex sentences
  - Speaking or understanding what others are saying
  - Coordination in sports (passing ball, etc.)
  - Attendance or grades
SCREENING & ASSESSMENT
MULTI-PHASED ASSESSMENT

- Structured Interview for Psychosis Risk Syndrome (SIPS - Yale University)

- Comprehensive biopsychosocial
  - Phenomenology
  - Primary & secondary symptoms
  - **Course & duration**
  - Prodromal symptoms
  - Precipitants & relieving factors
  - Explanatory model
  - Effect of treatment already tried
  - Associated physical conditions
  - **Current & past substance abuse** (ASAM)
  - Strengths of person & family
  - **Cultural beliefs & practices**
  - Premorbid functioning
  - Mental state exam
  - Risk
  - Personal & family history
  - Screening for neurological concerns
DIFFERENTIAL DIAGNOSIS

- Schizophrenia
- Schizophreniform Disorder
- Schizoaffective Disorder
- Psychotic Disorder NOS
- Bipolar I Disorder w/ Psychotic Features
INTERVENTION
EBBP- EASA Fidelity
Least Restrictive Environment
Adjunctive option

Prescribing (low and slow)
Individual Counseling
Group Counseling/Activity Groups
Peer Support
Occupational Therapy
Vocational/Educational Counseling
Psych Ed- Multi-Family Group
Physical Health/RN
Recipients of NAVIGATE tx were significantly more likely to remain in treatment.

Experienced greater improvement in primary outcome measure-quality of life scale.

More likely to be in school or have employment.

Averaged an additional 4 months of anti-psychotic medication treatment compared to control patients, however the BMI of control patients increased at a significantly higher rate.

NAVIGATE patients experienced significantly greater reduction of psychopathology during the first six months of treatment. Although this advantage was not sustained, overall quality of life improvement was maintained.

* NIMH NAVIGATE RA1SE – ETP: Recovery After Initial Schizophrenia Episode- Early Treatment Program
In school or working

Hospitalized in last 3 months

% of clients in various categories over different months in the EASA Program

- In school or working
- Hospitalized in last 3 months

Months in EASA Program:
- < 3 mos
- 3 to 6
- 10 to 12
- 16 to 18
- 22 to 24
WHAT CAN YOU DO?
RESOURCES

- EASA website
  - www.easacommunity.org

- Phone a friend:
  - PeaceHealth Young Adult Behavioral Health Services
    458.205.7070
    sbenedict@peacehealth.org