

# WASHINGTON STATE'S NEW JOURNEYS

---

*Early Intervention Program for First-Episode Psychosis*



Elson S. Floyd  
College of Medicine

WASHINGTON STATE UNIVERSITY

Dr. Michael McDonell  
*Associate Professor*

Dr. Oladunni Oluwoye  
*Research Assistant Professor*



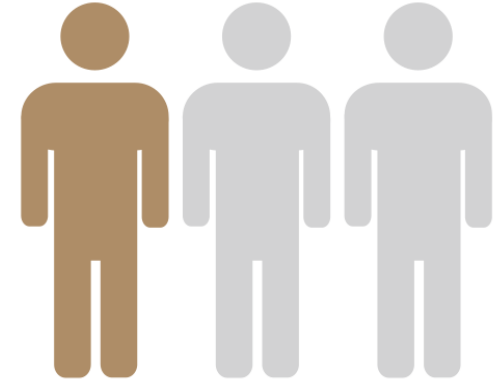
WHAT IS  
COORDINATED  
SPECIALTY CARE?

WHAT IS NEW  
JOURNEYS?

HOW DOES CSC  
TRANSLATE INTO  
NEW JOURNEYS?

FACILITATORS AND  
BARRIERS TO  
IMPLEMENTING  
NEW JOURNEYS

## INTERVENTION

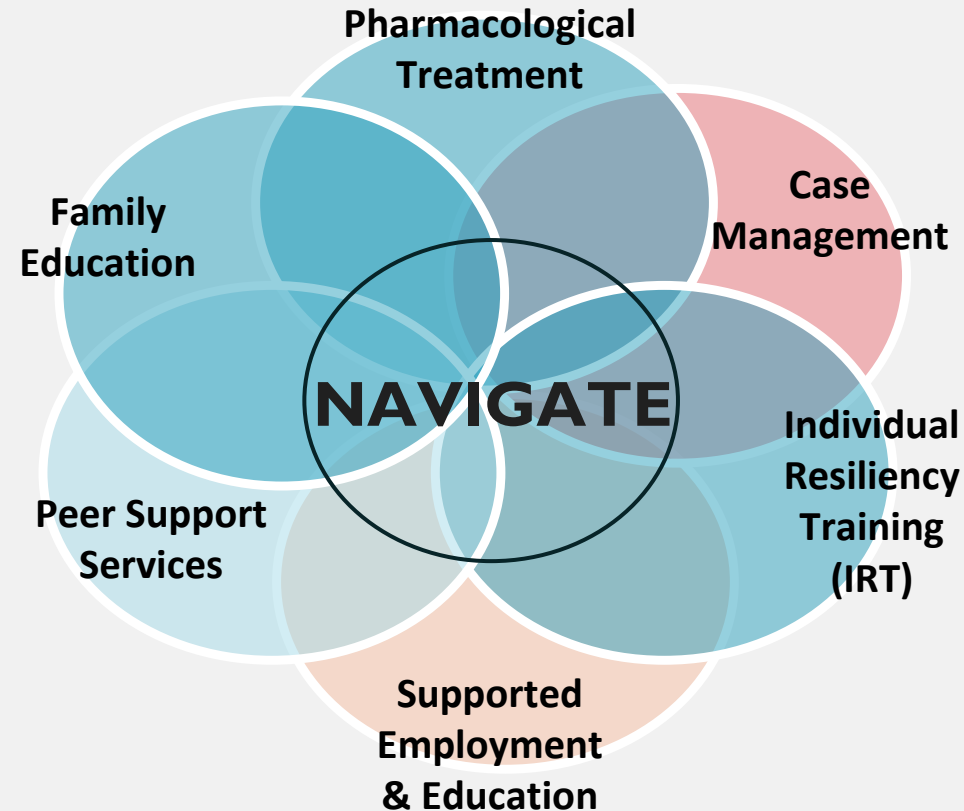


Currently, only 1 in 3 get help.  
Let's change this.

Specialized early intervention helps people to get better faster and return to their regular lives more quickly. Delaying treatment may lead to slower recovery.

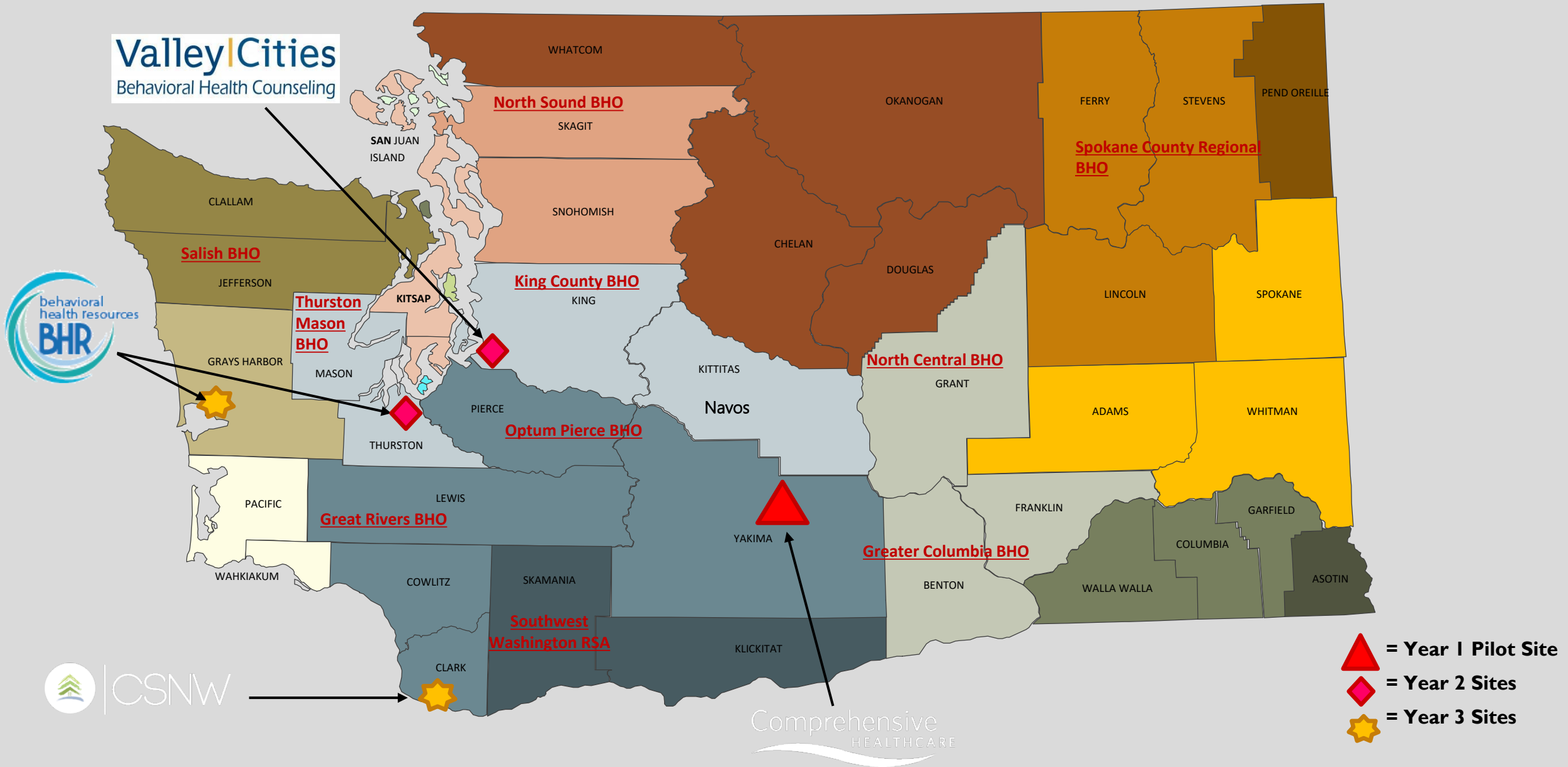
# NEW JOURNEYS

*EARLY INTERVENTION PROGRAMS*



# NEW JOURNEYS

## EARLY INTERVENTION PROGRAMS



WHAT HAVE THE  
OUTCOMES FOR NEW  
JOURNEYS LOOKED  
LIKE?

WHO HAS NEW  
JOURNEYS SERVED SO  
FAR?

ARE SERVICES FOR  
NEW JOURNEYS BEING  
USED?

LESSONS LEARNED  
AND SUCCESS STORIES

WHERE DO WE GO  
FROM HERE?

## ROAD TO RECOVERY



Recovery is a process. Each person who has experienced psychosis will define recovery in their own way.

# EVIDENCE BASED PRACTICES TOOLKIT

- EBP Toolkit is a secure online platform used by consultants and researchers to track participating provider information.
- Team members administer monthly assessments for each client using the EBP Toolkit which allows us to accumulate client-level and service-level outcomes.

The image shows a screenshot of the EBP Toolkit interface. On the left is a navigation sidebar with options like Dashboard, My Consultations, My Reports, and WSU College of Medicine. The main dashboard area displays 'My Clients' for WSU College of Medicine, showing 3 Active clients and 0 for other statuses. It includes four pie charts: 'Clients by Clinical Target' (100% Psychosis), 'Clients by Primary Diagnosis' (100% Psychosis), 'Clients by EBP' (66.7% CBT-Psychosis, 33.3% New Journeys), and 'Clients by Measure' (20.7% GAD7, 20% PHQ9, 20% CAPE-P15, 20% CDPSS (Weekly), 20% CRAFFT with Tobacco, 20% Employment and Education...). Below the charts is a section for 'Clients by Session Component (Top 5)'. On the right, a 'GAD7' assessment form is shown for 'Generalized Anxiety Disorder 7-item' as of 'Jan 20, 2016'. The form includes instructions and seven items with radio button options: 'Feeling nervous, anxious or on edge', 'Not being able to stop or control worrying', 'Worrying too much about different things', 'Trouble relaxing', 'Being so restless that it is hard to sit still', 'Becoming easily annoyed or irritable', and 'Feeling afraid as if something awful might happen'. 'Save' and 'Cancel' buttons are at the bottom.



# NEW JOURNEYS DEMOGRAPHICS N=112

	%	(n)	M	SD
<b>Participants</b>		112		
<b>Age</b>			20.27	3.56
<b>Status</b>				
Active	80.4	90		
Inactive	8.9	10		
Referred	2.7	3		
Completed	8.0	9		
<b>Gender</b>				
Male	75.7	84		
Female	22.5	25		
Other**	1.8	2		
<b>Race</b>				
White	46.4	52		
Black	9.8	11		
Asian	3.6	4		
Alaskan	3.6	4		
Multiracial	1.8	2		
Other	34.8	39		
<b>Ethnicity</b>				
Hispanic	33.9	38		
<b>Sexual Orientation</b>				
Heterosexual	85.2	92		
Gay or Lesbian	2.8	3		
Other^	12.0	13		
<b>Insurance Type</b>				
Public	77.3	75		
Private	19.6	19		
Uninsured	3.1	3		
<b>Preferred Language</b>				
English	97.3	109		
Spanish	1.8	2		
Other	0.9	1		
<b>Living Situation</b>				
Stable	85.5	94		
Temporary	10.0	11		
Homeless	1.8	2		
Other (institutionalized/unstable)	2.7	3		
<b>Employment</b>				
Employed	17.3	19		
Unemployed	82.7	91		
<b>Education</b>				
Attending	25.9	29		
Not Attending	74.1	81		

\*Percentages exclude missing responses, which are 15 or fewer in each category

^Combination of "questioning," "bisexual," and "other"

\*\*Combination of transgender and "other"

# OUTCOMES ASSESSED

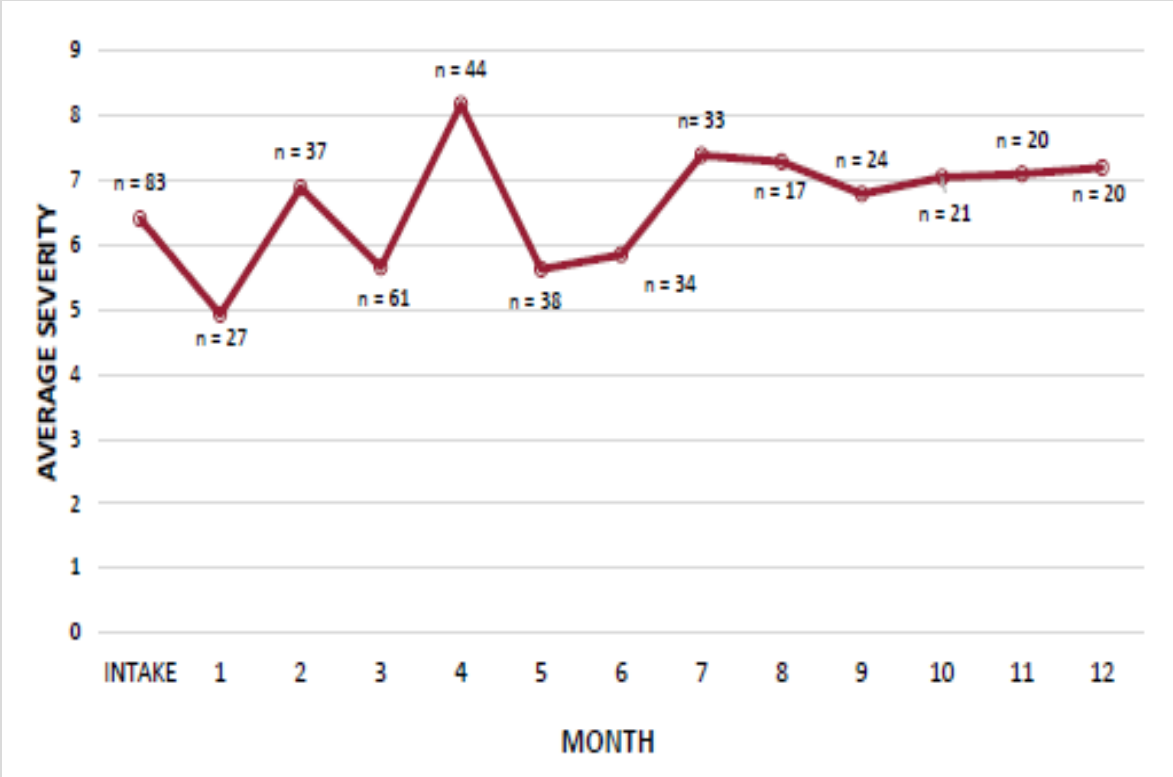
## Clinical Measures

- **Depression:** Patient Health Questionnaire-9 (PHQ-9)
- **Anxiety:** Generalized Anxiety Disorder 7-item (GAD-7)
- **Psychotic Experiences:** Community Assessment of Psychiatric Experiences—Positive Scale (CAPE-PI5)
  - Brief measure of psychosis, mania, depression, anxiety
- **Psychotic Symptoms:** Clinician-Rated Dimensions of Psychosis Symptom Severity (CRDPSS)
  - Brief measure of psychosis, mania, depression, anxiety

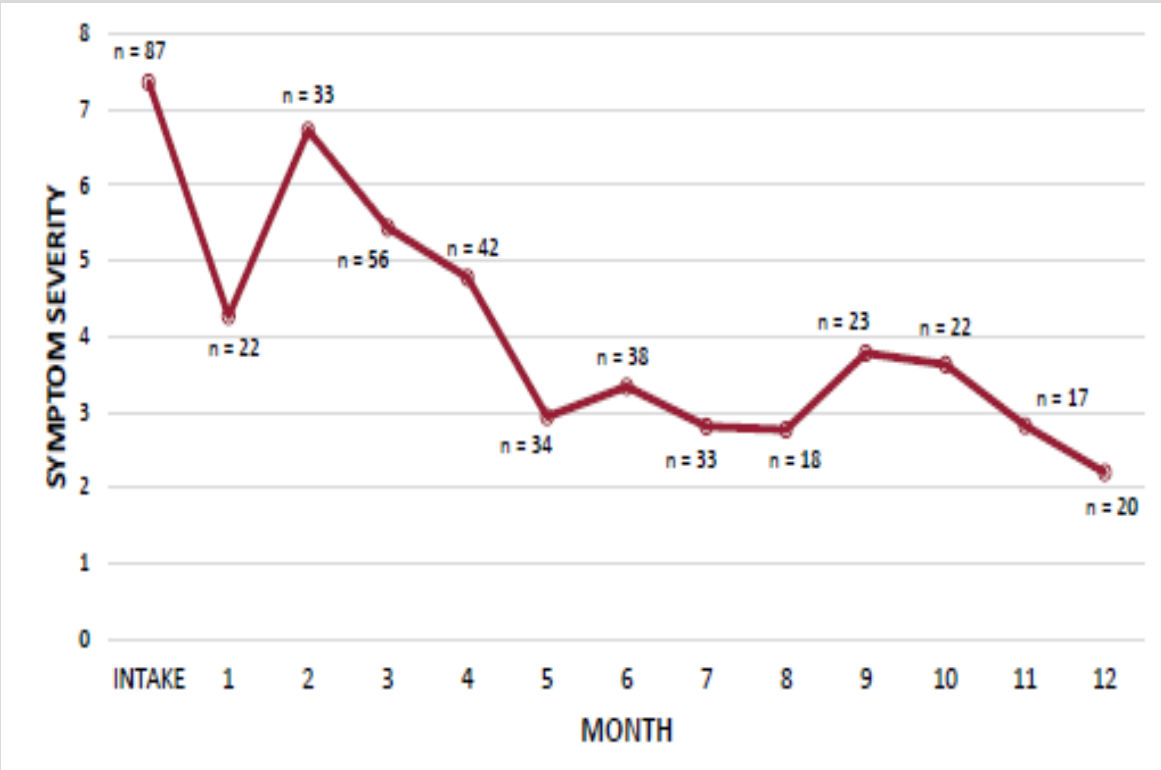


# CLINICAL OUTCOMES

## DEPRESSION

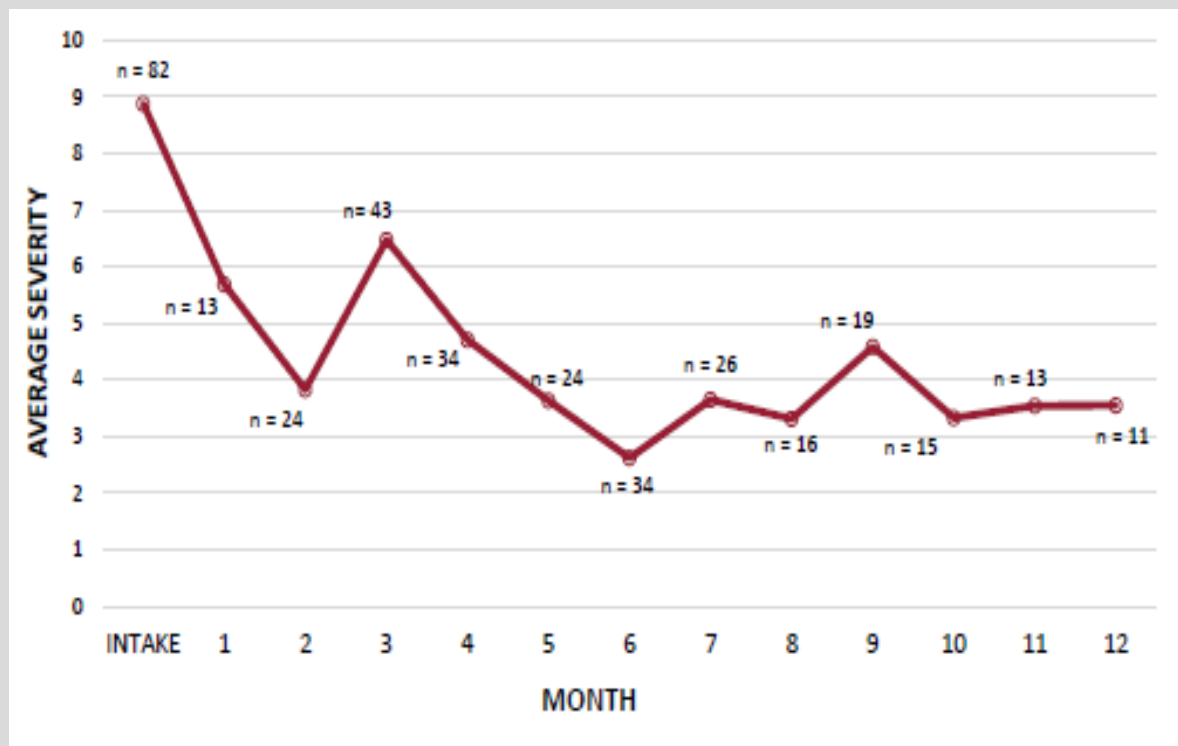


## ANXIETY

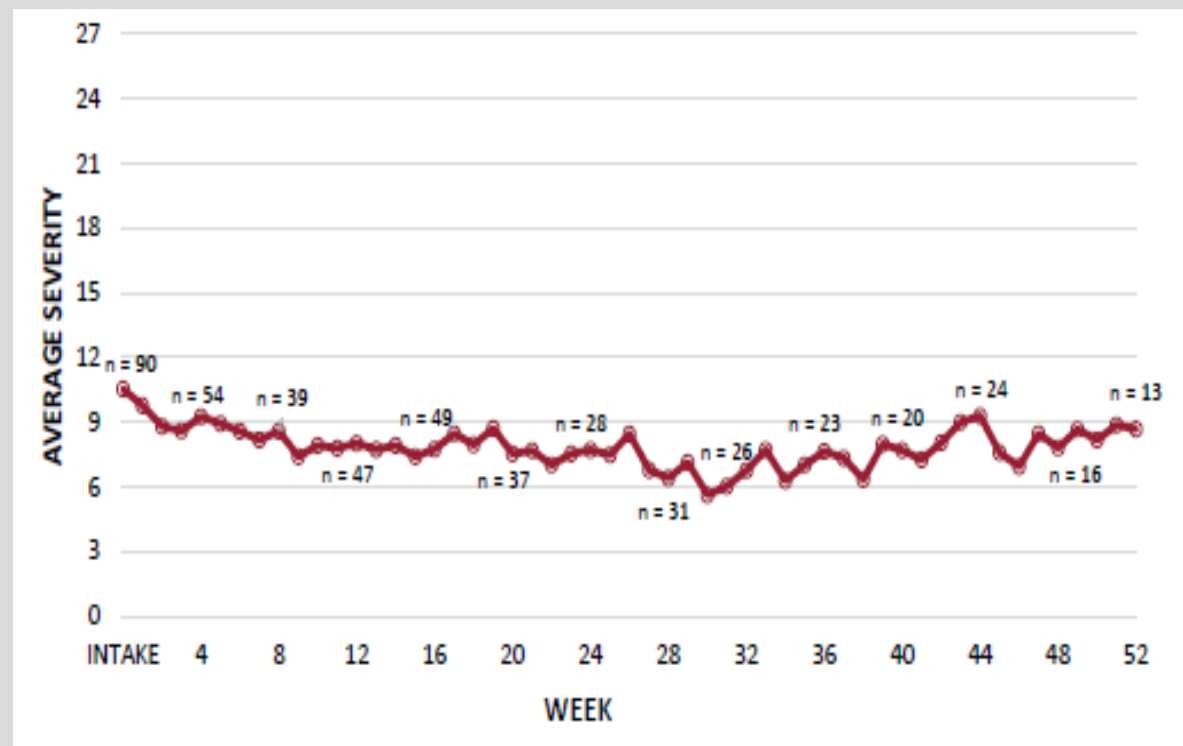


# CLINICAL OUTCOMES

## PSYCHOTIC EXPERIENCES



## PSYCHOTIC AND RELATED SYMPTOMS



# OUTCOMES ASSESSED

## Clinical Measures

- **Depression:** Patient Health Questionnaire-9 (PHQ-9)
- **Anxiety:** Generalized Anxiety Disorder 7-item (GAD-7)
- **Psychotic Experiences:** Community Assessment of Psychiatric Experiences—Positive Scale (CAPE-PI5)

– Brief measure of psychosis, mania, depression, anxiety

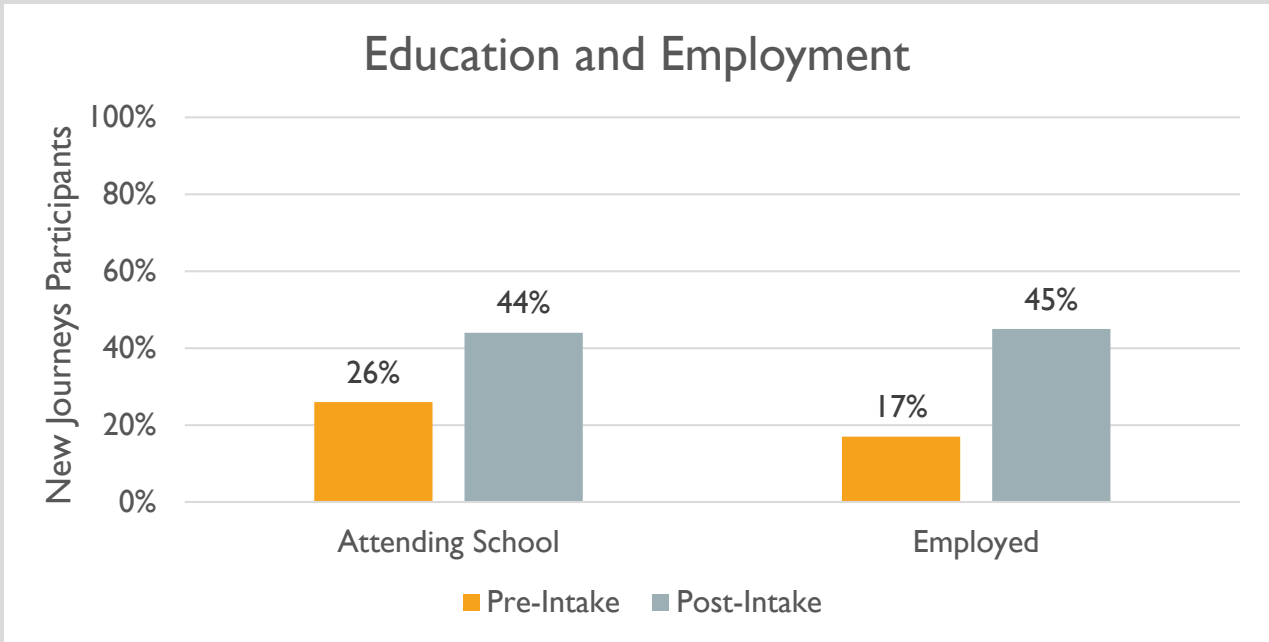
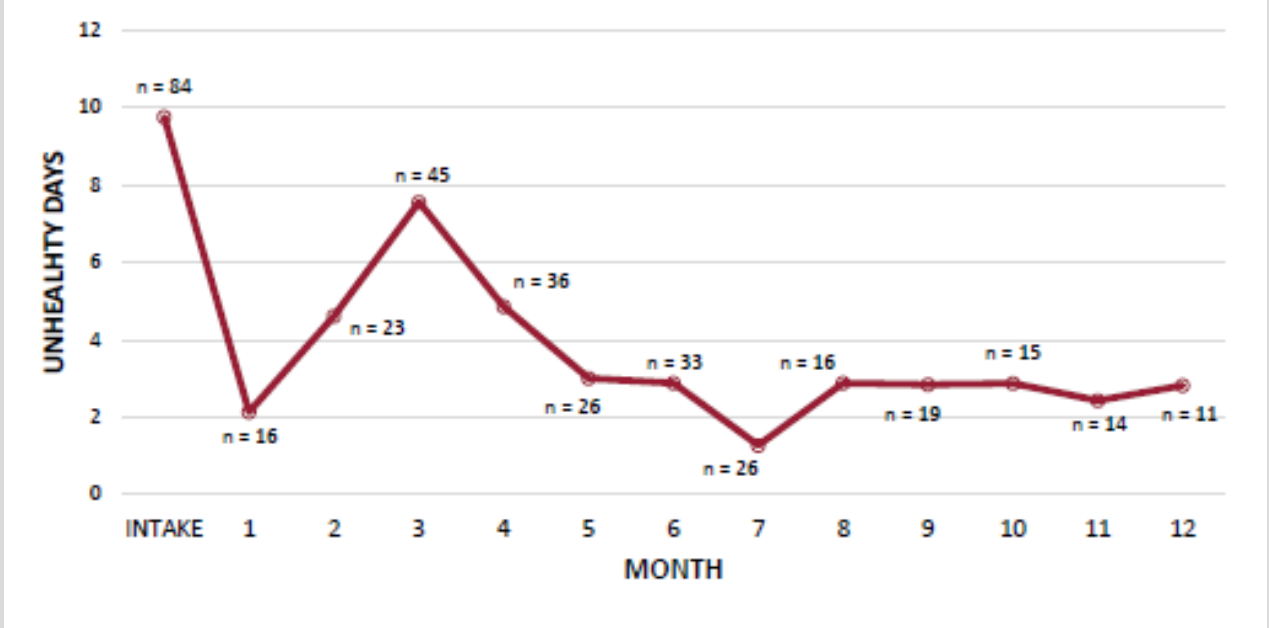
- **Psychotic Symptoms:** Clinician-Rated Dimensions of Psychosis Symptom Severity (CRDPSS)

– Brief measure of psychosis, mania, depression, anxiety

## Functional Measures

- **Quality of Life:** Healthy Days Core Module (HDCM)
  - a general sense of the participant's perception of their physical and mental health.
- **Education:** “Are you currently enrolled in school?”
- **Employment:** “Have you attended work or volunteered twenty or more hours per week in the last month?”

# TWO YEAR FUNCTIONAL OUTCOMES



# SERVICE UTILIZATION

Service	Total Scheduled	Total Attended	%
<b>Participants</b>			
Individual Resiliency Training	2,215	1,697	76.6
Individual Placement Support	1,566	1,205	76.9
Medication Management	920	678	73.6
Case Management	309	278	89.9
<b>Families</b>			
Family Psychoeducation	919	765	83.2

- On average clients attended 3 individual resiliency training sessions; and 1 individual placement support, medication management and case management session per month.

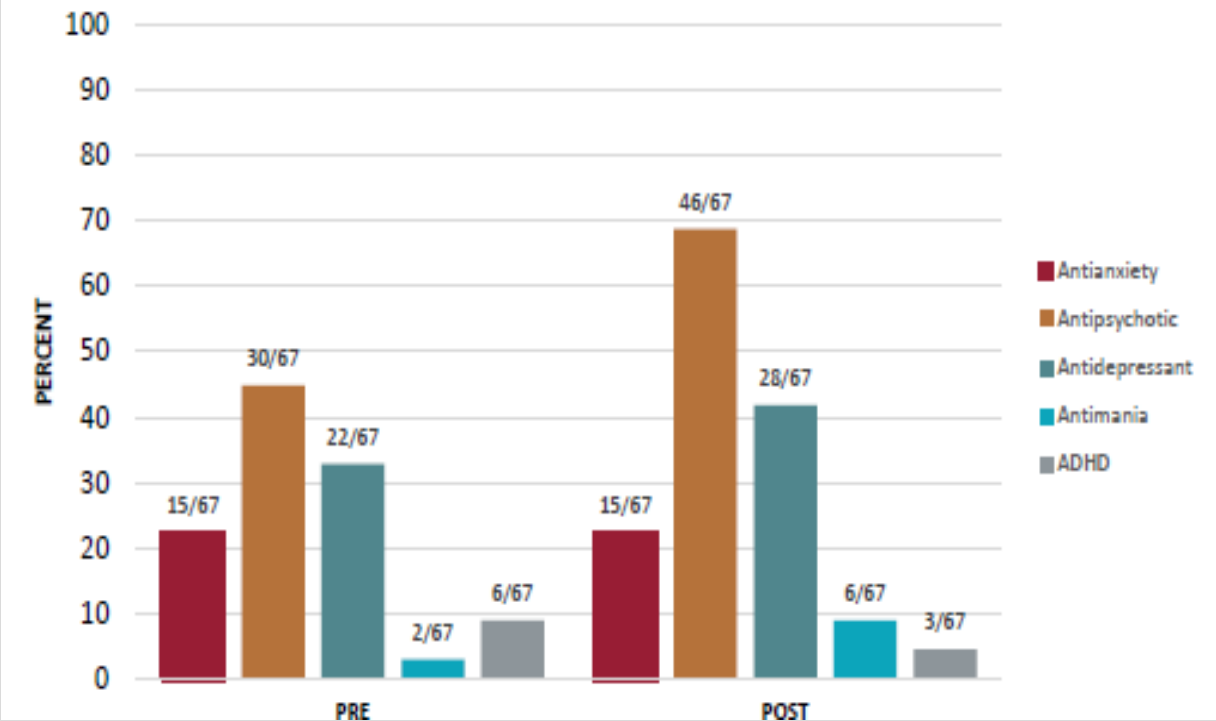
# ADMINISTRATIVE DATA

## Admin Data

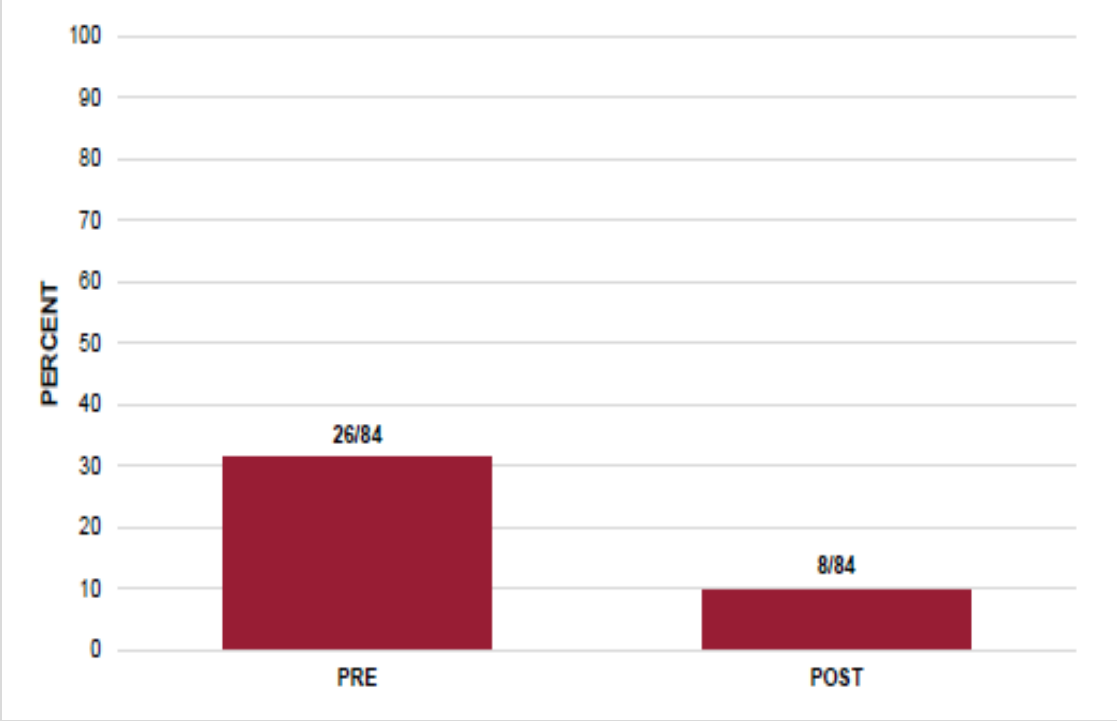
- Behavioral Health Out-Patient Services
- **Psychiatric ER Visits**
- **Non-Psychiatric ER Visits**
- Inpatient Hospitalization
- **Psychotropic Medication**

# ADMINISTRATIVE DATA

## PRESCRIBED MEDICATION



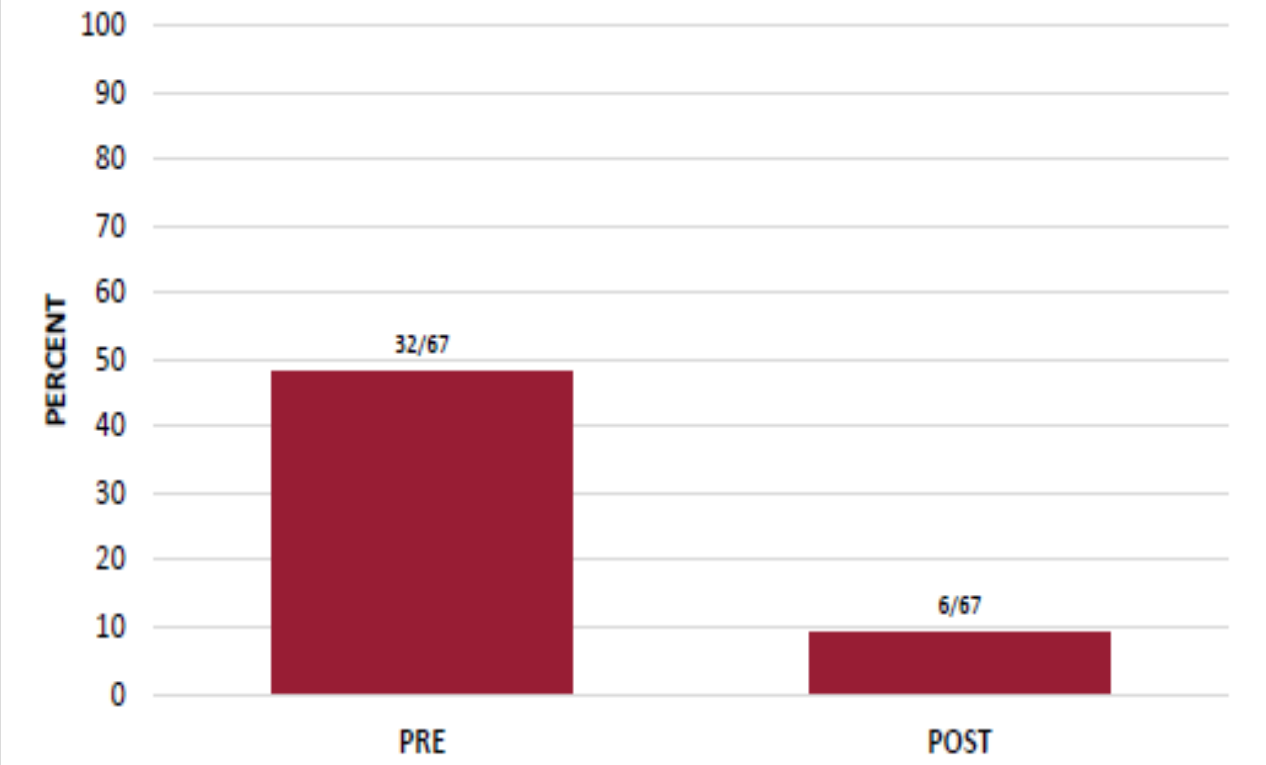
## COMMUNITY PSYCHIATRIC HOSPITALIZATION



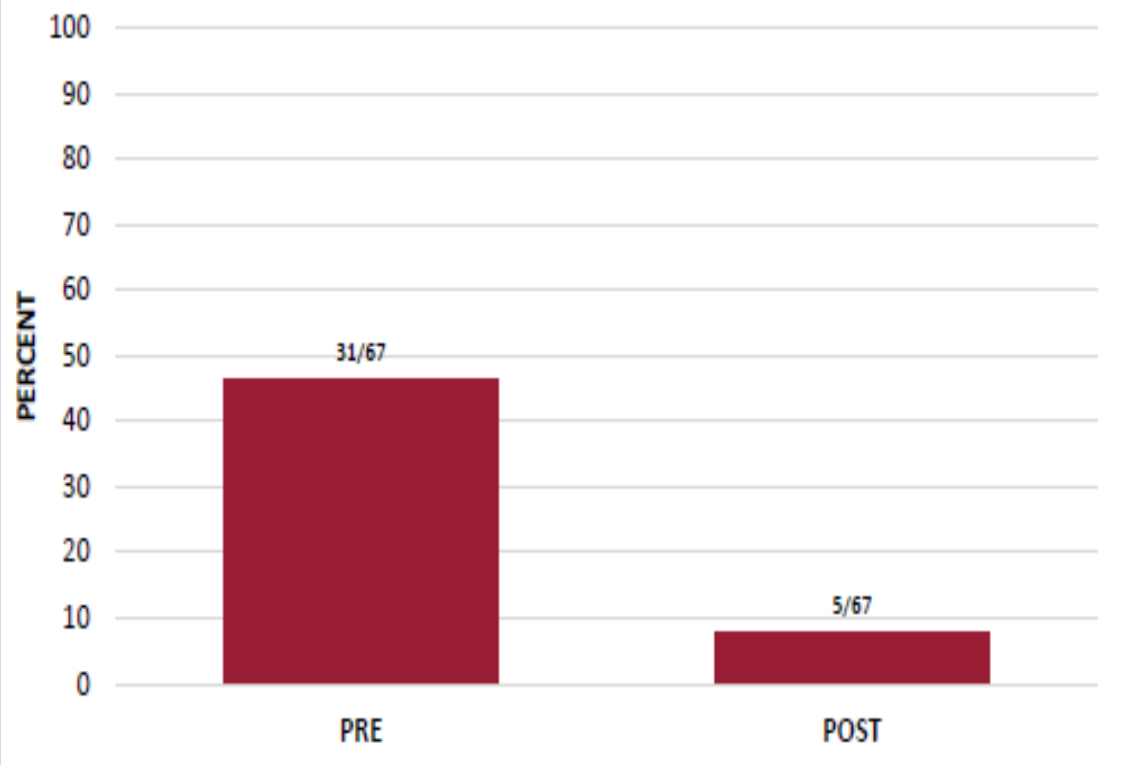


# ADMINISTRATIVE DATA

### ER VISIT – PSYCHIATRIC



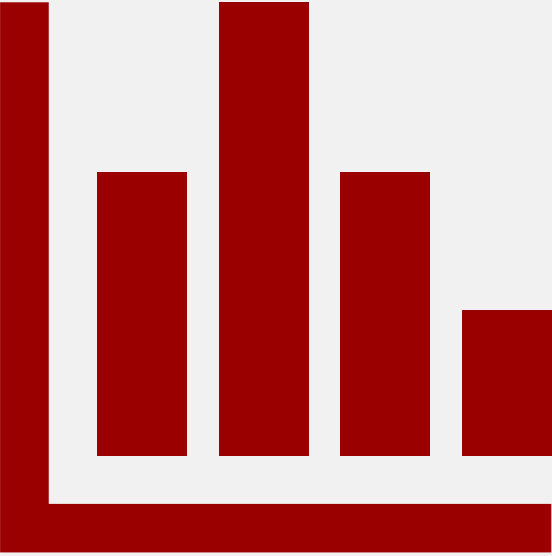
### ER VISIT – NON PSYCHIATRIC



# PROGRAM IMPLEMENTATION CHALLENGES



TIME



MISSING DATA

TITLE HERE