

Promoting Recovery: Young Adults Early-Episode Psychosis (EEP) Initiative

Project Outline

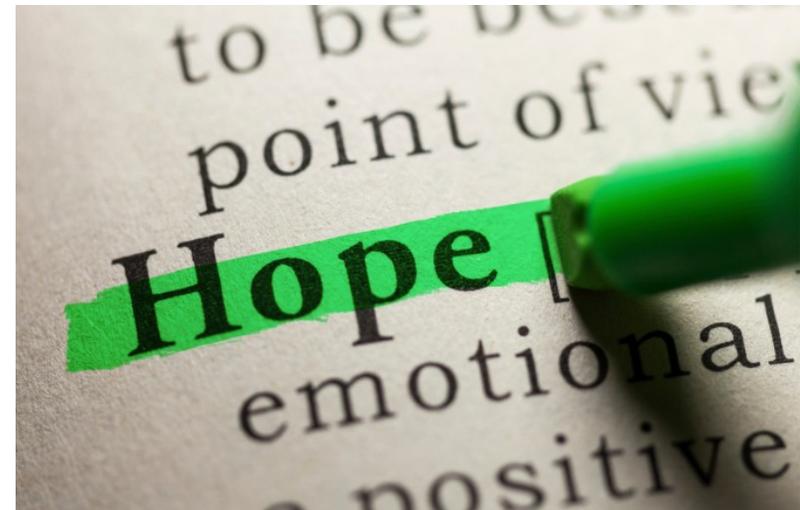
The Vermont Department of Mental Health is partnering with VCPI and consultants to launch a multi-year initiative to adopt evidence-based interventions and treatment approaches for young adults experiencing first-episode psychosis.

The first year of funding will be dedicated to planning, training, and infrastructure development while targeting program implementation and workforce development in the second year. During the initial year, the principals will work with a diverse group of stakeholders – including youth, families, a diverse array of youth-serving providers, and other state partners serving both youth and adults – to more clearly define the identification and prioritization of the target population and complete a review of current evidence-based and promising practices for that target population, as well as to identify best-practice system approaches for addressing the needs of a youth population that may transcend usual age boundaries for service eligibility.

One of the goals of this initiative will be to identify and evaluate those practices that should be implemented statewide, with the goal of synthesizing the most effective interventions for this population. Another goal will be to identify those practices that should be continued as pilots for further study. Research, training and consultation that are provided in the initial year of the project will be developed in partnership with young adults with lived experience and the identified project steering committee.

Project Goals YEAR 1

- To create a statewide platform for education, awareness and dialogue around young adults experiencing first-episode psychosis
- To identify evidence-based and promising practices and treatment approaches for young adults experiencing first-episode psychosis in Vermont
- To identify and define the target population and assessed need for services
- To develop a plan for implementation in Year Two including: identification of pilot sites, planned activities, future budget and data collection to support continuous improvement and dissemination and to evaluate program effectiveness



EEP Advisory Committee Members

Karlo & Carolyn Salminen, NAMI/Family Member
Malaika Puffer, HCRS
Ruth Grant, NAMI/Family Member
Amos Meacham, Soteria/Pathways-VT
Sandy Steingard, Howard Center
Charlotte McCorkel, Howard Center
Laura Nicole-Sisson, Pathways-VT
Matt Wolf, Vermont Federation for Families
Emily Megas-Russell, Hilltop House/HCRS
Julie Brisson, Wellness Workforce Coalition
Sandy Smith, Counseling Services of Addison County
Bernard Norman, Northeast Kingdom Services
Melinda Murtaugh, Vermont Department of Mental Health
Laura Flint, Vermont Department of Mental Health
Carolyn McBain, Vermont Department of Mental Health
Patricia Singer, Vermont Department of Mental Health
Bill McMains, Vermont Department of Mental Health
Nick Nichols, Vermont Department of Mental Health
Liz McCaulay, Merry Meadow Farm
Bart Keinath, VocRehab
Judy Rosenstrich, Vermont Department of Mental Health

Consultants

Ken Minkoff, PhD, ZiaPartners
Nev Jones, PhD, Researcher, Stanford University
Dartmouth Psychiatric Research Team

YEAR 1: Our Accomplishments

- 1. Formation of an advisory committee that is inclusive of family members peers and consumers**
 - a. System-wide implementation requires strategic facilitation of buy-in and bringing early adopters to the table.
- 2. Identify and build relationships with local and national content experts**
 - a. Nev Jones, Tamara Sale, Lisa Dixon
- 3. Reviewed the evidence-based and promising practices in Vermont and nationally**
 - a. Soteria
 - b. Open Dialogue
 - c. RAISE
 - d. Wellness Action Recovery Planning
- 4. Conduct comprehensive research that will include identifying the target population, assessment of areas of need statewide and a comprehensive review of practices**
 - a. Successfully facilitated a Request for Proposal (RFP) for completion of a quantitative and qualitative analysis and study focused on the experience of young Vermonters and their families who have struggled with early episode psychosis. Awardee – Dartmouth Psychiatric Research Team
- 5. Collaboratively developed a scope of work for Year 2**

Vermont Year 2 Overview

The Vermont Department of Mental Health will continue to partner with the Vermont Cooperative for Practice Improvement and Innovation (VCPI) to facilitate the initiative. The second year of the initiative will target research, implementation, workforce development and outreach and education based on the continued research and work of the Advisory Committee and the results of Statewide Research Study.

Project Goals YEAR 2

- To facilitate a statewide qualitative and quantitative analysis and study focused on the experience of young Vermonters and their families who have struggled with early episode psychosis.
- To facilitate a statewide environmental scan to assess organizational capacity, access to training and supervision and coordination across systems.
- To establish a Youth Leadership to empower and support young adults across the state and to guide the EEP efforts in Vermont and to support anti-stigmatism and emphasize support and community
- To coordinate a statewide summit to solidify engagement and create a statewide platform to and build education and awareness around early-episode psychosis within our system of care.

VT Year 2 Scope of Work/Strategies

Phase 1: Research, Outreach & Youth Leadership Development **Project Months: October 2015 – September 2016**

Research Study: During this phase the Statewide Research Study will continue to be implemented. The research team in collaboration with VCPI and DMH will execute a quantitative and qualitative analysis and study focused on the experience of young Vermonters and their families who have struggled with early episode psychosis.

The results of this research study will support analysis of the needs of this population and help to ensure that the personal and familial experience of this population inform the identification and adoption of appropriate evidence-based interventions and treatment approaches.

- Data, research and findings will be summarized as recommendations for Year Three program implementation and workforce development statewide.

Statewide Environmental Scan: A statewide environmental scan will be conducted by VCPI and Stanford University researcher Nev Jones, Ph.D., to assess statewide agency and organizational capacity, access to training and supervision and coordination across the Vermont system of care.

- This information will be utilized to support statewide efforts to prioritize appointments for young people with psychotic symptoms, i.e., statewide protocol for rapid referral and clinical appointments, psychosis specialist or specialist team.

Youth Leadership: To establish authentic Youth Leadership to empower and support young adults across the state and to guide the EEP efforts in Vermont, and to support anti-stigmatism and emphasize support and community.

Phase 2: Education & Awareness

Project Months: March 2016 – November 2016

Description: During this phase we will host a Statewide Summit to promote further engagement and build education and awareness around first-episode psychosis within our Vermont system of care. The summit will be an interactive forum where teams from around the state can hear about various approaches and have dialogue about implementation and practice-improvement strategies. The Statewide Summit will also serve as platform to launch a Statewide Learning Community.

- To create a statewide platform for education, awareness and dialogue around young adults experiencing first-episode psychosis to support anti-stigmatism and emphasize support and community

Phase 3: Statewide Learning Community

Project Months: November 2016 – June 2017

Learning Community Description: In an effort to ensure sustainability VCPI in coordination with DMH and the Advisory Committee will facilitate the development of a statewide learning community for mental health providers across disciplines to implement and integrate the principals and evidence based practices identified for early episode psychosis, and to apply these skills to engage and treat persons in the early stages of psychotic illness.

The learning community will also serve to promote cross-site learning, mentoring and the identification of system level barriers that will need to be addressed at the state and/or federal level.

The learning community will be comprised of Vermont’s designated community mental health agencies (DA’s), non-DA mental health and substance abuse treatment providers, psychiatric inpatient programs, peer programs, family support programs, and other community programs that interact with young adults (e.g., schools and colleges).

The development of an ongoing learning community is a strategic step towards sustainable implementation and dissemination of best practices related to early episode psychosis. A learning community is an effective learning model for adults and incorporates these key principals: drawing on experience; combining theory and practice, emphasize relevance to current work and using a problem solving approach. The Learning Community will further anchor and support the development of clinical content knowledge and expertise broadly within our Vermont system of care around effective practices and principals for effective treatment of early episode psychosis.



Process and Outcome Measures*

Statewide Process and Outcome Measures	Data Source
Number of active collaborators/partners supporting Vermont FEP efforts	Local data
Number of people reached through training and education and outreach activities	VCPI statewide tracking
Assessment of referral capacity of providers for FEP	Statewide Survey
Assessment of provider capacity to provide early identification of FEP	Statewide Survey
Assessment of baseline competency and training levels and needs of clinicians	Statewide Survey
Barriers to service delivery for FEP	Statewide Survey
Assessment of capacity/services of non-Mental Health System (schools, universities, etc.)	Nev Jones Study
Percentage of Vermont providers participating in the FEP Learning Community	VCPI statewide tracking
FEP Learning Community Members; Pre- and Post- Competency Assessment	Survey
FEP Learning Community Members – Impact on service delivery, client satisfaction, ability to treat and/or refer, etc.	Survey

*Dartmouth Research Study Data not included

3rd Year Funding: October 2016 – September 2017

Description: It is anticipated that the third year of the initiative will target program implementation and continued workforce development, and outreach and education based on the continued research and work of the Advisory Committee and the results of Statewide Study.

During this phase we will launch outreach and education efforts with a Statewide Summit to solidify engagement and build education and awareness around first-episode psychosis within our system of care. The summit will be an interactive forum where teams from around the state can hear about various approaches and have dialogue about implementation and practice-improvement strategies.

Current emerging ideas for Year 3 implementation:

- **Prioritizing Need** – Prioritizing appoints for young people with psychotic symptoms - i.e. state-wide protocol for rapid referral and clinical appointments, psychosis specialist or specialist team
- **Training & Workforce Development** – Master clinical trainers and supervisors placed throughout the state and available for consultation and training. Continuing education and statewide training around psychosis and early psychosis.
 - **ECHO Model**
- **Statewide Website** – That can serve as point of contact for youth (parents) and direct to resources with a focus on youth-friendly engagement.
- **Ongoing Education & Outreach** – Statewide education, outreach and awareness efforts to support anti-stigmatism and emphasize support and community.
- **Youth Leadership** – Support youth with lived experience of psychosis to reach other youth, Youth Leadership Council