



FRONTIER
BEHAVIORAL HEALTH



NEW JOURNEYS

A COORDINATED SPECIALTY CARE-
FIRST EPISODE PSYCHOSIS
(CSC- FEP) PROGRAM

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What is Psychosis?



THE TERM “**PSYCHOSIS**”
DESCRIBES CONDITIONS THAT
AFFECT THE MIND, CAUSING A
**LOSS OF CONTACT WITH
REALITY** OR TROUBLE
DECIDING ON WHAT IS REAL
AND WHAT IS NOT REAL.
(PSYCHOSIS IS A CLUSTER OF SYMPTOMS NOT A
DIAGNOSIS.)

Psychosis...



- Often begins in late teens to mid-twenties
- Is unfamiliar and highly disturbing
- Involves a lack of understanding about what is happening
- Common Symptoms:
 - Hallucinations
 - Delusions
 - Cognitive impairment
 - Disorganization
 - Odd speech
 - Unusual or bizarre behavior
 - Trouble with social interaction
 - Difficulty carrying out daily roles & activities

Some Facts About Psychosis

NEARLY 3.5%
OF ALL PEOPLE WILL EXPERIENCE
PSYCHOSIS IN THEIR LIFETIME.¹



**MORE THAN
THE ENTIRE
POPULATION
OF GREECE.²**



PSYCHOSIS IS NOT:

- Made up
- One specific mental illness
- Caused by bad parenting
- Permanent – symptoms change over time
- Just being “eccentric”
- Untreatable
- Violent by nature
- Having multiple personalities
- A choice
- A sign of weakness
- A character flaw

Psychosis In Various Mental Health Disorders

Schizophrenia Spectrum Disorders

Bipolar Disorder

Major Depressive Disorder

Obsessive-Compulsive Disorder (OCD)

Autism Spectrum Disorders

Substance Use Disorders

Medical Illnesses

Trauma and Post Traumatic Stress Disorder (PTSD)

(Mueser & Gingerich, 2006)

More Facts About Psychosis

Psychosis is the 3rd most disabling condition in the world

The average duration of untreated psychosis in the U.S. is more than 2 years.

Untreated psychosis can lead to:

- Increased substance use
- More hospital Visits
- Legal trouble
- Risk of homelessness
- Premature death*

**1 in 10 individuals with psychosis will take their own lives.*

What Is...

“First Episode Psychosis (FEP)”



The 1st time a person experiences a psychotic episode.

Psychotic symptoms are present for at least one week but no more than two years.

IN SHORT:

FEP = Sxs \geq 1 week & \leq 2 years

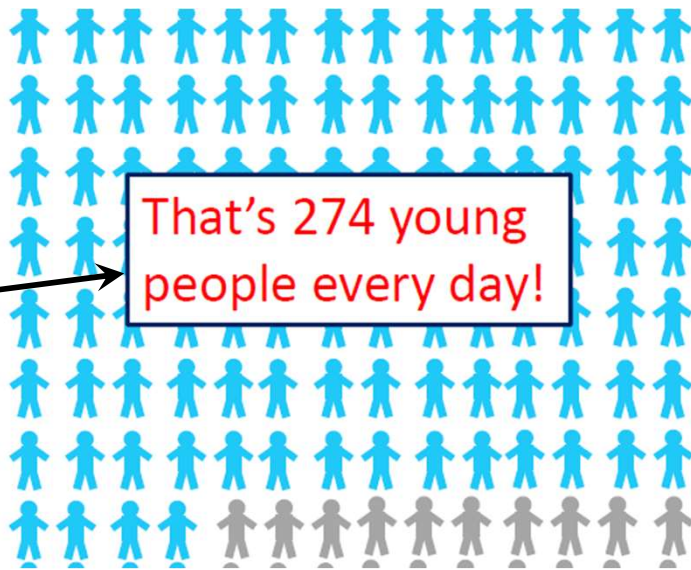
First Episode Psychosis (FEP)

In the U.S.:

Approximately 100,000 adolescents and young adults experience FEP every year¹

In WA State:

Approximately 2,000 adolescents and young adults experience FEP every year²



¹NIMH (August 2015); ²WA DBHR (December 2019)

Early Warning Signs Before Psychosis Starts

Feeling	Feeling "something's not quite right"
Having	Having unusual thoughts and confusion
Experiencing	Experiencing fear for no good reason
Hearing	Hearing sounds/voices that are not there
Declining	Declining interest in people, activities and self-care
Having	Having trouble communicating and understanding

Signs of Emerging Psychosis

MOST COMMON	ADDITIONAL SIGNS	
Spending a lot of time alone, in their room	Social withdrawal	Odd or irrational statements
Depression	Hostility or suspiciousness	Flat, expressionless gaze
Irritability	Decline in personal hygiene	Extreme reaction to criticism
Sleep problems	Oversleeping or insomnia	Inability to cry or express joy
Diminished performance in school, work, or family life	Inappropriate laughter or crying	Forgetful; unable to concentrate
Doing or saying things that seem strange, even bizarre	Strange use of words or way of speaking	

Psychosis is treatable.

Many people recover from a first episode of psychosis & never experience another psychotic episode.



What is...

Coordinated Specialty Care (CSC) ?



Early Psychosis Intervention (EPI) with CSC-FEP Programs Is Associated With...

*Multiple systematic reviews & meta-analyses attest to the value of early intervention for improving symptoms & restoring adaptive functioning in a manner superior to standard care.**

- Decreased positive & negative symptoms
- Increased functioning at work & school
- Increased quality of life & subjective well-being
- Decreased need for medications
- Decreased relapse & hospital readmissions
- Increased treatment engagement
- Decreased trauma secondary to psychosis onset and/or hospitalization

*Bird et al., 2010; Nordentoft et al., 2014; Norman et al., 2011; Penn et al., 2005

Early Intervention is Associated with:

More rapid and complete recovery

Preservation of brain functioning

Preservation of psychosocial skills

Decreased need for intensive treatments

Preservation of supports, especially family and friends

Less or no stigma and rejection

The shorter the Duration of Untreated
Psychosis (DUP),
the better the outcomes are.*

*(i.e., the sooner individuals w/ FEP receive CSC-FEP
treatment, the greater the improvements)*

*Kane et al., 2016

The Goal of CSC-
FEP Treatment:

TO
FUNDAMENTALLY
CHANGE THE
TRAJECTORY AND
PROGNOSIS OF
SCHIZOPHRENIA &
RELATED
DISORDERS.

What is...

New
Journeys
(NJ) ?

The State of Washington's
Coordinated Specialty Care First
Episode Psychosis Program



In short...

NJ is WA's CSC-FEP Program

Key Partners of WA's NJ Programs:



Washington State Health Care Authority
Division of Behavioral Health and Recovery

University of Washington
Department of Psychiatrist and Behavioral Sciences,
UW School of Medicine
(*NJ Implementation Team*)

Washington State University
Behavioral Health Innovations Program at Elson S.
Floyd College
(*NJ Research & Evaluation Team*)

New Journeys CSC-FEP Programs in WA State

AS OF JANUARY 2022, THERE ARE 11 NEW JOURNEYS PROGRAMS ACROSS WA STATE.

Legend:
 - Established Site (Red Diamond)
 - Forthcoming 2021 Teams (Yellow Star)

Programs shown on map:
 - Kitsap Mental Health Services (Established)
 - Ryther (Forthcoming)
 - Valley Cities Behavioral Health Care (Established)
 - Comprehensive Life Resources (Established)
 - Behavioral Health Resources (Established)
 - Sea Mar (Established)
 - North Sound (Established)
 - North Central (Established)
 - Spokane (Established)
 - Frontier Behavioral Health (Forthcoming)
 - King (Established)
 - Pierce (Established)
 - Greater Columbia (Established)
 - Comprehensive Healthcare (Established)
 - Catholic Charities Serving Central Washington (Established)

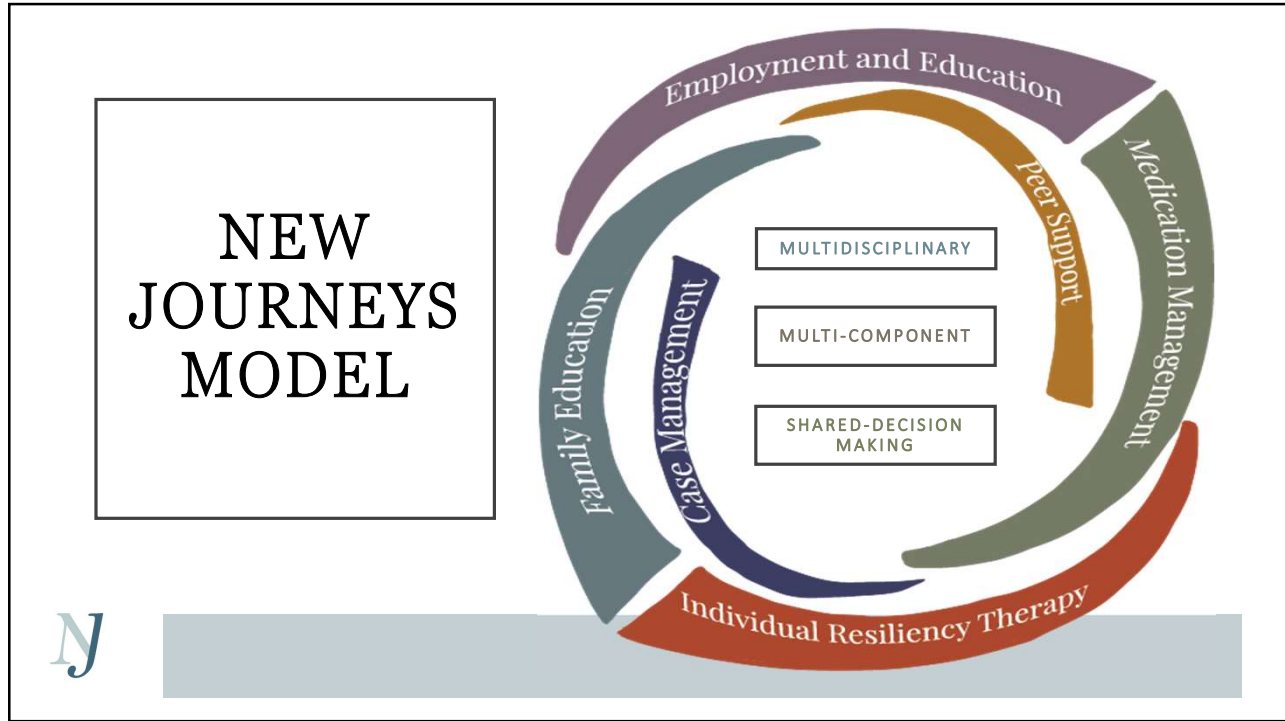
FBH's NJ FEP Program

FRONTIER BEHAVIORAL HEALTH

2118 E. SPRAGUE
 SPOKANE, WA 99202

Creating a new path

Journeys



<p>FBH New Journeys Program:</p> <p>Service Components</p>	<p>IRT Clinician: <i>(Brennan Champagne)</i></p>	<p>Individual Resiliency Training (IRT)/ Individual Psychotherapy</p>
	<p>Psychiatric Provider: <i>(Jason Vestal)</i></p>	<p>Medication Management</p>
	<p>SEE Specialist: <i>(Danielle Smith)</i></p>	<p>Supported Employment and Education (SEE) Services</p>
	<p>PSS Specialist: <i>(Caitlyn Baker)</i></p>	<p>Peer Support Services</p>
	<p>Case Manager: <i>(Caitlyn Baker)</i></p>	<p>Assertive Case Management</p>
	<p>FES Specialist: <i>(Lauren Renard)</i></p>	<p>Family Education Program/ Single-Family Psychotherapy</p>
	<p><i>All NJ Team Members:</i></p>	<p>Address substance use & impact on wellness, to a degree</p>

New Journeys (NJ) Program:

Team Core Competencies

Psychoeducational Skills

Illness Self-Management

Target Self-Stigmatizing Beliefs

Positive Psychology

Motivational Enhancement Skills

Cognitive Behavioral Therapy Teaching
Skills

Involve and Collaborate with Family
and Other Natural Supports

FBH New Journeys Program:

General Info

Program Capacity:	25-30 individuals/clients
Financial Eligibility:	Public, Private, & Uninsured
Program Duration:	Approx. 2 years
Monthly Admission Rate:	2-3 individuals & their loved ones per month

**FBH New Journeys Program:
Program Eligibility**

County of Residence:	Spokane
Age Range:	15-40
Eligible DSM-5 Diagnoses:	<ul style="list-style-type: none"> • Schizophrenia • Schizoaffective Disorder • Schizophreniform Disorder • Delusional Disorder • Brief Psychotic Disorder • Other Specified Schizophrenia Spectrum and Other Psychotic Disorder
Duration of Illness/Psychotic Symptoms:	<ul style="list-style-type: none"> • Greater than or equal (\geq) to 1 wk • <u>&</u> Less than or equal (\leq) to 2 yrs

**FBH New Journeys Program:
Exclusion Criteria**

Psychotic symptoms are NOT known to be caused by:

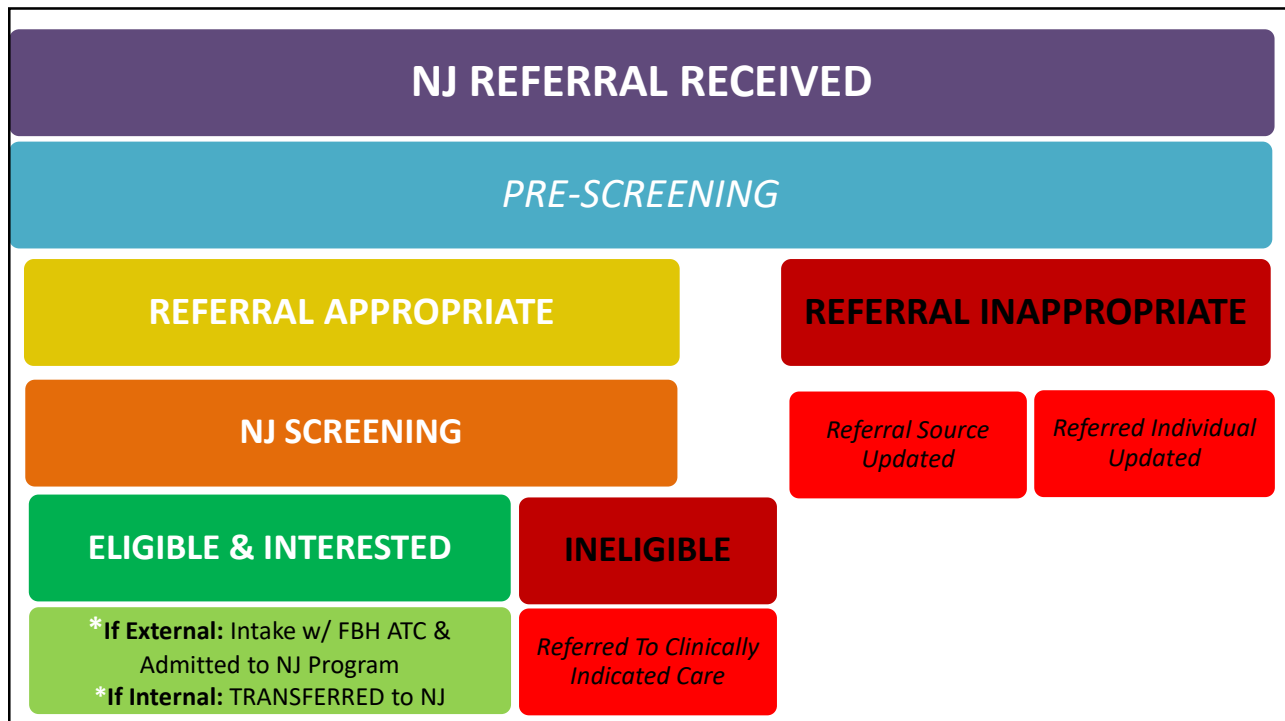
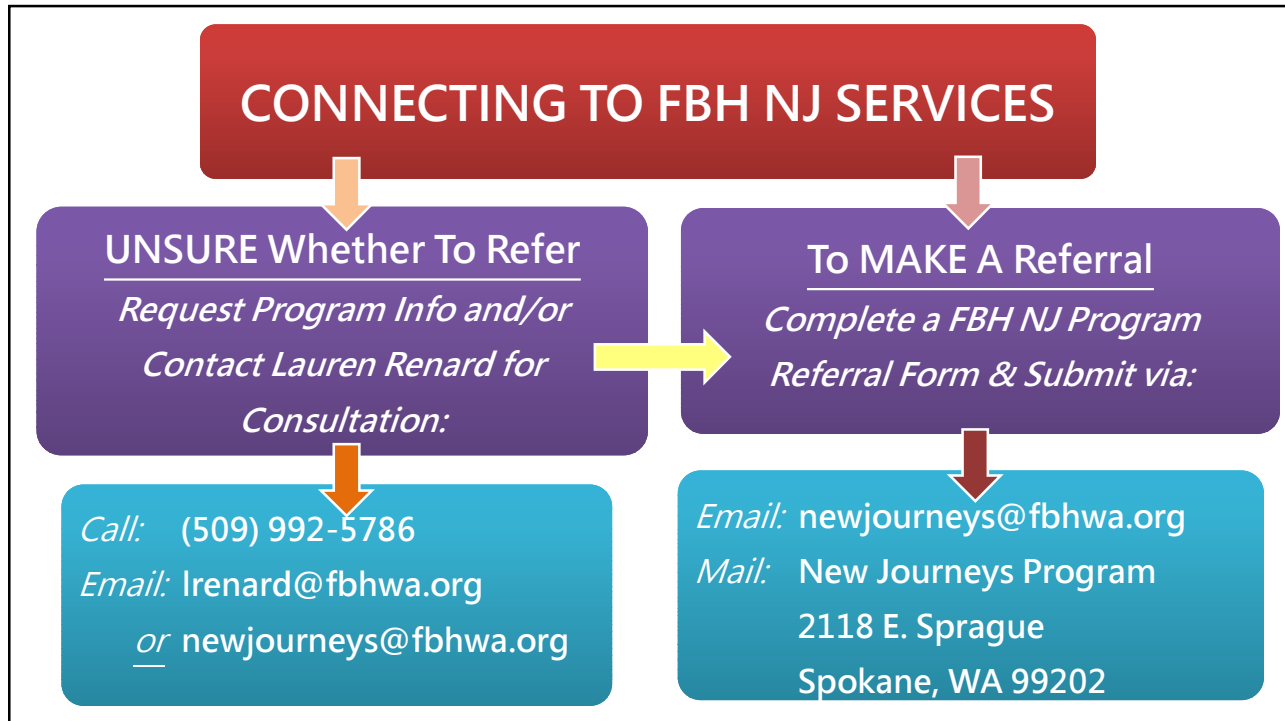
- A mood disorder w/ psychotic features (e.g., Bipolar Disorder w/ Psychotic Features)
- The effects of alcohol or drug use (i.e., Substance/Medication-Induced Psychotic Disorder)
- A medical or neurological condition (i.e., Psychotic Disorder Due To Another Medical Condition)

Autism Spectrum Disorder

- Previously separated into Autistic Disorder, Asperger's Syndrome, Pervasive Developmental Disorder NOS, & Childhood Disintegrative Disorder (i.e., pre-DSM-5)

Intellectual Disability

- Significant impairments of general mental abilities that impact adaptive functioning in conceptual, social, & practical domains
- Previously called Mental Retardation, w/ approx. IQ<70





Check out the WA New Journeys website!

WWW.NEWJOURNEYSWASHINGTON.ORG



Thank You for Your Time!

*Questions? Comments?
Please contact me!*

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