First Episode Programs in Greater Context

Webinar 5: September 10, 2015

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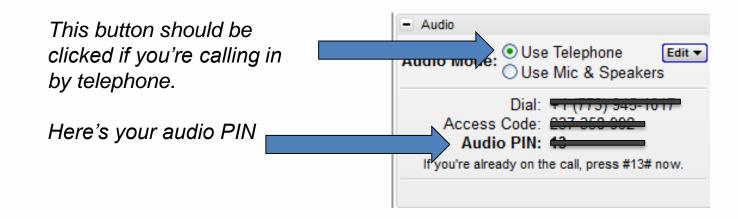
Tamara Sale, MA





Webinar Logistics

- We recommend calling in <u>on your telephone</u>.
- Remember to enter your Audio PIN so we can unmute your line when you have a question.
- Audio PIN: Will be displayed after you login.







Aims

- Explore the implementation of first episode programs in the wider system/state context including:
 - Financing
 - State and local systems
 - State and national resources
 - Organizational considerations





Implementing the 5% Block Grant Set Aside for First Episode Programs State Efforts and Technical Assistance Resources

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National Association of State Mental Health Program Directors

NASMHPD Research Institute

September 10, 2015





Disclosure Statement

- This work was supported by a contract from the Substance Abuse and Mental Health Services Administration.
- The views, opinions, and content of this publication are those of the authors and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS. Any references to any specific commercial products, process, service, manufacturer, or company does not constitute its endorsement or recommendation by the U.S. Government or HHS.



Presentation Overview

- Introduction to the Block Grant Set Aside
- State implementation Efforts for the Set Aside
- NASMHPD/NRI Technical Assistance Resources
 - Environmental Scan
 - Webinar Series
 - Technical Assistance Publications
 - Outcome Measurement Summary





5% Set Aside for FEP

The Fiscal Year 2014 SAMHSA included new funding and a new requirement within the Mental Health Block Grant (MHBG) that "States shall expend at least five percent of the amount each receives... to support evidence-based programs that address the needs of individuals with early serious mental illness, including psychotic disorders, regardless of the age of the individual at onset."

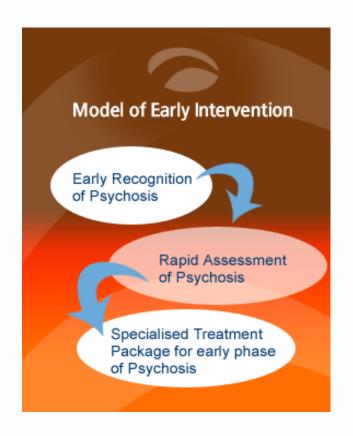






5% Set Aside Goal

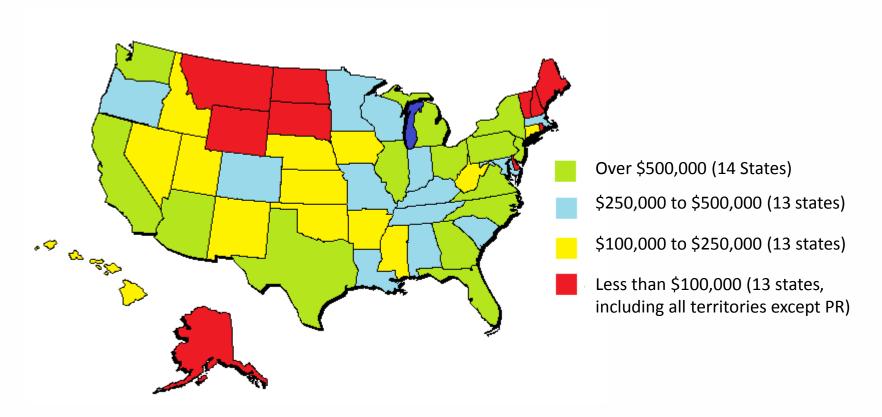
 The set aside was intended to stimulate the development of programming for individuals in the early stages of their illness prior to the development of disability. Funds were restricted to individuals with a first episode of serious mental illness.







MHBG State Allotments of the 5% Set-Aside



MHBG Set-Aside Funding ranged from \$3.1 million in CA to \$2,500 in Palau Note, many states are providing additional State funds to support First Episode Programs





State/Territorial Implementation Strategies

- 7 implemented the RAISE Navigate Program All are in the installation phase
- 11 implemented the On Track New York Installation and program expansion
- 8 implemented the RAISE model unspecified most in installation phase – 1 expanding services
- 15 implemented other Coordinated Specialty Care Programs (e.g Yale STEP, Oregon EASA)
- 9 are exploring programs for implementation
- 9 implemented EBP's for the population (e.g. Supported Employment, CBT, Family Psychoeducation)
- 2 states vary by county

States may be represented more than once if using multiple strategies





Technical Assistance Materials – The Environmental Scan

- Reviews a variety of programs and practices for early intervention with an emphasis on
 - Coordinated Specialty Care (CSC) models both domestic and international
 - Evidence based practices that are often included in CSC programs
- Selected additional resources includes
 - Organizational/Institutional resources (e.g. NIMH/SAMHSA)
 - Links to archived webinars of relevance
 - Selected peer reviewed articles on topics of interest
- Appendices providing more in depth information on selected programs.

http://www.nasmhpd.org/sites/default/files/EnvironmentalScan2.10.2015.pdf





Matrix A: Examples of Coordinated Care Models for Persons in Early Stages of Illness

Coordinated Specialty Care (CSC) as defined by the National Institute of Mental Health is a "team-based, multi-element approach to treating first episode psychosis ¹". This section contains a selection of domestic and international CSCs aimed at treating first episodes of psychosis that occur as a result of a serious mental illnesses, including (but not limited to) schizophrenia, schizoaffective disorder, and schizophreniform disorder. This matrix is not intended to serve as an exhaustive listing of all of the individual CSC models or clinic sites across the globe, but rather to offer a representational sampling of programs utilizing this type of model. When available, eligibility criteria, treatment components, team staffing, and online resources are provided for each program (In the electronic version, web-links are embedded). Resources categorized under "Special Features" are developed by the program; other resources that are provided were developed by other sources, but are useful in implementing the CSC. Of course, a coordinated care approach is *also* beneficial to persons in early stages of other types of mental disorders beyond psychosis. At the end of this matrix, then, are examples of three integrated care program models that focus on mood disorders (one on bipolar, and two other on youth depression).

Program	Eligibility Criteria (May Vary by Treatment Location)	Treatment Components	Team Staffing (May Vary by Treatment Location)	Resources
Sacramento EDAPT (SacEDAPT): Similar to EDAPT, SacEDAPT is a recovery-based treatment approach that provides for two years of services focusing on 1) reducing and managing symptoms, and 2) improving individuals' ability to achieve success in independent roles. Gold standard assessments of clinical symptoms and psychosocial functioning are used to evaluate each client to determine appropriate diagnosis in order to guide treatment. This program is specifically designed for residents in Sacramento County, California, who receive Medi-Cal (California's Medicaid program), or are uninsured or undocumented. [Note: program serves both FEP and high-risk populations]. Click Early Diagnosis and Preventive Treatment (EDAPT) & Sacramento EDAPT (SacEDAPT) for a more thorough description of this program. Program Established in 2011. Contact: Tara Niendam, Ph.D. Tel: 916-734-3090 / tniendam@ucdavis.edu http://earlypsychosis.ucdavis.edu/edapt Located at the Behavioral Health Center University of California Davis Medical Center 2230 Stockton, Blvd Sacramento, CA 95817	Ages 12-30 Residents of Sacramento County Non-affective and affective psychosis Experienced symptoms in the past year Have Medi-Cal or are uninsured and/or undocumented Also serves prodromal clients	Medication Management Individual/Family Psychoeducation and support Multi-family groups Supported Education Supported Employment Peer Support Groups Family Support groups Individual and Group Cognitive Behavioral Therapy Substance Abluse Management Groups	Clinic Director Director of Operations Medical Director Clinic Coordinator Licensed Clinical Social Worker Licensed Marriage and Family Therapist Peer Advocate Supported Education/ Employment Specialist	SPECIAL FEATURES: For Professionals: Fellowships, internships, and externships for professionals are available through the EDAPT program. Outreach and Screening Materials: Online 21 Question Screening Survey Educational sessions for stakeholders and practitioners are available through the EDAPT program at UC Davis. How to access services OUTCOME MEASURES/INSTRUMENTS: Change in clinical symptom severity is monitored using the following instruments: Global Functioning Scale – Social and Role CGI-SCH (Haro, 2008; Masand, O'Gormon, & Mandel, 2011) Columbia Suicide Severity Rating Scale (CSSRS) Outcomes are also measured based on the following indicators: Participation in age-appropriate social

Evidence-Based Practice Treatment Elements

Cognitive Behavioral Therapy (CBT): CBT is a type of

become more aware of negative or inaccurate thinking

so they can view their lives more clearly and respond

to events more effectively. CBT can be helpful in

treating mental disorders or illnesses by helping

patients manage symptoms and prevent relapse,

trauma, cope with medical illnesses, and manage

depression, bipolar disorders, schizophrenia, and

other serious mental illnesses. Source

manage stress and emotions, improve communication

and interpersonal relationships, overcome emotional

chronic physical symptoms. CBT can be used to treat

mental health psychotherapy where the counselor

works with patients in a structured manner for a

limited number of sessions. CBT helps patients

- Based on the cognitive model of emotional response in which modifying thinking modifies emotional or other cognitive responses.
- Treatment is brief and timelimited, structured and directive;
- Requires a sound therapeutic relationship and is a collaborative effort between the therapist and the client.

Requires active participation by

the client in completing

homework

Provider Requirements

.

Resources
FOR PATIENTS AND FAMILIES:

Can be performed by a range of mental health professionals including psychiatrists, psychologists, social workers, nurses or licensed mental health therapists, Educational levels for certification listed below.

The National Association of Cognitive Behavioral Therapists (NACBT) provides certification in CBT. NACBT offers <u>four certification levels</u>:

- <u>Diplomate in Cognitive Behavioral Therapy</u> The highest credential awarded by NACBT. Criteria required for certification (valid for 5 years):
 - Masters or doctoral degree in psychology, counseling, social work, psychiatry, or related field from a regionally accredited university.
 - Ten years of post-graduate experience at providing CBT. This experience must be verified.
 - Three letters of recommendation from mental health professionals who are familiar with the applicant's cognitive behavioral skills.
 - Successful completion of a certification program (all levels) in CBT that is recognized by NACBT, such as Rational Emotive Behavior Therapy, Rational Behavior Therapy, Rational Living Therapy, or Cognitive Therapy.
- <u>Certified Cognitive Behavioral Therapist</u> –
 Criteria required for certification include (valid for 5 years):
 - Masters or doctoral degree in psychology, counseling, social work, psychiatry, or related field from a regionally accredited university.
 - Six years of post-graduate experience at providing CBT. This must be verified.
 - Three letters of recommendation from mental health professionals who are familiar with the applicant's cognitive behavioral

- CBT Group Therapy Manual for both Providers and Patients (Spanish Version): This manual provides ground rules for group therapy, a framework of CBT, what to expect in group therapy, and information about how thoughts affect moods. A daily mood scale and "homework" exercises are provided.
- <u>CBT Open Group Member's Guidebook</u> (<u>Spanish Version</u>): Workbook given to open group members to educate them about CBT group, highlight the connection between thoughts and mood, help patients better identify and manage thoughts (both harmful and helpful).
- <u>CBT Closed Group Member's Guidebook (Spanish Version)</u>: This manual provides ground rules for group therapy, a framework of CBT, what to expect in group therapy, and information about how thoughts affect moods. A daily mood scale and "homework" exercises are provided.
- <u>CBT Individual Treatment Manual: Client's Guidebook (Spanish Version)</u>:
 Provides an overview of CBT and depression, and highlights the goals of the treatment plan.
- NAMI CBT Factsheet: Two-page factsheet that provides information about what CBT is, and when it is best used as a form of therapy.
- Cognitive Therapy Rating Scale: Allows the patient to provide feedback on the quality of the session. Related: Cognitive Therapy Rating Scale Manual

FOR PROFESSIONALS:

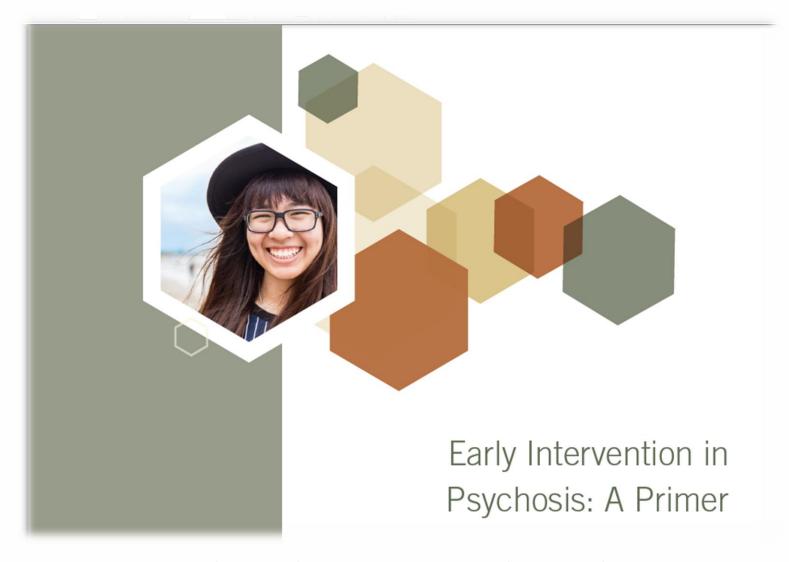
- A Therapist's Guide to Brief Cognitive Behavioral Therapy: This manual is
 designed for mental health practitioners looking to establish a solid
 foundation of CBT skills. Concepts contained in this manual detail the basic
 steps needed to provide CBT with the intent that users will feel
 increasingly comfortable conducting CBT. The manual is not designed for
 advanced CBT practitioners.
- CBT Group Therapy Manual for both Providers and Patients (Spanish Version): This manual provides ground rules for group therapy, a framework of CBT, what to expect in group therapy, and information about how thoughts affect moods. A daily mood scale and "homework" exercises are provided.
- CBT Manual for Non-CBT-Trained Professionals: <u>Group Leader</u> <u>Introduction</u>, <u>Open Group Provider Manual (English)</u>, <u>Open Group Provider Manual (Spanish)</u>.
- CBT Manual for Closed Group Leaders (Spanish Version): Provides tips to the Group Leader to ensure a successful session, including a list of supplies, goals, and processes.

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February 10, 2015



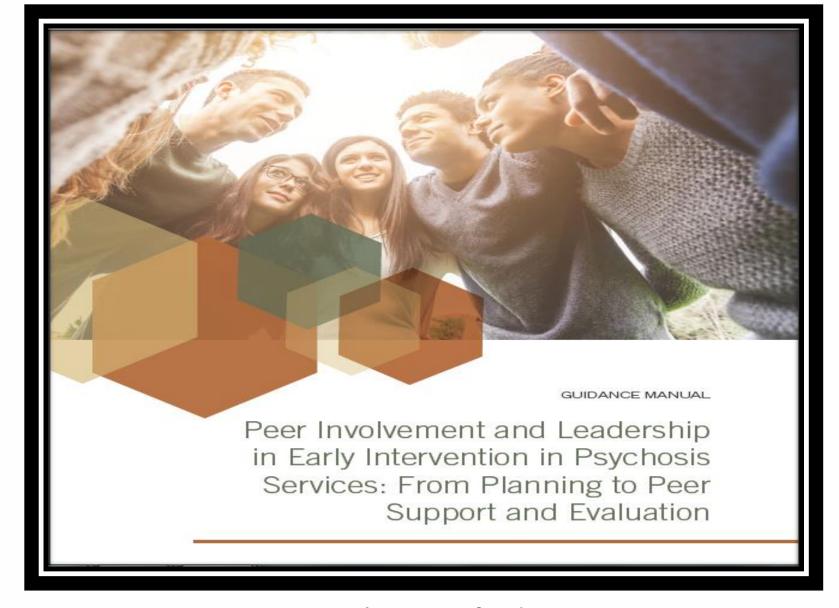




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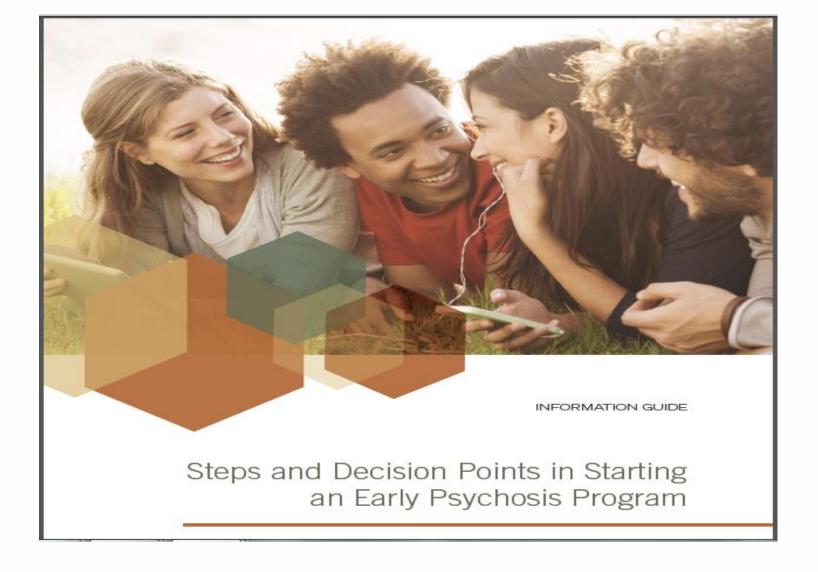




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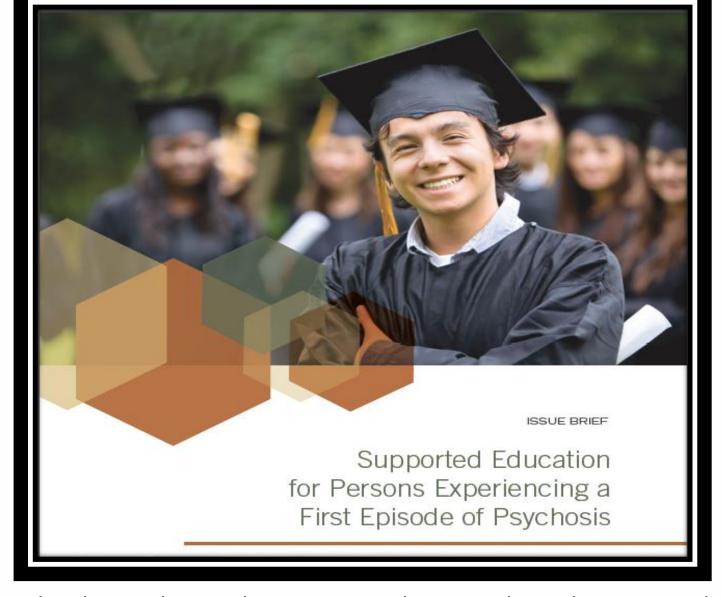




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Editorial team included Dr. David Shern and Dr. Robert Drake along with the Option Grid team at Dartmouth led by Dr. Glyn Elwyn and colleagues Dr. Manish Mishra and Ms. Arianna Blaine, Shern and Drake were joined by Drs. Pat Deegan, Lisa Dixon, Tony Lehman, Julie Kreyenbuhl and Will Torrey.





Assessing the Impact and Outcomes of FEP Programs

To Assist states and providers implementing FEP Programs to assess outcomes and impact, SAMHSA has sponsored several activities

- 4 Quarterly Webinars focusing on Outcomes
- NRI Report on What Outcome and Performance
 Measures early FEP Program have found most useful
 (report being completed Fall 2015)
- Collaboration with NIMH, ASPE, and PEPPNET Group (Prodromal and Early Psychosis Prevention Network)





Early Intervention Program Outcome Webinars

Four Quarterly Webinars to help States and Providers Learn from the experience of other Early Intervention Programs about what to measure and how to measure it:

Copies of webinars are available online at: http://www.nasmhpd.org/webinars

- Measuring the Impact of Early Intervention Programs for First Episode Psychosis: Experiences and Lessons Learned from Two States, Oregon and Maryland, December 16, 2014
- Evidence Based Approaches to Systematic Fidelity Assessment for First Episode Programs, April 20, 2015
- 3. Practical Approaches to Measuring Fidelity in Coordinated Specialty Care for First Episode Psychosis, May 13, 2015
- 4. Methodological and Practical Issues in Population Based Programming for Persons with First Episode Psychosis: Incidence, Engagement, Penetration and Outreach Effectiveness, September 8, 2015









Strategies for Funding Coordinated Specialty Care Initiatives

- ❖Mary F. Brunette, M.D.
- Howard H Goldman M.D. Ph.D.
- ❖Thomas G. McGuire, Ph.D.

June 30, 2015





http://www.nasmhpd.org/sites/default/files/June%2030%20PPT%20-%20All%20Presenters.pdf





OTNY Implementation: Considerations Regarding How Organizational Issues Impact Addressing Performance Expectations

Lisa Dixon, M.D.
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Professor of Psychiatry
Columbia University Medical Center





- Based on collection of patient and team level data, largely from clinicians; stored and analyzed by OMH Performance, Measurement and Evaluation Unit.
- Data covers care processes and outcomes.
- Baseline, q 3month, and discharge forms for all clients completed at time of treatment planning.
- Q3 month information on team functioning submitted by team leader.





Domain and **Expectation**

Operational | Source of -ization of **Expectation**

Information





Staffing. Teams hire and maintain the required staff.

*Key Issues: How turnover, maternity leave are addressed

 Caseload size. Teams maintain a caseload that is small enough to allow for intensive and highly individualized services while, at the same time, serving as many clients as possible within these service demands.

*Key Issues: minimal problems; occasional push for too many too fast





- Staff meets as a team. These meetings are for strategic clinical thinking and reviewing the status and "next steps toward goals" for each person on the team's caseload.
- *Key Issues: Environment of collaboration needed; time allowed; lack of overwhelming additional responsibilities





Domain and Expectation	Operationalization of Expectation	
Admission occurs promptly; the time from inquiry about the program through eligibility determination and admission to the team is completed in a timely manner.	For at least 80% of individuals admitted to the program, the time from eligibility evaluation to admission is ≤ 1 week.	
Teams act on referrals quickly and	Comment: Expectations around	
engage clients and families throughout the process from	timeliness of the various components of the admission process are still	
referral through admission.	evolving and will be informed by current performance across teams.	

*Key Issues: Orientation to community and connectivity to partners; maybe better in child and programs with clients who have greater disadvantage; sufficient staff time needed





Domain and Expectation	Operationalization of Expectation
Flexibility of Services. Services are provided in times and locations that promote engagement and retention of client.	a. Team provides 24/7 coverage b. Policy is posted at the site in a location visible to clients/family members and distributed to each client c. At least 10% of clients are seen in the community by at least one Team member at least once per quarter (exclude services provided by the Supported Education and Employment Specialist) d. Staff schedule shows the regular availability of office time outside of the regular work day for the scheduling of routine appointments. e. At least one family group each month meets outside the hours of 9-5 M-F.

*Key Issues: Agency policy and flexibility; recovery orientation; ability to address bureaucratic roadblocks





Domain and Expectation Operationalization of Expectation 1. Psychotropic Medications. a. On the last day of the reporting Pharmacotherapy is a core component period, antipsychotic medication was of treatment. Because many clients prescribed for at least 60% of clients. with FEP are reluctant to try medication, teams work to develop b. At least 75% of clients have had at trusting relationships and provide least one trial of an antipsychotic medication prescribed for at least 4 education about medication options continuous weeks within the and best practices for medication treatment for FEP so that clients are recommended dosage range. willing to try adequate trials of antipsychotic medications.

*Key Issues: Culture of respect, personcenteredness, recovery orientation, balance in medical leadership





Domain and Expectation	Operationalization of Expectation	
For clients prescribed	For at least 80% of clients	
antipsychotics, teams	prescribed an	
monitor weight change.	antipsychotic medication,	
	weight is assessed at least	
	quarterly.	

*Key Issue: Orientation toward integrated care





Domain and Expectation	Operationalization of Expectation
Clients who are using substances	Of clients whose substance use is
have their substance use	seen as problematic by at least
addressed by their Primary	one member of the team
Clinician.	(including the client), at least 50%
	of such clients are receiving
	treatment for substance by
	meeting with at least one
	OnTrackNY clinician during the
	quarter.

*Key Issue: Orientation toward substance abuse treatment, harm reduction





Domain and Expectation	Operationalization of Expectation
SEES focuses exclusively on supported	SEES primarily provide employment and
employment and supported	education services. At least 90% of
education.	the SEES's time is devoted to
	assisting client in working on
	employment or education goals (vs.
	case management and crisis
	services, administrative duties, or
	other duties not directly related to
	employment or education).
	1 /

*Key Issues: Respect for importance of this role beyond billing; understanding of role in recovery





Domain and Expectation	Operationalization of Expectation	
Working with families.	a. For all clients, Team has	
Team discusses with each client	conversations regarding their	
ways family might be involved in the	preferences for family involvement	
client's treatment and determines	as part of the admission process.	
each client's preferences and		
reassesses these preferences	b. For at least 50% of clients, at least	
periodically. Team documents	one team member met with at least	
family's participation in treatment	one member of the client's family	
over time.	each quarter.	

*Key Issue: Fears around HIPAA; discomfort with family; child world does better





Summary

- Leadership and organizational culture influence ability to implement CSC programs in diverse ways
- Challenge to maximize "fit" while respecting agency culture



Leveraging Resources and Building Support: Learning from Oregon's Experience

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September 10, 2015





Creating Shared Vision & Ownership

 How you define the problem(s) and vision determines the possible solutions



- Demonstrate broad reach, urgency, contrast between now and future, and potential impact
 - Generates understanding & commitment (especially when people with lived experience speak)
 - Creates flexibility in strategies for how we get there





Contrasts







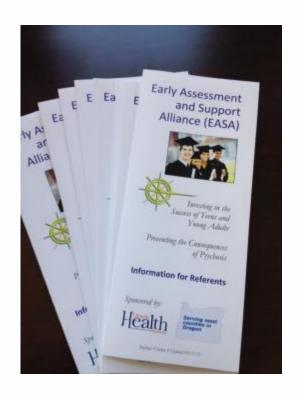
- Education vs. people not knowing
- Rapid access vs. long delay
- Outreach & voluntary entry vs. involuntary traumatizing entry
- Support for developmental progress and career vs. push for disability
- Family education and support to keep families together vs. family burden & break-up
- Evidence-supported care vs. whatever happens to be available (usually not evidence-supported)
- Proactive approach to prevent hospitalizations and legal involvement vs. ongoing cycle of relapse
- Engagement of young people and families in system development vs. adversarial relationships
- Systemic problem solving vs. expensive ineffective strategies





Marketing

- Simple written materials with data & graphs
- Stories
- Clear and compelling messaging
- Ongoing relationships and investment







Health Care Reform: EASA's Genesis

 1997 Oregon Medicaid health care reform created Mental Health Managed Care Organizations with flexibility & ability to reinvest in prevention/early intervention



- Mid-Valley Behavioral Care Network responsible for five original counties; reinvested Medicaid dollars for start-up
 - Sought private foundation and Federal Block Grant dollars to allow universal approach
 - Brought funders together to create sustainability strategy & build ownership over systemic solutions
 - Resulted in sharing of billing strategies, legislative appropriation, ongoing effort to align parity interpretations to include public mental health services (i.e. acceptance of agency licensure, requirements that comprehensive services for serious mental illness be covered)
- Created common name/materials, fidelity process, practice guidelines, cost analysis, etc.- allowed us to take unified approach
- Led to statewide effort; ongoing development
- Became core of young adult system effort





Sustainability Work Group





- Invited players who had authority and dollars
- Started with common understanding of what we were trying to fund
- Outlined payer scenarios and elements; identified what we could or couldn't pay for
- Prioritized non-Medicaid services at first
- Led to short-term and long-term strategies
 - Foundation grant applications; Federal Block Grant appropriation
 - Ongoing legislative appropriation (expanded later to include training & technical assistance)
 - Ongoing effort to integrate alternative payment methods into Coordinated Care Organizations
 - Ongoing effort to interpret parity rules to include team-based outpatient community-based mental health not available through private practitioners





National Opportunities

- Sharing resources
 - Regional efforts such Oregon/Washington and NY/Maryland
 - National learning collaboratives
 - Visiting each others' programs
 - Creating connections across people with similar roles
 - Sharing training costs & opportunities, capacity building
 - Developing web-based training including virtual coaching





Public Health Approach

- Incidence is predictable
- High cost borne by multiple players
- Current incentives to use the least effective, most reactive care
- Human & legal rights issue!







Role of People with Lived Experience



 Feedback and guidance to ensure accountability and relevance of your effort

 Most credible advocates for funding and broad support



Incremental Opportunism

Start with what you can do

Articulate the vision

Aim for what you can't do yet

Align with existing efforts







Short-Term Financing Strategies

- Expand priority definitions
- Tie to existing hospital diversion and health care reform efforts
- Maximize billing
- Apply for grant funding
- Break out practices to implement



Long-Term Financing Strategies

- Tie to high-traction efforts such as legislative priorities and court cases (Olmstead, etc.)
- Build champions by bringing them to the table, articulating shared vision, defining roles
- Work together with other sites & stakeholders to:
 - Advocate for meaningful insurance parity,
 - Build data,
 - Generate cost estimates,
 - Develop marketing strategies.







Cross-State Collaboration

Sharing materials and program strategies

Shared consultation, training & problem solving

Developing web-based strategies

Working toward a national vision & consistent system of care

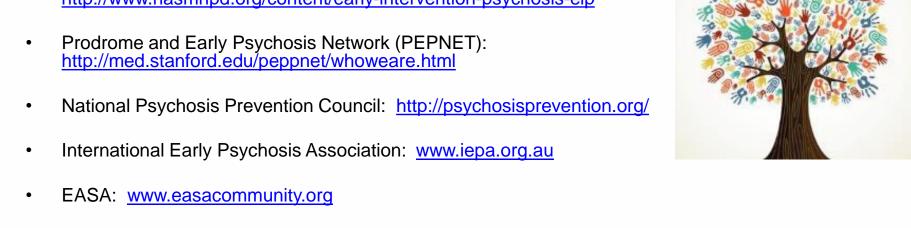




Cross-State Collaboration

 National Association of State Mental Health Program Directors portal: http://www.nasmhpd.org/content/early-intervention-psychosis-eip

- Commonwealth programs: EPPIC http://eppic.org.au/, IRIS http://eppic.org.au/, IRIS http://eppic.org.au/
- RAISE resources: http://www.nimh.nih.gov/health/topics/schizophrenia/raise/coordinated-specialty-care-for-first-episode-psychosis-resources.shtml
- Navigate (RAISE Early Tx Program manuals): <u>www.navigateconsultants.org</u>
- RAISE Connections/ OnTrack USA (implementation and treatment manuals): http://practiceinnovations.org/OnTrackUSA/tabid/253/Default.aspx







Discussion/Questions









Next Month

- Evaluation/outcomes
- October 15 11am-1pm ET



COP: Next Steps

- Post webinar survey.
- September office hours with David, Lisa and Tamara
 - Selections must be made by COB 9/17.





National Council for Behavioral Health Hill Day 2015



October 5-6, 2015 Washington, D.C.



