National Association of State Mental Health Program Directors

Technical Assistance Portfolio: First Episode of Psychosis
2014-2018

https://www.nasmhpd.org/sites/default/files/Overview_Links_All_FEP_TA_Products_9-28-18_0.pdf

Treatment or Clinical Issues

Optimizing Medication Management for Persons Who Experienced a First Episode of Psychosis. A shared decision-making tool for making decisions regarding use of medications. The tool includes three brochures that offer information on likely side effects of various antipsychotic medications, self-help suggestions about medication management, and an Options Grid that helps to structure the decision process. https://www.nasmhpd.org/sites/default/files/Brochure-Optimizing-Medication-Management-for-Persons-First-Episode-of-Psychosis.pdf

Age and Developmental Considerations in Early Psychosis.
snaphttps://www.nasmhpd.org/sites/default/files/Issue_Brief-Age_and_Development_Considerations_in_Early_Psychosis.pdf

Supported Education for Persons Experiencing a First Episode of Psychosis. A primer on the rationale for and techniques that are involved in delivering supported education services in FEP programs. https://www.nasmhpd.org/sites/default/files/IssueBrief-SED_0.pdf

Early Interventions in Psychosis: A Primer. An online course designed for professionals in diverse settings who work with teens and young adults and who are interested in learning about the early warning signs of psychosis, appropriate early intervention treatment and supports, and strategies for successfully engaging youth in effective, recovery-oriented care.
https://www.nasmhpd.org/sites/default/files/DistanceEducationCourse_1_0.pdf

Cognitive Behavioral Therapy for Psychosis (CBTp). An overview of the principles and practices of CBTp, with case examples illustrating each of the key components in its application.
https://www.nasmhpd.org/sites/default/files/DH-CBTp_Fact_Sheet.pdf

Substance-Induced Psychosis in First Episode Programming. An overview of the epidemiology, presentation, diagnosis, and treatment of individuals with substance-induced psychosis who may present to FEP programs. https://www.nasmhpd.org/sites/default/files/DH-Substance-Induced-Psychosisin-First-Episode-Programming%20_0.pdf

Treating Affective Psychosis and Substance Use Disorders within Coordinated Specialty Care. Since the CSC research has focused on individuals with non-affective psychosis, CSC treatment manuals include limited information about how to best serve persons with affective psychosis or individuals with substance use disorders. This brief describes several adaptations and recommendations that CSC teams may consider to enhance the effectiveness of the specialized treatment model. https://www.nasmhpd.org/sites/default/files/DH-TreatingAffectivePsychosis_v2.pdf

Family Involvement in Programming for Early Serious Mental Illness. A tip sheet for clinicians describing strategies to successfully engage families, including helping solve practical problems and understanding the family's goals. It includes a discussion of HIPAA-related confidentiality concerns and addresses challenging situations such as the mental illness or substance use of family members, trauma, and the need for crisis services and safety planning. https://www.nasmhpd.org/sites/default/files/Tip_Sheet_Clinicians_Families.pdf

Facilitating Meaningful Engagement of Young People and Their Families in Early Intervention Programs: Perspectives from Persons with Lived Experience. An online course designed for providers (including therapists, case managers, prescribers, and peer and family support specialists) working in FEP programs. The course is grounded in dozens of interviews with clients and former people who have received or are receiving FEP services, parents, and community-based providers. https://www.nasmhpd.org/content/online-tutorial-facilitating-meaningful-engagement-young-people-and-their-families-early

Transitioning Clients from Coordinated Specialty Care: A Guide for Clinicians. A guidance manual providing support to staff in CSC programs to support effective transitions to other community-based programs. Several specific examples and tools are included or referenced. https://www.nasmhpd.org/sites/default/files/Guidance_Document_Transitions_CSC_Providers.pdf

Best Practices in Continuing Care after Early Intervention for Psychosis. A series of three brief recorded webinars providing concrete strategies and tools for community programs receiving individuals from CSC programs. These brief webinars may be sent by referring clinicians to receiving clinicians. https://www.nasmhpd.org/content/best-practices-continuing-care-after-early-intervention-psychosis-0

Trauma, PTSD, and First Episode Psychosis. A fact sheet introducing FEP program staff and administrators to the prevalence, impact, and implications of trauma experiences among people receiving services in their programs and providing a brief overview of trauma-informed approaches. https://www.nasmhpd.org/sites/default/files/Fact_Sheet_Trauma_PTSD_FEP.pdf

Addressing Trauma and PTSD in First Episode Psychosis Programs. An overview for FEP teams describing the attributes of a trauma-informed FEP program using SAMHSA's 10 organizational domains of a trauma-informed approach, as well as a range of clinical interventions, tools, and resources to support effective trauma treatment. https://www.nasmhpd.org/sites/default/files/Issue_Brief_Addressing_Trauma.pdf

Windows of Opportunity in Early Psychosis Care: Navigating Cultural Dilemmas. A series of three training videos offering strategies for understanding cultural differences and crafting engagement strategies that are sensitive to these differences within the CSC framework. A companion training guide highlights important themes and provides discussion questions to further explore the video's content. https://www.nasmhpd.org/content/windows-opportunity-early-psychosis-care-navigating-cultural-dilemmas

System Issues

First-Episode Psychosis: Considerations for the Criminal Justice System. An issue brief to educate criminal justice professionals about FEP and the importance of early intervention, inform criminal justice professionals about the availability of CSC models in the community, and highlight key opportunities for detection, diversion, and intervention in the criminal justice system.

https://www.nasmhpd.org/sites/default/files/DH-First-Episode-Psychosis-Considerations-Criminal-Justice-rev3_1.pdf

Understanding and Addressing the Stigma Experienced by People with First Episode Psychosis. An issue brief focused on the stigma associated with psychosis, with the narrative divided into the two sections that were outlined in the National Academy of Sciences report: What is the stigma of FEP? And how might this stigma be diminished? https://www.nasmhpd.org/sites/default/files/DH-Stigma_research_brief_1.pdf

Educating Communities to Identify and Engage Youth in the Early Phases of an Initial Psychosis: A Manual for Specialty Programs. A guidance manual providing program staff with background material, methods, and case examples to implement community outreach and education, as developed by the Portland Identification and Early Referral (PIER) program. https://www.nasmhpd.org/sites/default/files/DH-Community_Outreach_Guidance_Manual__1.pdf

Back to School Support for Full Inclusion of Students with Early Psychosis in Higher Education.

> ***For Campus Staff and Administrators:*** Issues include a primer on psychosis, its academic impact, safety implications, and strengthening campus services and supports for students with psychosis. https://www.nasmhpd.org/content/toolkit-back-school-support-full-inclusion-students-early-psychosis-higher-education-campus
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> ***For Students and Families:*** A toolkit for students and their families focused on returning to school after a hospitalization or intensive treatment for psychosis. https://www.nasmhpd.org/sites/default/files/Toolkit-Back_to_School_Support_for_Full_Inclusion_of_Students_Family_Edition.pdf

Supporting Student Success in Higher Education Beyond the Clinic. A fact sheet using an ecological model to discuss supports that are key to students successfully cultura higher education, with a focus on ensuring that the people, communities, institutions and social systems in which they are embedded have the capacity to accept, encourage, and support them. https://www.nasmhpd.org/content/fact-sheet-supporting-student-success-higher-education-beyond-clinic

Supporting Students Experiencing Early Psychosis in Middle School and High School. A guidance document to help educators recognize signs and symptoms of psychosis in students and help keep students' lives on course. Intended for school personnel, it reviews legal obligations and suggests several specific accommodation strategies that may be used. https://www.nasmhpd.org/sites/default/files/Guidance_Document_Supporting_Students.pdf

Early Serious Mental Illness: Guide for Faith Communities. A brief guide for faith leaders who are often vital contacts and supports for individuals with psychosis and their families. It includes a brief description of the signs and symptoms of psychosis, highlights the Coordinated Specialty Care model of treatment, suggests strategies to support individuals and their families and link them to effective care. https://www.nasmhpd.org/sites/default/files/Guide_for_Faith_Communities.pdf

Fiscal Year 2018: Snapshot of State Plans for Using the Community Mental Health Block Grant Ten Percent Set-Aside to Address First Episode Psychosis. A state-by-state summary of the availability of FEP services, including a brief description and contact information for each program. https://www.nasmhpd.org/sites/default/files/Snapshot_of_State_Plans.pdf

Program and Financing Issues

What Comes After Early Intervention? Research on early intervention in psychosis suggests that some initial client gains may be lost over the long term. These findings raise significant questions about optimal service length, discharge, and continuity of care, which are discussed in this issue brief. https://www.nasmhpd.org/content/issue-brief-what-comes-after-early-intervention

Outreach for First Episode Psychosis. An information brief presenting outreach strategies identified through multiple interviews with state and agency personnel, along with suggestions for outreach to community stakeholders in order to engage them in early identification and referral. https://www.nasmhpd.org/content/information-brief-outreach-first-episode-psychosis

Measuring the Duration of Untreated Psychosis within First Episode Psychosis Coordinated Specialty Care. An overview of the literature on DUP, various approaches to measuring DUP, and implications of measuring DUP in community mental health settings. The discussion enables early psychosis services to be informed about the critical elements for consideration when integrating DUP measurement into routine clinical care. https://www.nasmhpd.org/sites/default/files/DH-Measuring_UntreatedPsychosis_v3_1.pdf

Workforce Development in Coordinated Specialty Care Programs. A guidance document addressing key workforce development issues and challenges, including core competencies, recruitment, selection and retention of staff, and training and professional development. https://www.nasmhpd.org/sites/default/files/DH-Workforce_Development_reference_doc_1.pdf

Use of Performance Measures in Early Intervention Programs. A resource to help states and clinics identify the performance measures that are used in new and continuing FEP programs. https://www.nasmhpd.org/sites/default/files/UPDATEDOutcomesMeasurementReport_508_0.pdf

Coordinated Specialty Care: Why Specialty Early Intervention Programs are a Smart Investment. An overview of the key elements and need for CSC, with a focus on making the business case for these programs. Some informal cost estimates and strong evidence for cost effectiveness are included. https://www.nasmhpd.org/sites/default/files/Policy_Brief-Coordinated_Specialty_Care_First_Episode_Psychosis_Programs.pdf

Peer Involvement and Leadership in Early Intervention in Psychosis Services. A guidance manual intended for a range of stakeholders with information and best practices for peer support and leadership in FEP programs. It includes many concrete examples of exemplary or innovative programs and a comprehensive appendix of resources. https://www.nasmhpd.org/sites/default/files/Peer-Involvement-Guidance_Manual_Final_0.pdf

Building upon Existing Programs and Services to Meet the Needs of Persons with First Episode Psychosis. A fact sheet offering strategies to increase access to recovery-oriented, evidence-based, integrated care services for individuals experiencing early psychosis, as well as practical suggestions for starting FEP programs or building on existing programs. https://www.nasmhpd.org/sites/default/files/Building-Fact%20Sheet-.pdf

Implementation of Coordinated Specialty Services for First Episode Psychosis in Rural and Frontier Communities. The team-based, intensive services provided in CSC programs present challenges for rural and frontier communities. This fact sheet presents strategies for delivering core CSC components in rural/frontier settings to address these difficulties. https://www.nasmhpd.org/sites/default/files/Rural-Fact%20Sheet-.pdf

Steps and Decision Points in Starting an Early Psychosis Program. A 20-step approach to establishing a new FEP program, including an explicit articulation of the decisions involved. While replication of an existing program model can help simplify the implementation process considerably, many of the decisions listed in this document are not explicitly addressed by the research. https://www.nasmhpd.org/sites/default/files/KeyDecisionPointsGuide_0.pdf

Use of Medicaid to Finance Coordinated Specialty Care Services for First Episode Psychosis. A report to help states and providers better understand how Medicaid can be used to develop more sustainable financing models to support CSC programs, including concrete examples of strategies currently being used in some states and potential strategies for further exploration. https://www.nasmhpd.org/sites/default/files/Medicaid_brief_1.pdf

Early Intervention in Psychosis: A Primer. A web-based course for professionals in diverse settings who work with teens and young adults and are interested in learning about the early warning signs of psychosis, appropriate early intervention treatment and supports, and strategies for successfully engaging youth in effective, recovery-oriented care. https://www.nasmhpd.org/content/early-intervention-psychosis-primer-0

Approaches to Measuring Fidelity in CSC Programs. An issue brief focused on the importance of effectively measuring implementation fidelity, including the core components of CSC to monitor and fidelity measures that correspond to these core components. Strengths and weaknesses of various approaches are discussed. https://www.nasmhpd.org/sites/default/files/Issue_Brief_Fidelity.pdf

The Position Statement on the Routine Administration of Cognitive Behavioral Therapy for Psychosis as the Standard of Care for Individuals Seeking Treatment for Psychosis. This position statement reviews the empirical evidence documenting the effectiveness of Cognitive Behavioral Therapy for Psychosis and presents a series of policy and practice recommendations to increase access to this treatment, which has poorly penetrated behavioral healthcare in the US. https://www.nasmhpd.org/sites/default/files/CBTp_Position_Statement_NASMHPD.pdf

Family Involvement

Demystifying Psychosis: A Primer for Families. A web-based course for family members to help them identify when a loved one is experiencing symptoms of psychosis, understand their own reactions, offer concrete strategies to support their loved one, and know the services that should be included in an effective program to address the family's needs. https://www.nasmhpd.org/content/demystifying-psychosis-family-members-0

Helping Families Understand Services for Persons with Early Serious Mental Illness. A primer on what families should expect from the CSC team – such as meaningful involvement, shared decision making, understandable information on their loved one's condition, and clear and accurate guidance about sharing information. It highlights ways that families can best be involved with the CSC team and in supporting their family member. https://www.nasmhpd.org/sites/default/files/Tip_Sheet_Families.pdf

Engaging with Schools to Support Your Child with Psychosis. A tip sheet providing parents of young people who are experiencing psychosis the information they need to work effectively with their child's high school or middle school, including a discussion of issues that may emerge in working with schools such as the implication of sharing the student's diagnosis, being alert to the possibility of bullying, and other challenges. https://www.nasmhpd.org/sites/default/files/Tip_Sheet_Engaging_with_Schools.pdf