Early Identification & Intervention for Psychosis

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Early Diagnosis & Preventative Treatment Clinic (EDAPT)
UC Davis Department of Psychiatry

SacEDAPT PEI Program
UC Davis Department of Psychiatry
Sacramento County Behavioral Health Services
Fluctuating Course of Schizophrenia

Positive symptoms

Negative symptoms

At Risk phase
1 week-1 year

Acute psychosis
1 week-1 month

Recovery phase
6-36 months

Risk for relapse
At Risk Phase of Psychosis

- Period of early clinical signs that individual is at higher risk, but not always destined, for psychosis
- Typically occurs during adolescence or early adulthood – between ages 15-25 (average age 17-18)
- Average duration of 1-3 years
- Likely association with brain maturation
- Onset may be earlier for men than women
Careful Assessment is Needed

These symptoms CAN look similar to:
- Depression or Anxiety
- Substance Abuse
- Reaction to abuse or trauma
- Attention Deficit Hyperactivity Disorder
- Reaction to family stress
- Learning Disabilities
- Pervasive Developmental Disorders
Our Clinic Rationale

- Duration of untreated psychosis is associated with poor outcome
- Early in illness treatment response is robust
- Loss of function and treatment resistance follow repeated relapses
- Early intervention can improve functional outcome
- Tailored treatment pathways and therapies for early treatment and rehabilitation

The EDAPT & SacEDAPT Programs
History of EDAPT

- 2004 Clinic Established
- 2007 Robert Wood Johnson Foundation funded EDIPPP
- 2011-12 SacEDAPT Launched: Unique partnership between Sacramento County Mental Health and U.C. Davis Department of Psychiatry based EDAPT program
Entry Criteria for SacEDAPT Clinic

- Markie Benavidez– SacEDAPT Clinic Coordinator
- Medi-Cal, Healthy Families or Uninsured/CMISP Eligible
- Ages 12-25, IQ > 70, no medical illness/injury affecting cognition
- Drug use Ok, but no dependence

- Recent onset of psychosis (within the past year) or
- Attenuated positive symptoms or
- Recent deterioration in youth with a parent/sibling with a psychotic disorder

- Also serve Mood/Bipolar Disorder (with attenuated or psychotic features)

- CAN REFER DIRECTLY – NO NEED TO CONTACT ACCESS!
SacEDAP Offers:

- Phone consultation
  - Support for professionals and families
- Comprehensive Psychiatric Assessment
- Case Management
  - Psychoeducation
  - Crisis management & Problem Solving
- Groups:
  - Multifamily Group
  - Family Support Group
  - SAMM
  - Peer Support Group
- Support from Peer & Family Advocate
- Supported Education/Employment
- Medical and Medication Management
- Monitoring and support for 2 years

- We are “comprehensive outpatient,” not a higher level of care or intensive services. Do not provide housing support.
What Happens following Referral?

• Phone Screen with Provider & Family
  – Schedule Initial Evaluation if appropriate
  – Referral to other services if not appropriate
• Initial Evaluation to Determine Eligibility
  – Clinical Evaluation
  – MD Evaluation
• Assignment to Clinician OR Referral
• Follow-up over 2 years

Additional Clinical Research Opportunities
  – Continued comprehensive clinical interviews
  – Neuroimaging (MRI, EEG)
  – Cognitive training

*Translation services are available
SacEDAPT

• Since July 2011
  – 428 referrals: phone screen
  – 126 Face to face Comprehensive Clinical Evaluations
  – 89 enrolled in active care
### Referral Source Breakdown All Referrals

<table>
<thead>
<tr>
<th>Source</th>
<th>Count</th>
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</thead>
<tbody>
<tr>
<td>Elementary/Middle/High School</td>
<td>30</td>
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<tr>
<td>College</td>
<td>3</td>
</tr>
<tr>
<td>Self/Family</td>
<td>65</td>
</tr>
<tr>
<td>Website</td>
<td>23</td>
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<tr>
<td>Community MH</td>
<td>160</td>
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<tr>
<td>Hospital/MHTC</td>
<td>100</td>
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<tr>
<td>ER</td>
<td>16</td>
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<tr>
<td>NAMI</td>
<td>2</td>
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<tr>
<td>Community event/presentation</td>
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<tr>
<td>Other</td>
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<tr>
<td>Medical</td>
<td>6</td>
</tr>
<tr>
<td>Jail/Legal/Lawyer</td>
<td>6</td>
</tr>
<tr>
<td>Unknown</td>
<td>14</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>428</strong></td>
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• AGE BREAKDOWN
  All Calls to Clinic

• Ages 12-17 40%
• Ages 18-20 26%
• Ages 21-25 24%
<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Count</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Hispanic / Latino</td>
<td>26</td>
<td>29%</td>
</tr>
<tr>
<td>Alaskan Native</td>
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<td>0%</td>
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<tr>
<td>American Indian</td>
<td>0</td>
<td>0%</td>
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<tr>
<td>Black / African America</td>
<td>29</td>
<td>33%</td>
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<tr>
<td>Chinese</td>
<td>3</td>
<td>3%</td>
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<tr>
<td>Former Soviet</td>
<td>2</td>
<td>2%</td>
</tr>
<tr>
<td>Hmong</td>
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<td>2%</td>
</tr>
<tr>
<td>Korean</td>
<td>1</td>
<td>1%</td>
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<tr>
<td>Laotian</td>
<td>0</td>
<td>0%</td>
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<tr>
<td>Multi-Ethnic</td>
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<td>6%</td>
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<tr>
<td>Native Hawaiian</td>
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<td>1%</td>
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<tr>
<td>Other</td>
<td>8</td>
<td>9%</td>
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<tr>
<td>Ukranian</td>
<td>1</td>
<td>1%</td>
</tr>
<tr>
<td>Unknown / Not reported</td>
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<td>3%</td>
</tr>
<tr>
<td>White / Caucasian</td>
<td>34</td>
<td>38%</td>
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<tr>
<td>Total</td>
<td>89</td>
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</table>
Challenges and possible future directions

- Expand eligibility to within 2 years of onset of psychotic symptoms
- Expand age range
  - To 30 years
  - 8-12 years
- Follow for Longer Than 2 years
• Thank you for your support!
Contact Information

EDAPT & SacEDAPT
Phone Consultation Hours:
9:00am – 5:00pm  M-F

EDAPT referrals:
Jane Dube – 916-734-2964

SacEDAPT Referrals:
Markie Benavidez – 916-734-7251

http://earlypsychosis.ucdavis.edu

The EDAPT & SacEDAPT Programs