First Hope: Early Identification and Intervention to Prevent Psychosis is a program of Contra Costa Behavioral Health Services serving all of Contra Costa County.

- Serves 12-25 year olds showing early symptoms of psychosis prior to first episode of psychosis.
- Funded by the Mental Health Services Act as one of the Prevention and Early Intervention Programs.
- A PIER (Portland Identification and Early Referral) model program, supported by the PIER Training Institute at the University of Maine with training provided by William McFarlane, M.D. and his team.
Overview of Contra Costa County
Implementation: First Phase-Fall, 2012

- **Training, training, training!!!**
  - Understanding Clinical High Risk and the early warning signs of psychosis
  - Learning the Structured Interview for Psychosis Risk Syndromes (SIPS) assessment
  - Learning Multifamily Group format and process

- **Outreach**
  - All staff effort, leveraging past relationships
  - Targeted underserved initially, eventually entire population
  - Schools, clinics, CBOs/non-profits, primary care, clergy, probation, foster care
## Outreach Summary

### September 1, 2012-December 31, 2014

<table>
<thead>
<tr>
<th></th>
<th>Presentations</th>
<th>Participants</th>
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<tbody>
<tr>
<td>School Professionals</td>
<td>34</td>
<td>662</td>
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<tr>
<td>Healthcare Professionals</td>
<td>14</td>
<td>203</td>
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<tr>
<td>Health Fairs &amp; Conferences</td>
<td>6</td>
<td>588</td>
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<tr>
<td>Mental Health Professionals</td>
<td>26</td>
<td>530</td>
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<td>Social and Human Services Providers</td>
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<td>146</td>
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<td>Community Providers</td>
<td>10</td>
<td>139</td>
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<tr>
<td>Clergy</td>
<td>4</td>
<td>73</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>102</strong></td>
<td><strong>2341</strong></td>
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Clinical Service Components
January 2013 to present

- Staffing
  - Program Supervisor 1.0 FTE
  - Lead Psychiatrist (32 hours/week)
  - Child Psychiatrist (12 hours/week)
  - Clinicians 6.0 FTE
  - Educational Specialist/Clinician (MFTI) 1.0 FTE
  - Employment Specialist 1.0 FTE
  - Occupational Therapist 0.8 FTE
  - Community Support Worker 1.0 FTE
  - 1 MFT post-masters intern (32 hours/week)
  - Lead Clerical Specialist 1.0 FTE
  - Clerk 1.0 FTE
What happens when a family is referred to First Hope?

1. Telephone Screening.

2. SIPS Assessment. Review findings, make recommendations. Offer enrollment if SIPS+

3. For those who enroll, services begin immediately. Individual sessions with the client and family. Psychiatric and OT assessments. ES evaluates needs.

4. Psychoeducation Workshop

5. Multifamily Group

6. Individualized needs-driven treatment plan continues.
Family-Aided Assertive Community Treatment

- Individual and Family Counseling
- Case Management
- Crisis Intervention
- Psychoeducation
- Occupational Therapy
- Supported Education and Employment
- Medication evaluation and management
- Multi-Family Groups
Multidisciplinary Team/Cross-disciplinary functioning

- Broad knowledge of and shared responsibility for clients
- Shared decisions around delineation of duties
- Frequent, on-going communication, formally and informally about clients
- Willingness to “Step Up” and go above and beyond
- Ongoing learning
- Staff support, maintaining our own hope
Multi-Family Group (MFG) Components

- 2-3 Facilitators
- 6-8 Families
- Meets every other week for 1 ½ hours
- On-going education about symptoms, medications, community life, work etc.
- Problem-solving format
- Safe environment
Group Structure

- Each group begins and ends with socializing.
- 1st MFG: Getting to know you (share hobbies, interests, music, movies, etc.)
- 2nd MFG: What has it been like living with symptoms (challenges, struggles, gifts)?
3rd MFG: Problem solving

- Check-in: “What’s going well?” and “What could be better?”
- Select client/family to work with.
- Pose concern as a question for which the group members brainstorm solutions/ideas.
- Discuss “pros” and “cons” of each idea.
- Client chooses a solution.
- Develop an action plan.
- Client and family implement plan over the next two weeks.
Multi-Family Groups

- Group Formation
- Challenges
- Success (clients, families, staff)
- Importance
Supported Education

- Role of Education Specialist (ES)
- Schools and school districts served
- Emphasis on functioning
- School accommodations (i.e., 504s & IEPs), academic and emotional support for clients and parents, advocacy, psychoeducation and counseling.
## Consumer Contacts

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Phone screens</td>
<td>427</td>
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<tr>
<td>SIPS Assessments</td>
<td>181</td>
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<tr>
<td>Met Clinical High Risk criteria</td>
<td>85</td>
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<tr>
<td>Enrolled in Program</td>
<td>70</td>
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<tr>
<td>Active in Multifamily Group</td>
<td>75%</td>
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# Incidents/Conversions

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<tr>
<th>Incident</th>
<th>Baseline</th>
<th>6 months</th>
<th>12 months</th>
<th>18 months</th>
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</thead>
<tbody>
<tr>
<td>Converted to Psychosis</td>
<td>n/a</td>
<td>0</td>
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<td>0</td>
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<td>Hospitalized/Partial Day Programs</td>
<td>40</td>
<td>1</td>
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<td>0</td>
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<td>Psych Emergency Visit</td>
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<td>1</td>
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<td>Incarcerated</td>
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<td>0</td>
<td>2</td>
<td>0</td>
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<td>Suicide Attempts</td>
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<td>Suicides</td>
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<td>0</td>
<td>0</td>
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Functional Outcomes

Working/Vocational Training or Preparation

Baseline: 3%
6 month: 15%
12 month: 31%
18 month: 36%
Functional Outcomes

Attending School but Failing

- Baseline: 31%
- 6 month: 13%
- 12 month: 10%
- 18 month: 7%
Functional Outcomes

Attending School and Stable

Baseline  6 month  12 month  18 month

37%  69%  82%  86%
Functional Outcomes
Attending Community College/Adult School

<table>
<thead>
<tr>
<th></th>
<th>Baseline</th>
<th>6 month</th>
<th>12 month</th>
<th>18 month</th>
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<tbody>
<tr>
<td>Over 20%</td>
<td>3%</td>
<td>6%</td>
<td>7%</td>
<td>21%</td>
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<tr>
<td>5%</td>
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<td>0%</td>
<td>3%</td>
<td>6%</td>
<td>7%</td>
<td>21%</td>
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</tbody>
</table>
Functional Outcomes

Average GAF Score

Baseline: 40.7
6 month: 51.5
12 month: 60.6
18 month: 63.4
Thank You!!

- To the PIER Training Institute for supporting us and teaching us well
- To CIBHS for all your support and coordination to help us successfully launch our program