

Expanding First Episode Psychosis (FEP) Services for Adolescents in Rural & Border Communities

48th Annual Arizona Rural Health Conference
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Banner University Medical Group



Adolescents in the United States

CDC Data – March 2022

High school students are experiencing high rates of emotional problems

- 37 % Poor mental health during the pandemic
- 44 % Feeling persistently sad or depressed

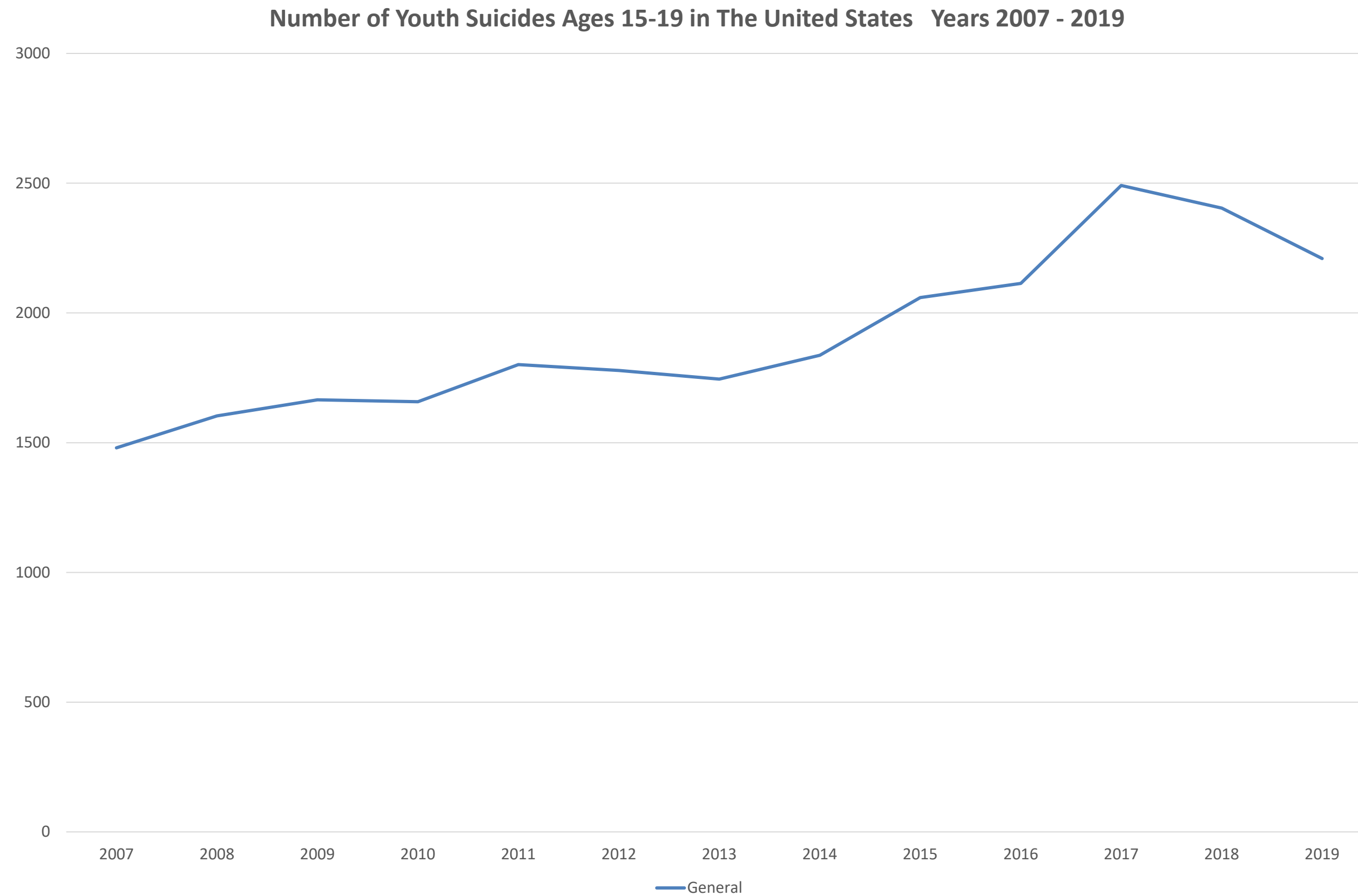
Adolescents' lives are unfolding in a challenging context

- 36 % Experienced racism
- 29 % A parent or another adult in the house lost their job
- 11 % Experienced physical abuse by another adult in the house



“The pandemic’s negative impacts, such as illness and death in families and disruption in school and social life, disproportionately impacted those who were vulnerable to begin with and widened disparities.”

Protecting Youth Mental Health
The U.S. Surgeon General’s Advisory
December 2021



Psychosis

- **Delusions:** False beliefs that don't change even when faced with evidence that they are false.
- **Hallucinations:** Hearing, seeing, smelling or feeling things that are not objectively present.
- **Cognitive and Emotional Decline:** Disorganized thinking, disorganized language and/or restricted emotions.



75% of people who develop a psychotic disorder meet clinical criteria by age 25.

Psychosis in Adolescents



IT IS GRADUAL

- Symptoms typically occur during late adolescence and early twenties.
- Symptoms can be triggered by chronic stress and adversity.
- Genetic predisposition is a risk factor.

IT IS DISRUPTIVE

- Suicidal attempts increase during first year of symptoms.
- Higher risk for school dropout.
- Increased isolation for adolescents and increased stress for families.

IT CAN BE TREATED

Cognitive Behavior Therapy (CBT) in combination with psychotropic medication and social interventions are known to reduce the negative impact of psychosis in youth and support their social engagement and overall wellbeing.

Early Psychosis Intervention Center at the University of Arizona: Our Mission



- **EDUCATION:** Promote awareness in Southern Arizona of FEP by educating our community about the nature of psychotic disorders, the benefits of early intervention, and ways to reduce stigma and discrimination.
- **INTERVENTION:** Provide evidence-based, stage-specific, comprehensive treatment to adolescents and young adults in the early stages of a psychotic disorder.
- **WORKFORCE DEVELOPMENT:** Train new generations of mental health providers in the coordinated specialty care model of FEP.

Community Specialty of Care Model (CSC)



A Bio-Psycho-Social Program

1. Cognitive Behavior Therapy for Psychosis (CBTp)

2. Solution Focused Family Therapy

3. Psychiatry

4. Case Management & Peer Support

5. Multi-Family Groups

6. Metacognitive Remediation

7. Sleep Intervention

8. Substance Abuse Education

Community Building and Ongoing Education at EPICenter

Psychosis 101 for Teens



Educational Videos

- Psychosis and Sleep: A Short Introduction
- Psychosis 101 for Teenagers
- Seeing Shadows, Hearing Whispers: Psychosis Orientation for Parents and Caregivers
- Early Onset Psychosis for Educators: An Introduction

<https://psychiatry.arizona.edu/patient-care/epicenter/epicenter-educational-videos-early-psychosis>



Spring Open House
April 28, 4:30-6pm
Whole Health Clinic
535 N. Wilmot Rd. # 201

4:30-5pm: Check-in | 5pm-6pm: Break-Out Sessions

This is an in person event for all EPICenter members, families, and friends (16 & up). We are excited to have you back! To ensure everyone's safety, we will follow Banner University COVID protocols. Masks must be worn at all times regardless of vaccination status. Thank you for your cooperation.

Session 1: Psychiatric Medications: Risks and Benefits

with Dr. Philip Lam and Dr. Rose Sivilli
Open to all EPICenter members, families, and friends

Learn the basic principles of a variety of psychiatric medications, possible risks and benefits of these medications, and discuss how strong communication between members, their families, and psychiatrists can ensure better health outcomes.

Session 2: Crisis Time: What to Do & Not Do

with Sergeant Jason Winsky and Dr. Toby Sanchez
Open to all EPICenter members, families, and friends

A mental health crisis is challenging to everyone involved. Knowing what to do is not always clear. Learn how families can best prepare to deal with potential stressful situations at home and about community resources for challenging times.

Session 3: Poetry Workshop

with Wren Goblirsh, BA
For EPICenter members only (no family or friends)

Wren, a University of Arizona Poetry Center community educator, will help participants express ideas, experiences and hopes with poetry. Join us and have some fun with words while building a stronger EPICenter community. No poetry experience required. Come and discover the poet in you!

Please RSVP to Susan at Susan.Hurt@bannerhealth.com or 520-694-1768 with the number of people attending and each person's session preference.



Banner
University Medicine



Psychiatry

[Psychiatry.arizona.edu/patient-care/epicenter/upcoming](https://psychiatry.arizona.edu/patient-care/epicenter/upcoming)



THE UNIVERSITY
OF ARIZONA

Expanding FEP Services in Rural & Border AZ communities

- HUB and SPOKE MODEL



- PROJECT GOAL

Develop a consulting team at EPICenter (the “hub”) to support programs and providers (“the spokes”) in rural and border communities in Arizona to extend the tripartite mission of 1) community education, 2) direct services and 3) workforce development.

Expanding FEP in Rural & Border AZ communities

- **HUB and SPOKE MODEL**



- **PHASE ZERO: Jan – Dec 2022**

- a) **National Partners**

- MHTCC Rural Early Psychosis Sub-Working Group
- PEPPNET National Network of FEP programs

- b) **Community Partners**

- Mariposa Community Health Center @ Santa Cruz County
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Expanding FEP in Rural & Border AZ communities

PHASE ONE: 2023

- * **Community education series:** Pediatricians, school professionals and parents/caretakers.
- * **Train providers** in the CBT for psychosis model: Manualized intervention with pre and post measures of social functioning
- * **Support provision of services** from the HUB via telehealth as needed.

PHASE TWO: 2024

- * **Transfer community education mission** to the local team with access to EPICenter materials
- * **Monthly clinical consultation** and ongoing telehealth service support.

PHASE THREE: 2025

- * **Quarterly clinical consultation** and clinical telehealth support as needed.

Anticipated Outcomes:

1. Increased community awareness of signs of early onset psychosis in youth and decrease in stigma and marginalization.
2. Increase in early identification of youth experiencing FEP and faster access to specialized services.
3. Increase in number of pediatricians, family physicians and mental health providers trained to offer evidence based FEP interventions in rural and border AZ communities.



Early Psychosis Intervention Center

Thank you

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<https://psychiatry.arizona.edu/patient-care/epicenter>



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