

Introduction to Carson Tahoe Behavioral Health NAVIGATE Program

Background and Rationale

NAVIGATE has been developed to provide the best treatment possible for individuals in their first episode of psychosis. The program was developed in response to the National Institute of Mental Health (NIMH), who requested that researchers develop and test interventions designed to improve the trajectory and prognosis of schizophrenia. NAVIGATE was developed by a team of clinical researchers led by Dr. John Kane at the Zucker Hillside Hospital in New York and colleagues from institutions including Dartmouth Medical School, University of North Carolina at Chapel Hill, Harvard Medical School, Yale Medical School, University of Calgary, UCLA, and SUNY Downstate Medical Center.

The Long-term Disability of Schizophrenia

Schizophrenia is a major mental illness characterized by psychosis, negative symptoms (e.g., apathy, social withdrawal, anhedonia), and cognitive impairment. Depression and substance abuse commonly co-occur. These clients can have impaired functioning in the areas of work, school, parenting, self-care, independent living, interpersonal relationships, and leisure time.

Among adult psychiatric disorders, schizophrenia is the most disabling. Only 1% in the general population have schizophrenia, but over 30% of all spending for mental health treatment in the U.S. was accounted for by schizophrenia—about \$34 billion in 2001 (Mark et al., 2005). According to the World Health Organization (Murray & Lopez, 1996), the combined economic and social costs of schizophrenia place it among the world's top ten causes of disability worldwide.

The Problem of First -Episode Psychosis Treatment

Many studies show that the greater the duration of time that a person with first episode of psychosis goes untreated, the more problems occur.

- The longer the duration of untreated psychosis, the longer it takes to stabilize the psychotic symptoms, and the worse the person's overall functioning following symptom stabilization
- On average, people endure new psychotic symptoms for many months, and sometimes even years before receiving any psychiatric treatment for their disorder (Häfner et al., 2003; Perkins et al., 2005). People may delay treatment due to the stigma of mental illness and schizophrenia (Corrigan, 2004; Judge et al., 2005). Other treatment providers, such as general practitioners, may not refer a person due to lack of awareness of the signs of psychosis. Family members are often aware that something unusual is happening, but may not know that the changes are signs of a treatable mental illness. Family members also may be afraid to help their relative get treatment due to stigma or lack of understanding about the nature and treatment of the disorder. Rather than getting treatment, people with psychosis often end up in jail for their mental illness-related behaviors (Teplin, 1994; Teplin et al., 1996).
- When medication is provided, non-adherence is a major problem, which leads to increased relapse rates and more problems with daily functioning (Robinson et al., 1999).
- U.S. system appears to focus more on preventing people from entering treatment until the symptoms are so bad that treatment is unavoidable, rather than trying to engage individuals with psychosis into treatment early in order to improve people's lives, and functioning.

The goal of NAVIGATE is *recovery*. NAVIGATE embraces this newer view of recovery. Specifically, we define *recovery* in terms of: *Social/leisure functioning* (e.g., quality of social relationships, involvement in leisure activities, independent and self-care living skills) *Role functioning* (e.g., school, work, parenting) *Well-being* (e.g., self-esteem, hope, sense of purpose, enjoyment of life).

- The NAVIGATE program is designed to help a person who has experienced a psychotic episode, and his/her relatives and supporters, learn the skills and information needed to help the person get back on his/her feet, and work towards having a rich and full life.

- The NAVIGATE program involves a number of different interventions, including medication, individual resiliency training (IRT), help getting back to work or school (Supported Employment and Education or SEE), and a family support/education program to increase the chances of recovery from psychosis.
- These interventions have been shown to be effective in helping people get on with their lives after they have experienced a psychotic episode. There is hope for recovery.
- Participants will learn strategies that will them support the person in NAVIGATE to pursue his/her goals and get on with his/her life.
- The person in NAVIGATE will be working with a team to help him/her with his/her goals including a medication prescriber, program director, a clinician for counseling and resiliency training, and an expert on work and school issues. He/she will learn coping strategies that will help him/her better manage his/her situation and reach his/her goals.

Carson Tahoe Behavioral Health NAVIGATE Treatment Components

Treatment	Provider	Aims
Medication Management	Psychiatrist, Nurse Clinician, Prescriber	Monitor use of medication to reduce symptoms
Family Education Program (FEP)	NAVIGATE Program Director or another clinician	Provide information and skills to help relatives support their family member's involvement in treatment and to move forward in recovery
Individual Resiliency Training (IRT)	IRT Clinician	Work collaboratively to make progress towards goals and improve functioning
Supported Employment/Education (SEE)	Employment and Education Specialist	Provide support and tips to help the relative in NAVIGATE get back to work/school or stay in work/school. Helping with other social concerns.
Peer Support	Discussing with NAMI	Addition support

Carson Tahoe Behavioral Health's Navigate program: NIMH grant funded for two years. Families and client can participate in program at no cost other than covering the cost of medications. Tentative program rollout date is February 4, 2019

Target population:

- 1st episode psychosis defined: Ages 14-44, who have experienced symptoms up to 2 years and have less than 6 months lifetime treatment with anti psychotics.
- Has IQ of 70 or above.
- Has existing or emerging symptoms: Delusions, Hallucinations, Thought Disorder/Disorganized Speech, Grossly disorganized or Catatonic speech and Negative symptoms , i.e., flat affect, anhedonia, alogia.

Excluded: Psychosis that is better explained by drug and alcohol use, and other Dx such as Major depression with psychotic features, Bipolar I with psychotic features.

Area serviced by county: Carson City, Douglas, Storey, Lyon, Mineral, Churchill. (Possibly taking adults from Washoe County).

Referral: Please contact NAVIGATE program manager, Cimeon Lupo, LCSW at 775-445-7401 or email Cimeon.lupo@CarsonTahoe.org