



Early Identification & Intervention for Psychosis

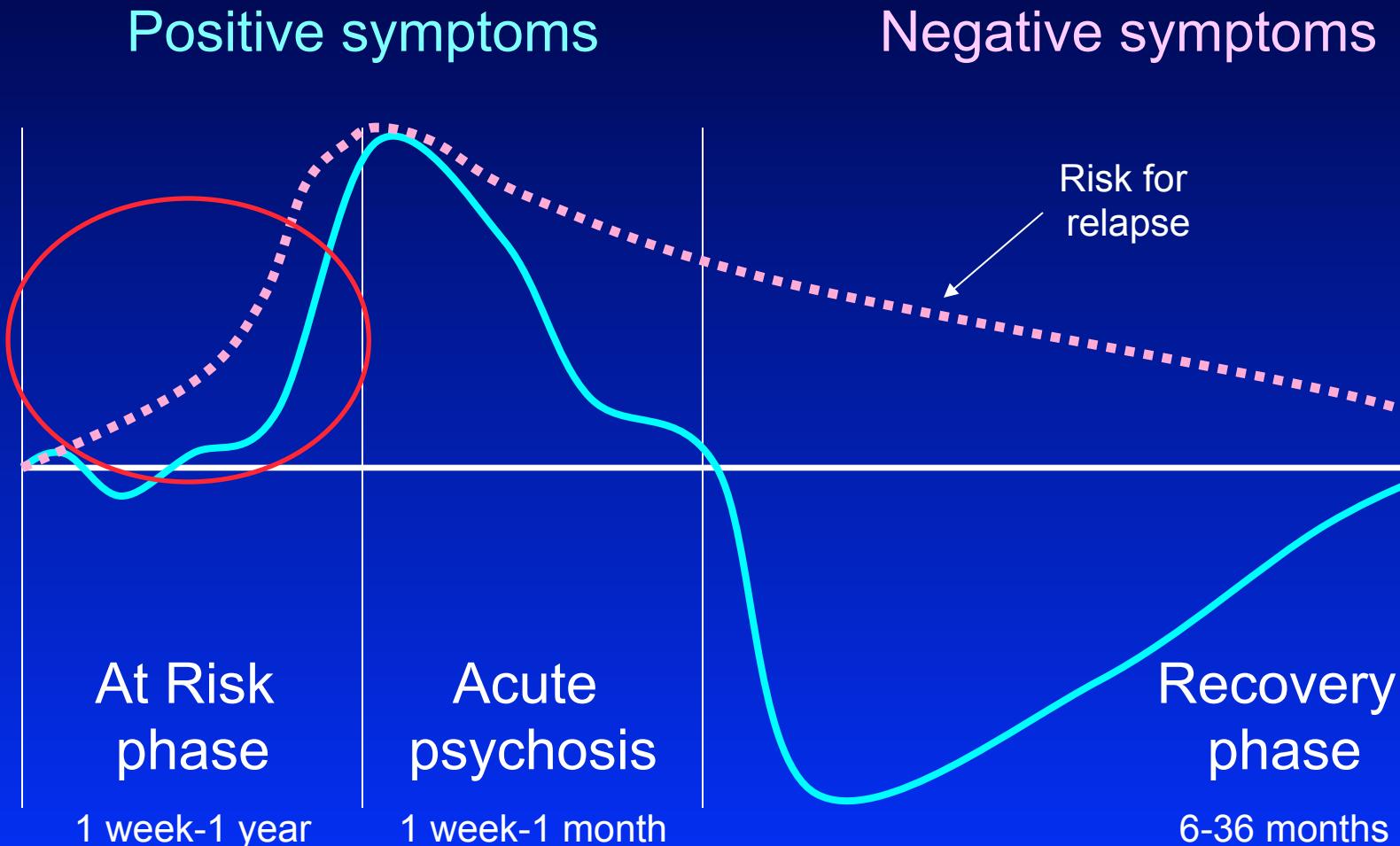
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Early Diagnosis & Preventative Treatment Clinic (EDAPT)
UC Davis Department of Psychiatry

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



Fluctuating Course of Schizophrenia



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

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!**

SacEDAPT 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

*Translation services are available

Additional Clinical Research Opportunities

- Continued comprehensive clinical interviews
- Neuroimaging (MRI, EEG)
- Cognitive training

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

Elementary/Middle/High School	30
College	3
Self/Family	65
Website	23
Community MH	160
Hospital/MHTC	100
ER	16
NAMI	2
Community event/presentation	0
Other	3
Medical	6
Jail/Legal/Lawyer	6
Unknown	14
• Total	428

- **AGE BREAKDOWN All Calls to Clinic**

- **Ages 12-17 40%**
- **Ages 18-20 26%**
- **Ages 21-25 24%**

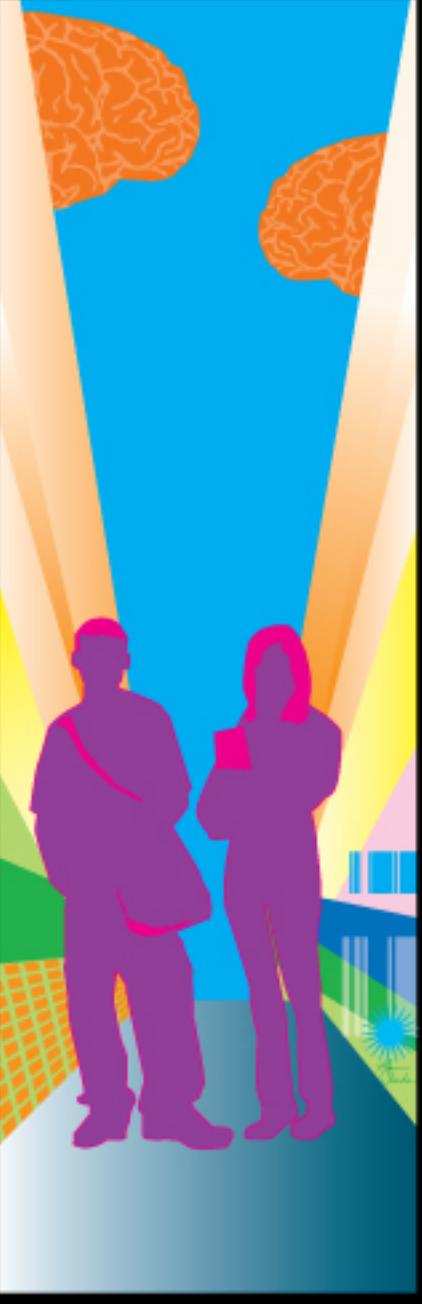
ETHNICITY / RACE

- Hispanic / Latino 26 29%
- Alaskan Native 0 0%
- American Indian 0 0%
- Black / African America 29 33%
- Chinese 3 3%
- Former Soviet 2 2%
- Hmong 2 2%
- Korean 1 1%
- Laotian 0 0%
- Multi-Ethnic 5 6%
- Native Hawaiian 1 1%
- Other 8 9%
- Ukrainian 1 1%
- Unknown / Not reported 3 3%
- White / Caucasian 34 38%
- Total 89

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!**

A vertical illustration on the left side of the slide. At the top, two orange brains are shown against a blue background. Below them, a man and a woman are standing in profile, facing right. The man is wearing a suit and tie, and the woman is wearing a dress. They are standing in front of a colorful geometric background with various shapes and colors like yellow, green, and blue.

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>