



# 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**

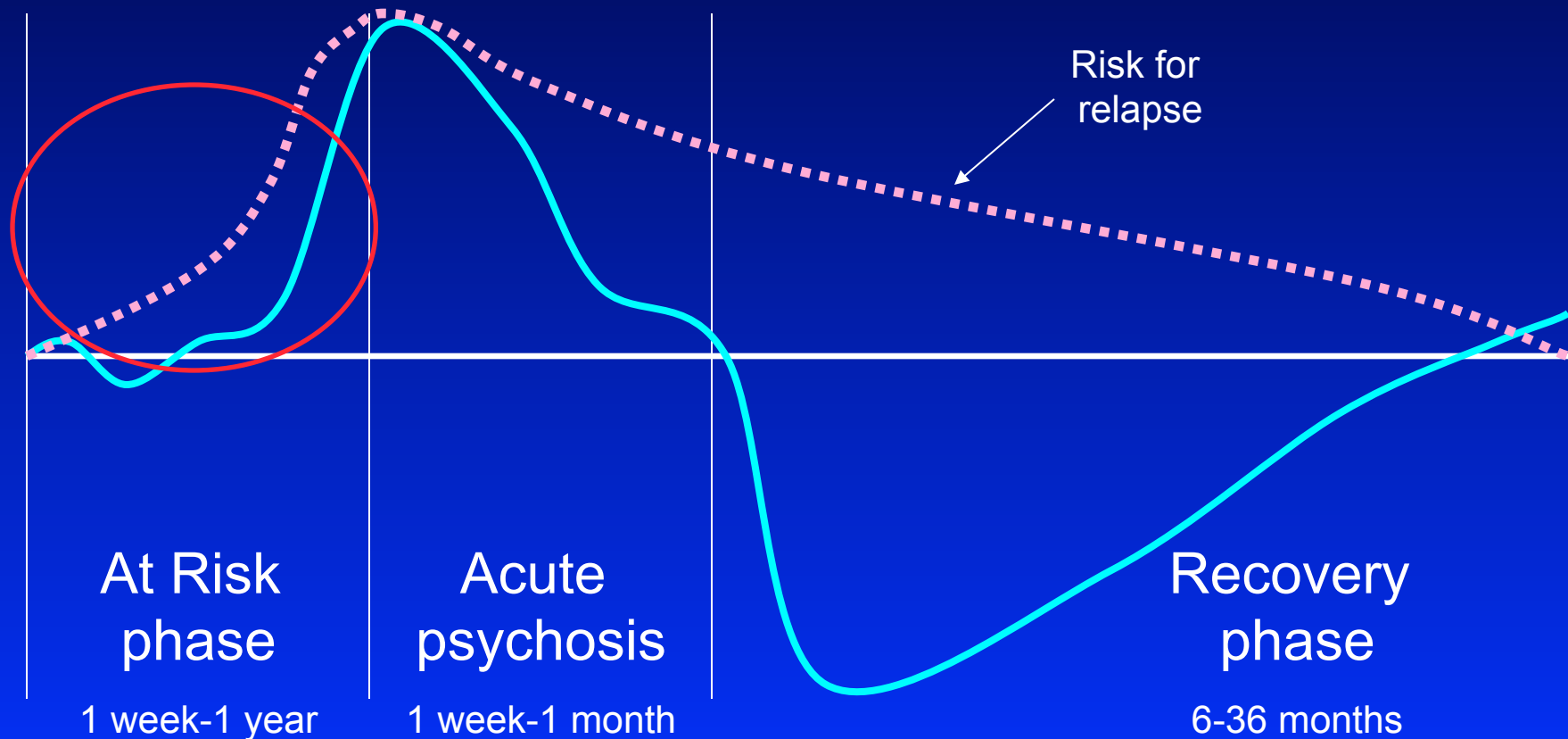
**SacEDAPT**



# Fluctuating Course of Schizophrenia

Positive symptoms

Negative symptoms



# 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%
• Ukranian	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!**



# 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>**