

NEW JOURNEYS

Washington State's Coordinated Specialty Care Model for First
Episode Psychosis:

An Orientation and Update on Expansion, Service
Enhancements, and Outcomes

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TODAY'S PRESENTERS



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TODAY'S LEARNING OBJECTIVES

Apply

Apply the list of common signs and symptoms of early psychosis

Recall

Recall the updated New Journeys admission criteria

Identify

Identify New Journeys team roles and respective service interventions

List

List positive outcomes for individuals served by New Journeys

What comes to mind when you hear the word
Psychosis?

What comes to mind when you hear the word
Schizophrenia?

NEARLY 3.5%
OF ALL PEOPLE WILL EXPERIENCE
PSYCHOSIS **IN THEIR LIFETIME.¹**



**MORE THAN
THE ENTIRE
POPULATION
OF GREECE.³**



PSYCHOSIS IS **NOT**:

- > Made up
- > One specific mental illness
- > Caused by bad parenting
- > Permanent – symptoms change over time
- > Just being “eccentric”
- > Untreatable
- > Violent by nature
- > Having multiple personalities
- > A choice
- > A sign of weakness
- > A character flaw

WHAT IS PSYCHOSIS?

“Psychosis refers to a collection of symptoms that affect the mind, where there has been some loss of contact with reality. During an episode of psychosis, a person's thoughts and perceptions are disrupted and they may have difficulty recognizing what is real and what is not.”

U.S. Department of Health and Human Services. (2023). *Understanding psychosis*. National Institute of Mental Health. <https://www.nimh.nih.gov>.

SYMPTOMS OF PSYCHOSIS

Positive Symptoms

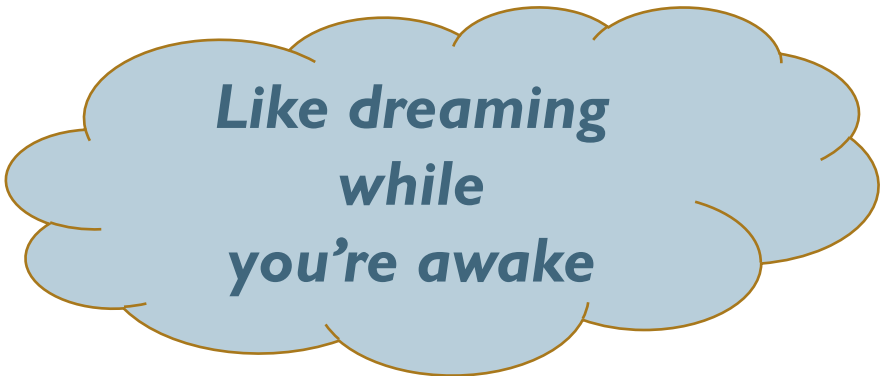
- ☐ Hallucinations
- ☐ Delusions

Disorganized Symptoms

- ☐ Thought disorder
- ☐ Disorganized speech
- ☐ Disorganized behavior

Negative Symptoms

- ☐ Reduced quantity of words spoken
- ☐ Flattened emotional expression
- ☐ Decreased experience of pleasure
- ☐ Lack of interest in other people; social withdrawal
- ☐ Challenges with initiating tasks and making decisions



*Like dreaming
while
you're awake*

NOT ALL PSYCHOSIS IS SCHIZOPHRENIA

- Psychosis can be temporary and cause limited challenges in your daily life
- Psychosis can also be more prolonged including significant challenges in daily functioning
- Differential Diagnosis of Psychosis:

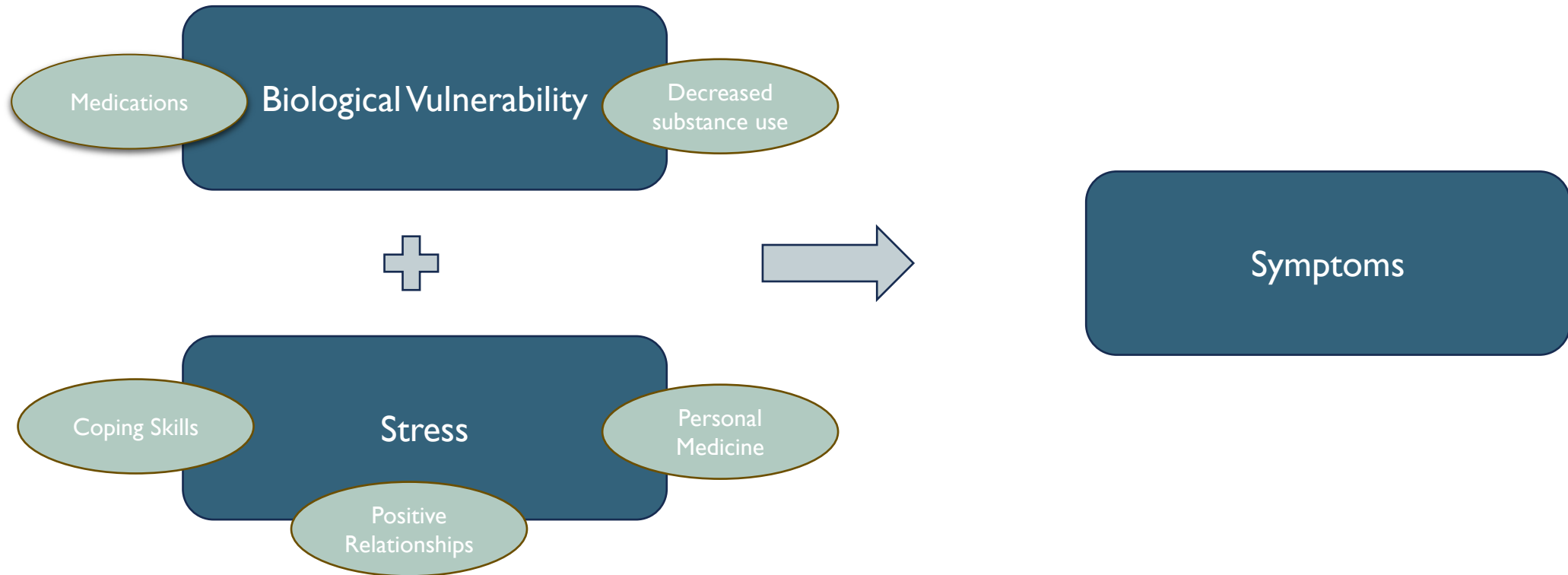
Psychiatric causes of psychosis:

- Schizophrenia
- Schizoaffective disorder
- Schizophreniform disorder
- Brief psychotic disorder
- Delusional Disorder
- Mood disorders: bipolar disorder, major depressive disorder with psychotic features

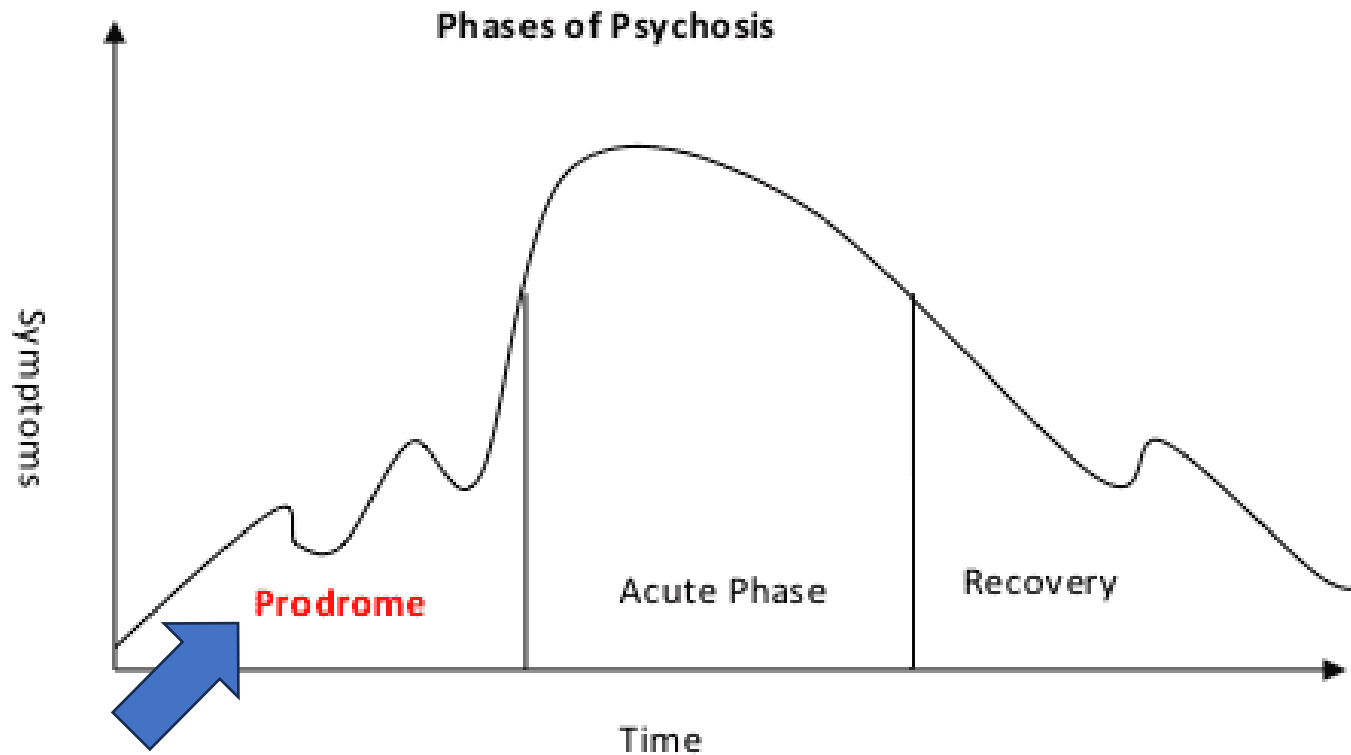
Other disorders where symptoms of psychosis can occur:

- Posttraumatic stress disorder
- Dissociative identity disorder
- Personality disorders: paranoid, schizotypal, schizoid, borderline personality disorders
- Eating disorders: anorexia nervosa
- Delirium/altered mental status

WHAT CAUSES PSYCHOSIS?



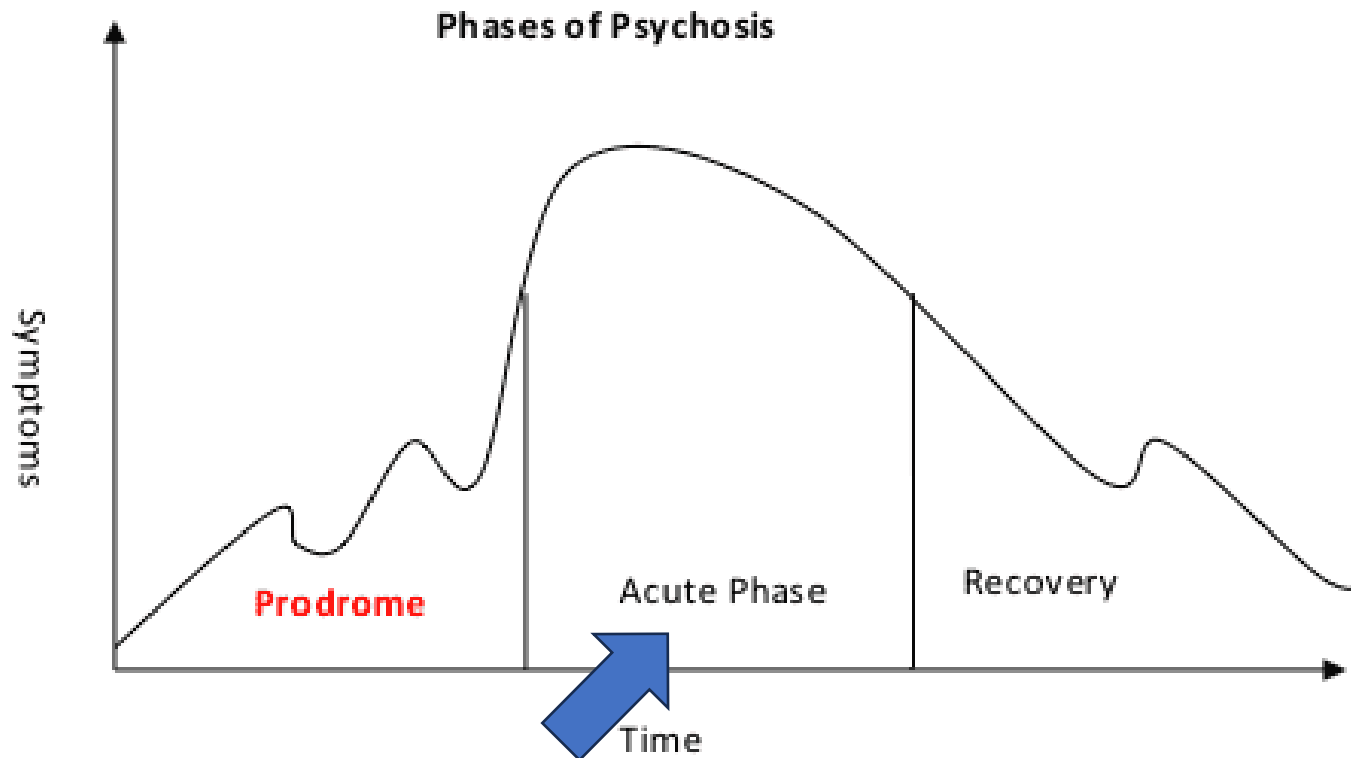
PHASES OF PSYCHOSIS



COMMON SIGNS OF EMERGING PSYCHOSIS

- Easily distracted/decreased concentration
- Changes in perceptual experiences
- Decreased motivation
- Sleep disturbances
- Social isolation
- Anxiety
- Depression
- Suspiciousness
- Diminished performance in school, work, or family/social life
- Odd beliefs/behaviors

PHASES OF PSYCHOSIS



WHERE INDIVIDUALS WITH EARLY PSYCHOSIS ARE OFTEN FIRST IDENTIFIED...

- Schools
- Youth programs
- Pediatrician/PCP
- Inpatient facilities
- Emergency rooms
- Crisis services
- Jail system

Family &/or friends are often the first to notice early warning signs & symptoms of psychosis

Schizophrenia is the 11th leading cause of global disability⁵

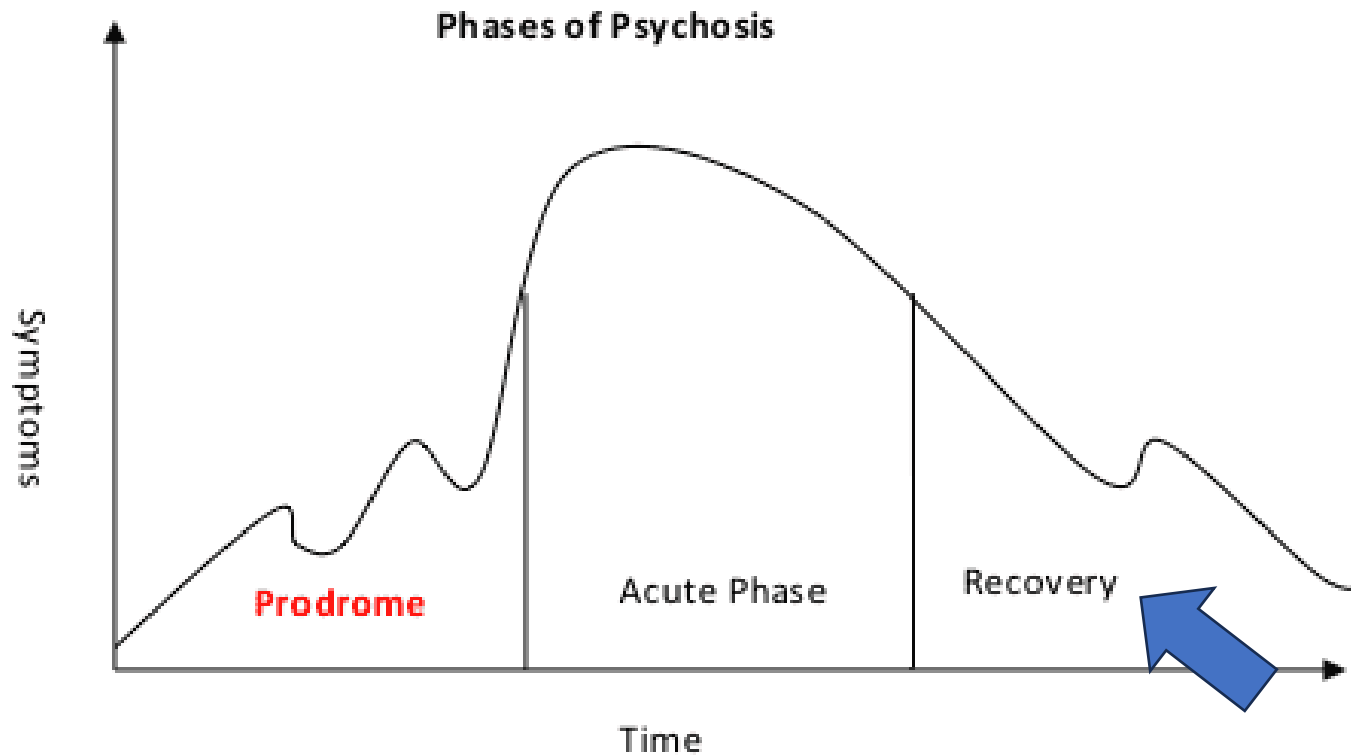
People who experience psychosis have a shortened life expectancy of 10-15 years⁶

They often experience higher rates of suicide,^{7,8} experience homelessness,⁹ and incarceration¹⁰

⁵GBD 2016 Disease and Injury Incidence and Prevalence Collaborators, 2017; ⁶Walker, McGee, & Druss, 2015;

⁷Hor & Taylor, 2010; ⁸Nordentoft et al., 2011; ⁹Ayano, Tesfaw, & Shumet, 2019; ¹⁰James & Glaze, 2006

PHASES OF PSYCHOSIS



RECOVERY IS POSSIBLE

“The goal is to become the
unique, awesome, never to be
repeated human being that we
were called to be.”

Patricia Deegan, PhD



PART OF THE SOLUTION...

Coordinated Specialty Care

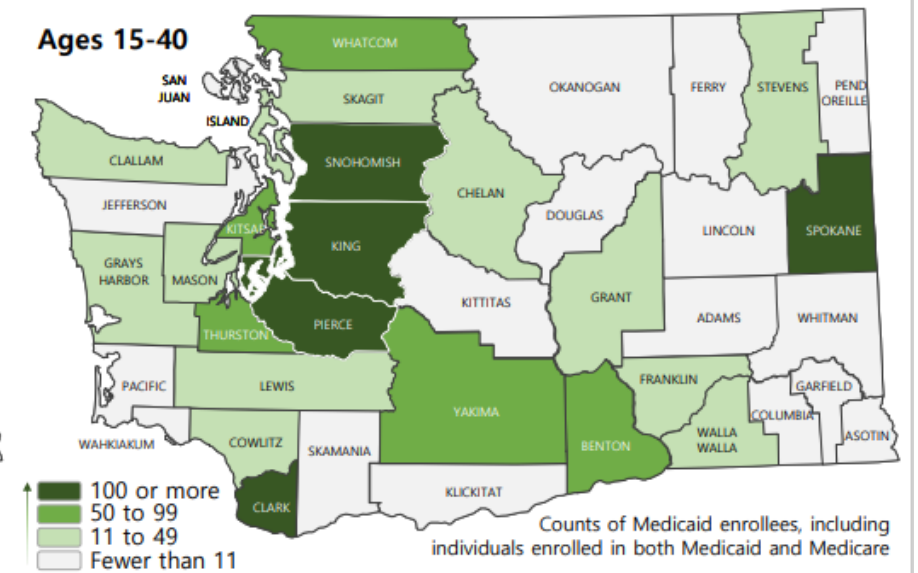
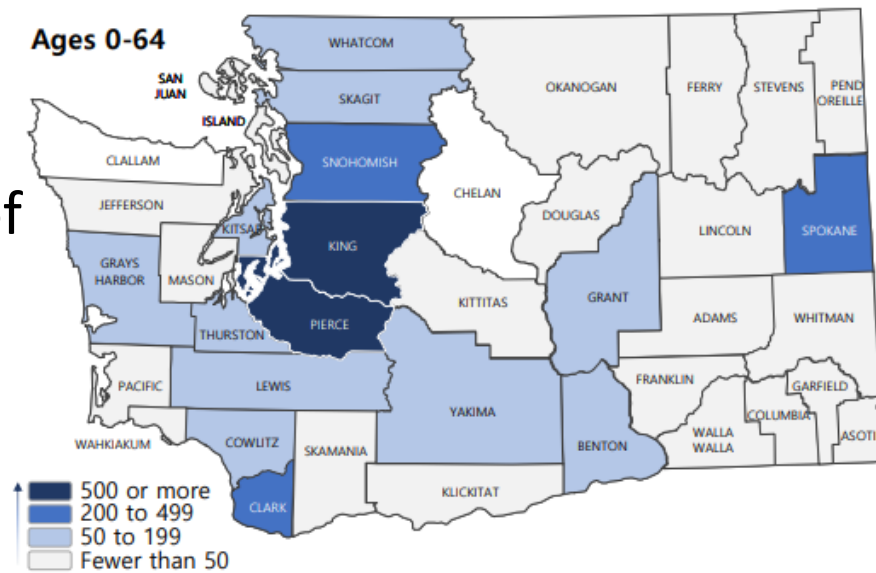
- Multidisciplinary, multi-component teams
- Significant positive outcomes in these areas:
 - Treatment discontinuation
 - Psychiatric hospitalization
 - Symptom severity
 - Symptom relapse
 - Global functioning
 - Participation in work and school
 - Quality of life

Correll et al., 2018; McDonagh et al., in press; Kane et al., 2016; Marshall et al., 2005; Bottlender et al., 2003

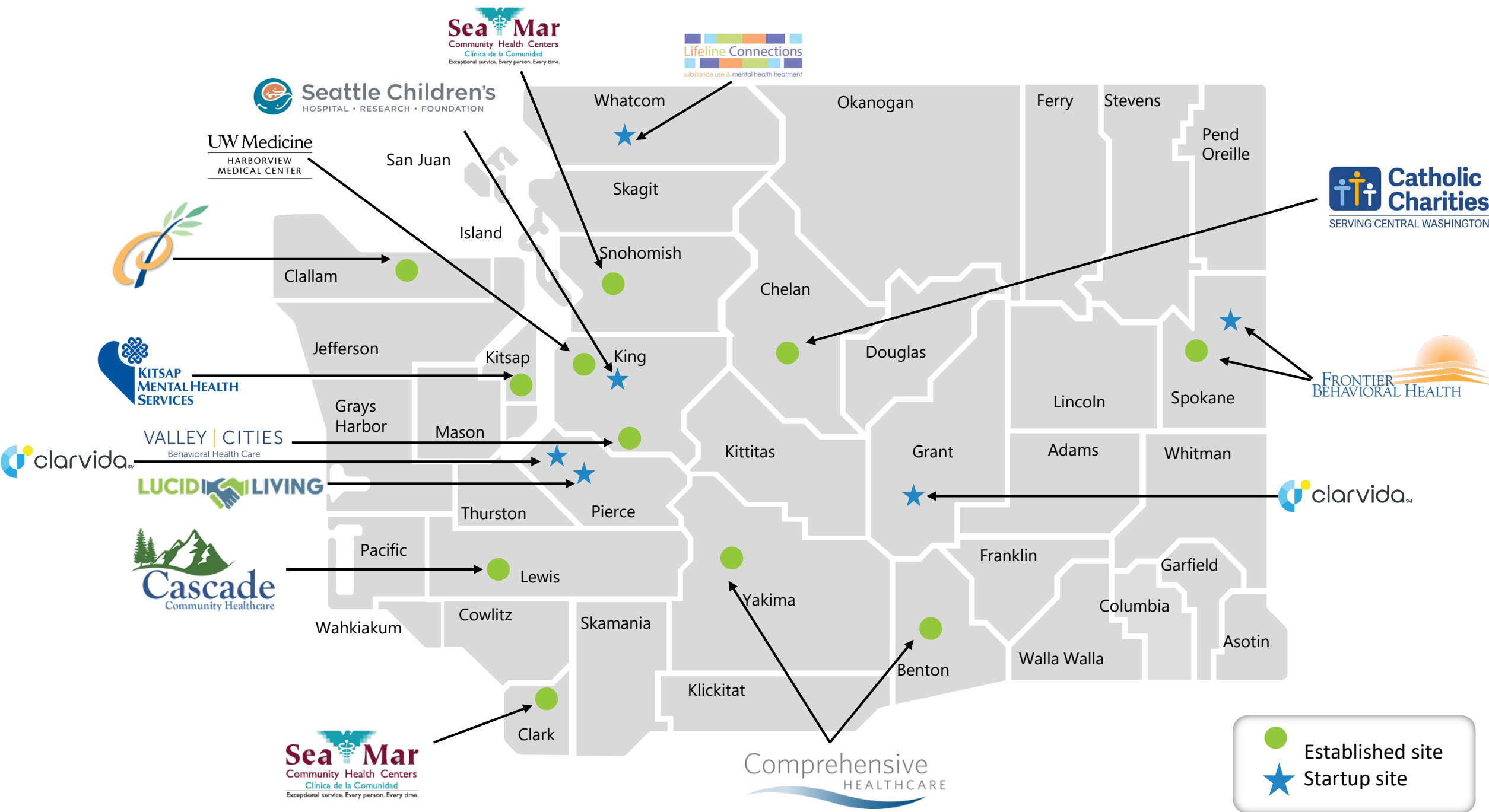
Prevalence of FEP in Washington State

In 2021, there were over 4,000 Medicaid enrollees who received a diagnosis of psychosis for the first time.

Nearly 2,000 were identified as potentially meeting New Journeys eligibility criteria.



Hong, G., Lin, Y., Lucenko, B., & Felver, B. (2023). (rep.). *First Episode Psychosis Estimating Annual Incidence Using Administrative Data*. Olympia, Washington: DSHS.



REFERRAL TO NEW JOURNEYS

- Age: 15-40
- Resident of county with New Journeys
- Psychotic symptoms have been present* between 1 week and 2 years
- Primary dx of one of the following:
 - Schizophrenia
 - Schizoaffective disorder
 - Schizophreniform disorder
 - Brief psychotic disorder
 - Delusional disorder
 - Other specified psychotic disorder
 - Major depression with psychotic features
 - Bipolar disorder with psychotic features

PSYCHOSIS IS NOT KNOWN TO BE CAUSED BY/RELATED TO ONE OF THE FOLLOWING:

- Pervasive developmental disorder
- Autism spectrum disorder
- Substance intoxication and/or withdrawal
- A medical condition

Exclusionary criteria:

- Documented IQ less than 70

A diagnosis is not needed to be referred.

REFERRAL TO NEW JOURNEYS

These may exist as co-morbidities but our goal is to identify and treat primary psychotic disorders and affective psychosis, not psychosis secondary to another condition

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A note on cannabis and psychosis

As cannabis use increases in the U.S. so does the incidence of psychotic disorders ^{1, 2}

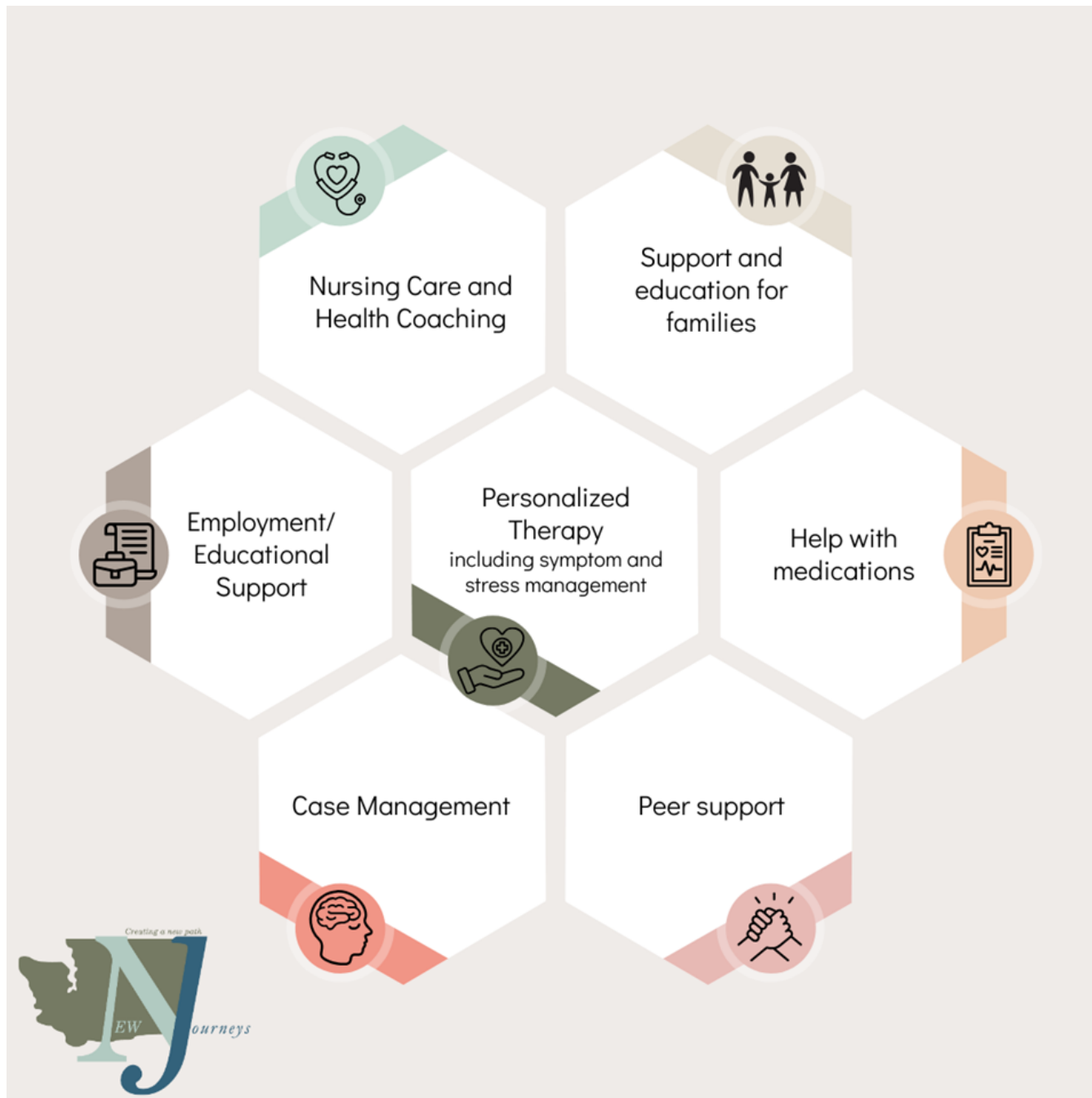
People who use high potency THC daily are 5x more likely to develop a psychotic disorder than people who do not use cannabis ³

People who experience cannabis-induced psychosis are at higher risk of developing schizophrenia ^{4, 5}

More information: [Cannabis & Psychosis | Addictions, Drug & Alcohol Institute](#) and [The Role of Cannabis in Psychosis and Schizophrenia | Learn About Cannabis](#)

¹ Livne, et al. (2022); ² Marino, et al. (2020); ³ Di Forti et al. (2019); ⁴ Myran et al. (2023); ⁵ Starzer, et al., (2018)

The New Journeys Model



Family Education and Support

Goals:

- Teaching families about psychosis and its treatment
- Help the family process the episode of psychosis
- Reducing relapses through psychoeducation and monitoring early warning signs of relapse
- Supporting their loved ones work towards personal recovery goals
- Reducing family stress through improved communication and problem-solving skills

Personalized Therapy

- Types of therapy offered:
 - Individual Resiliency Training (IRT) for primary psychotic disorders
 - Increasing Resiliency in Life (IRL) for bipolar with psychosis
 - Cognitive Behavioral Therapy for psychosis (CBTp)

Goals:

- Processing the experience of psychosis
- Helping to achieve personal goals through:
 - Psychoeducation
 - Teaching coping skills
 - Teaching social and resiliency skills
- Reducing self-stigmatizing beliefs

Supported Employment and Education

- Assists with identifying educational, work, & career goals
- Collaborates with schools and employers
- Core strategies include:
 - Building interest and engagement
 - Assessing strengths and areas for improvement related to school and work
 - Job development
 - Job coaching/accessing school tutoring
- Provides benefits counseling

Medication Management

Goals:

- Education and assistance in choosing the right medication for symptom management
- Guidance in managing side effects of medication
- Delivery of injectable medications

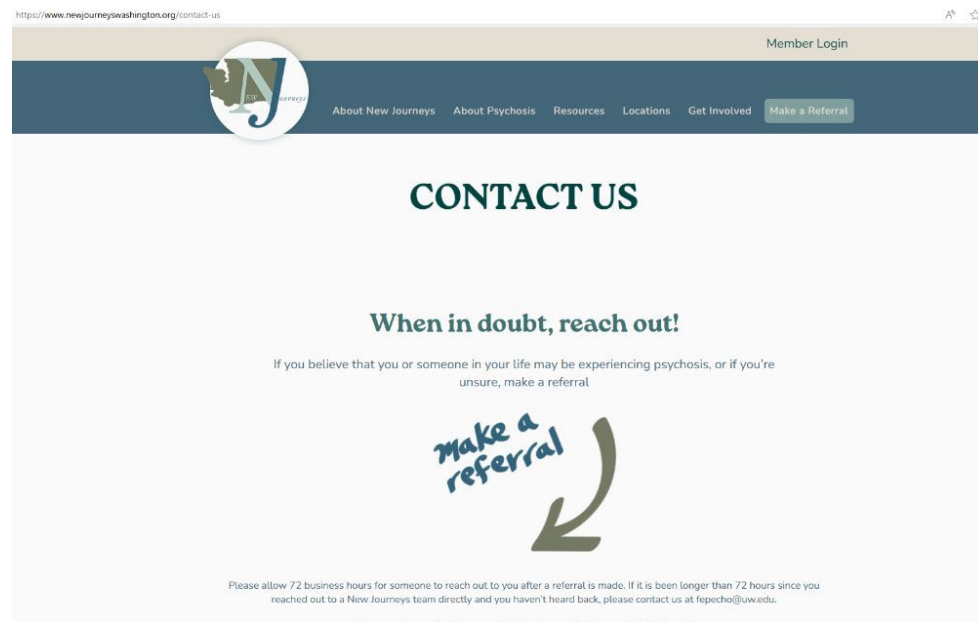
Peer Support Specialist

- Learn about the individual and understand the individual's treatment goals
- Disclose personal experiences as appropriate to assist an individual in their own recovery process.
- Spend time the community to build confidence in abilities and practice skills alongside participants
- Helps identify individuals' resilience and strengths and how to use them
- Advocates for the individual in treatment meetings

Case Management

- Helps individuals stay engaged with appointments by providing outreach and community-based support
- Supports other daily and basic needs
 - Transportation
 - Benefits
 - Housing
 - Navigating other service systems

Referrals



<https://www.newjourneyswashington.org/contact-us>

This screenshot shows the 'Referral Form' on the New Journeys Washington website. The form is titled 'Referral Form' and includes a note: 'Please complete the survey below, and a member of our team will contact you within a week, although we are often able to respond within 2 business days.' The form contains several sections: 1. 'Are you submitting this referral for yourself, or for someone else?' with radio buttons for 'Myself' and 'Someone else' (selected). 2. 'Relationship to Referral' with a text input field and a note: '* must provide value'. 3. 'The following section is about you, the person submitting the referral.' 4. 'Referrer's Name' with a text input field and a note: '* must provide value'. 5. 'Name of business or program, if applicable' with a text input field. 6. 'Referrer's Phone' with a text input field. The form also includes a 'reset' button and a 'Submit' button at the bottom.

THE NEW JOURNEYS MODEL:

DATA-INFORMED CARE & EVALUATION

- MEASUREMENT-BASED CARE
- NETWORK-WIDE QUALITY
IMPROVEMENT AND EVALUATION

Measurement-Based Care

“Measurement-based care can provide insight into treatment progress, highlight ongoing treatment targets, reduce symptoms and deterioration, and improve client outcomes.” (Scott & Lewis, 2015)

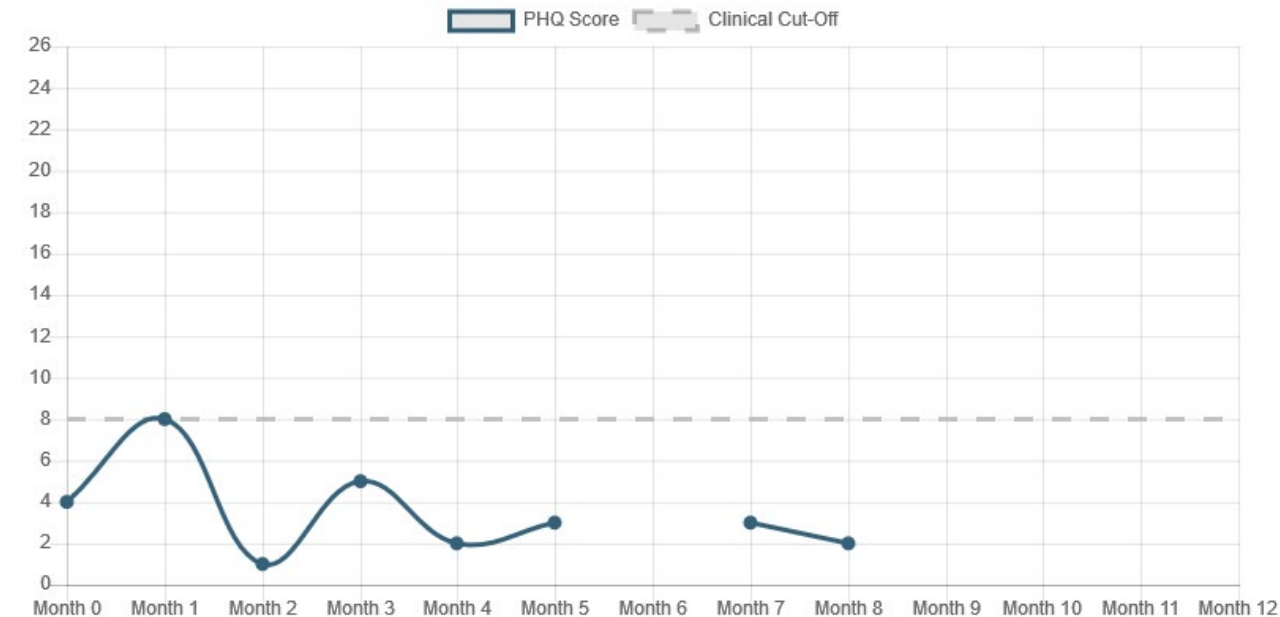
Measurement informed care in psychotherapy uses validated questionnaires and surveys across treatment to inform and individualize treatment plans. These treatment plans are adjusted as measures are collected across time to reach the individual's clinical and functional goals and provide the best outcomes.

New Journeys collects measures on various aspects of an individual's recovery, including clinical symptoms and functioning. These measures can inform care to target their needs and provide a more comprehensive treatment plan to provide better outcomes and identify areas which need addressing.

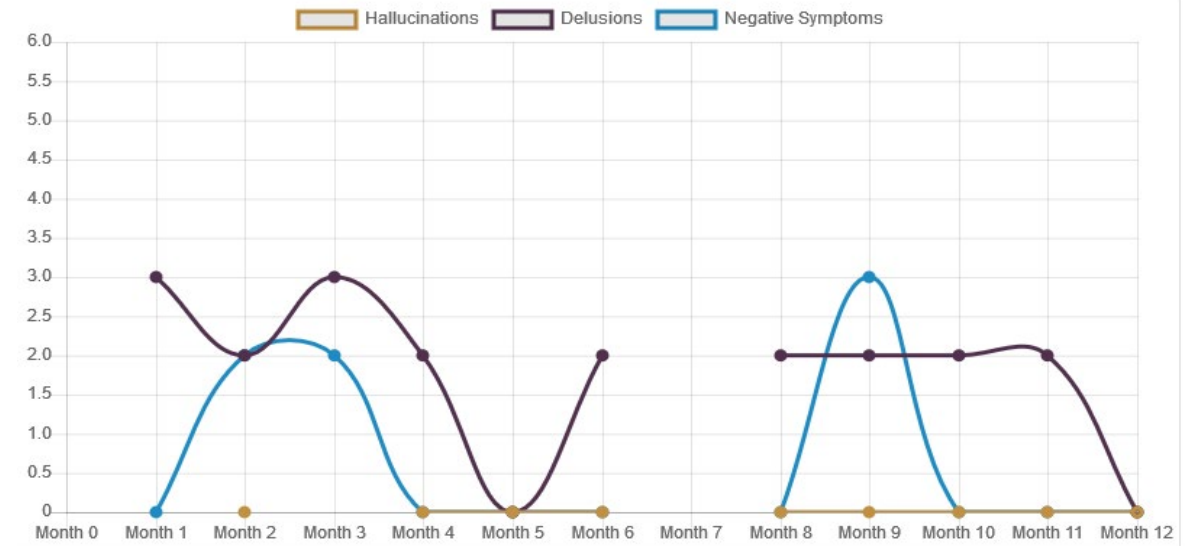
Graphical Feedback Tools

NEW JOURNEYS MEASUREMENT DELIVERY AND DATA PLATFORM

PHQ-9 Year 1



CRDPSS Positive & Negative Symptoms Year 1



Evaluation and Quality Improvement

- Identify gaps
- Impact
- Sustainability

YEARLY EVALUATION OF
PROGRAMS WITHIN THE NETWORK
WHICH ALSO US TO LOOK AT THE
REACH OF OUR SERVICES, CLINICAL,
AND FUNCTIONAL OUTCOMES.



**New Journeys Network
Monthly Report**
March, 2025



2024

**New Journeys:
Coordinated Specialty
Care Model for Early
Psychosis in Washington
State**

Evaluation Report

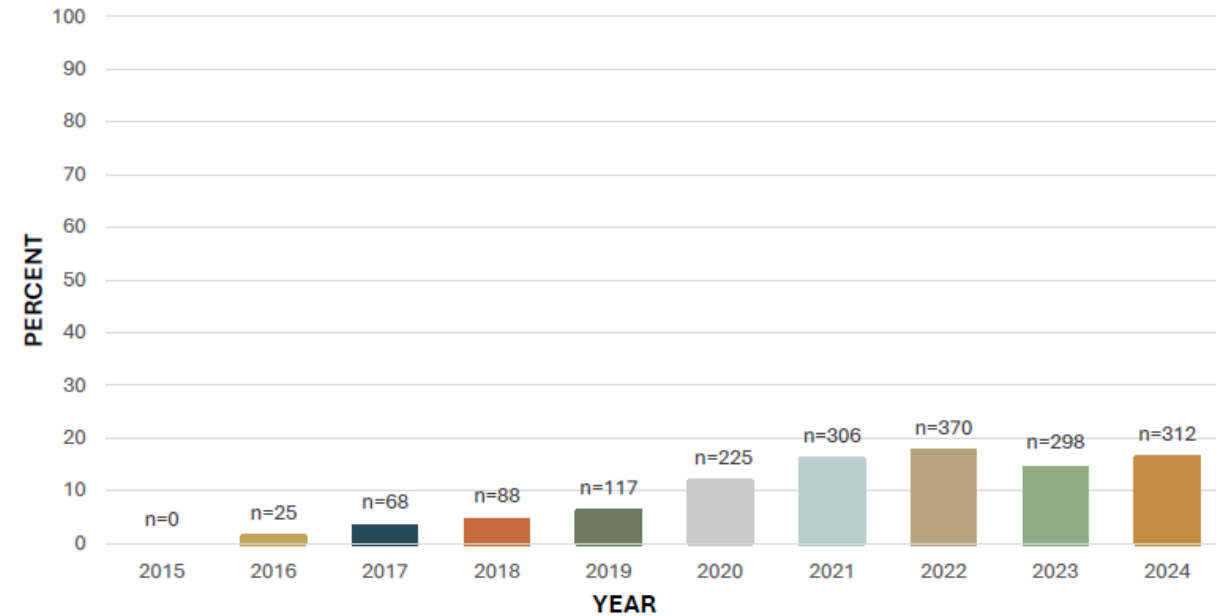
Data extracted from the New Journeys Network Data Platform and by the
Research Data Analysis Division at the Washington State Health Care
Authority.



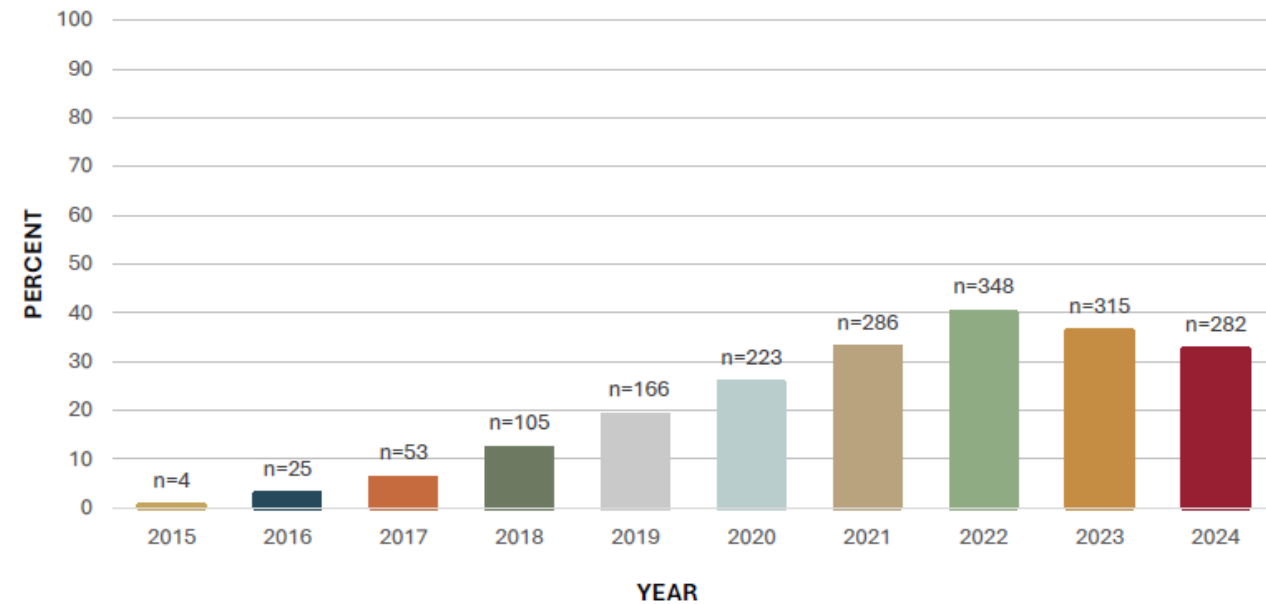
Referrals and Enrollment

60% OF REFERRALS MET ELIGIBILITY CRITERIA

Referrals Served by State Fiscal Year



Individuals Served by State Fiscal Year

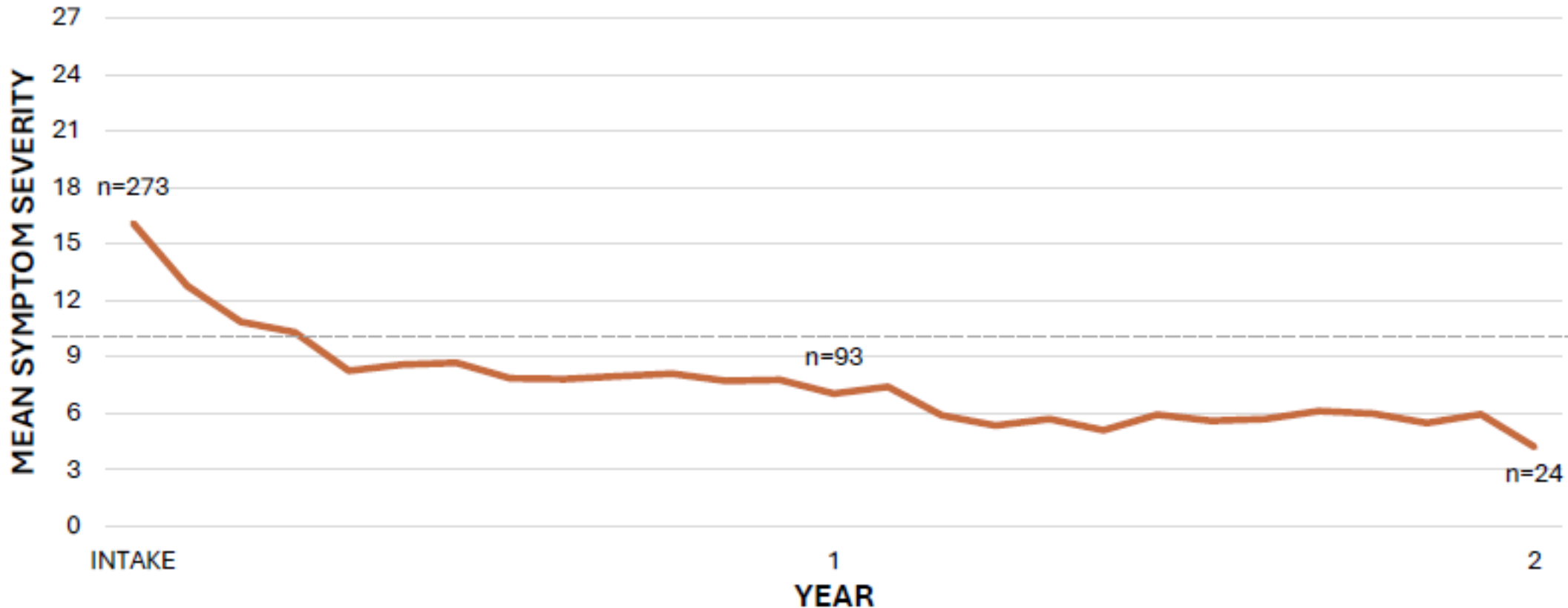


Outcomes: Depression

PHQ-9 | MODERATE TO SEVERE DEPRESSION AT ENROLLMENT

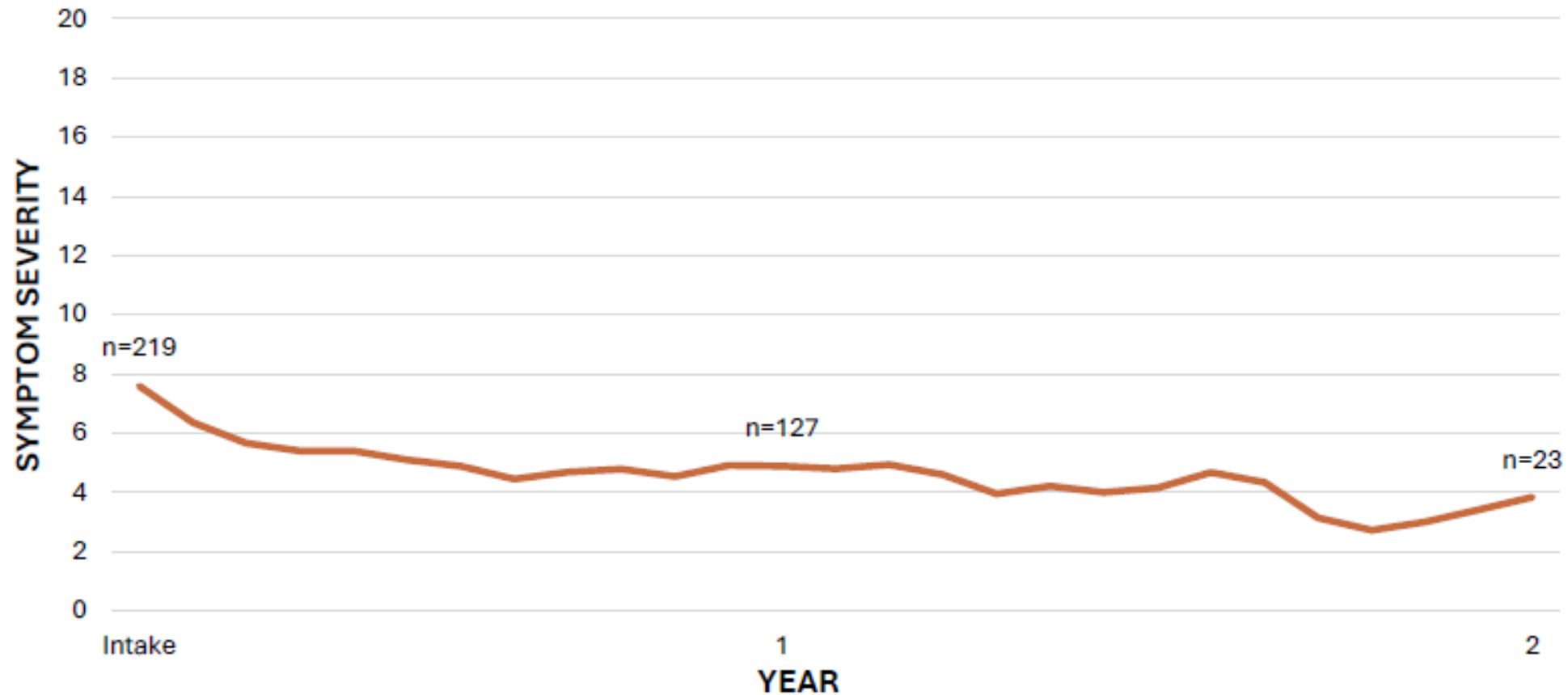
- 54% SCREENED FOR MODERATE/SEVERE DEPRESSION ON THE PHQ-

- 33% REPORT SUICIDAL IDEATION



Outcomes: Psychosis

CRDPSS | CLINICIAN RATED SYMPTOMS OF PSYCHOSIS

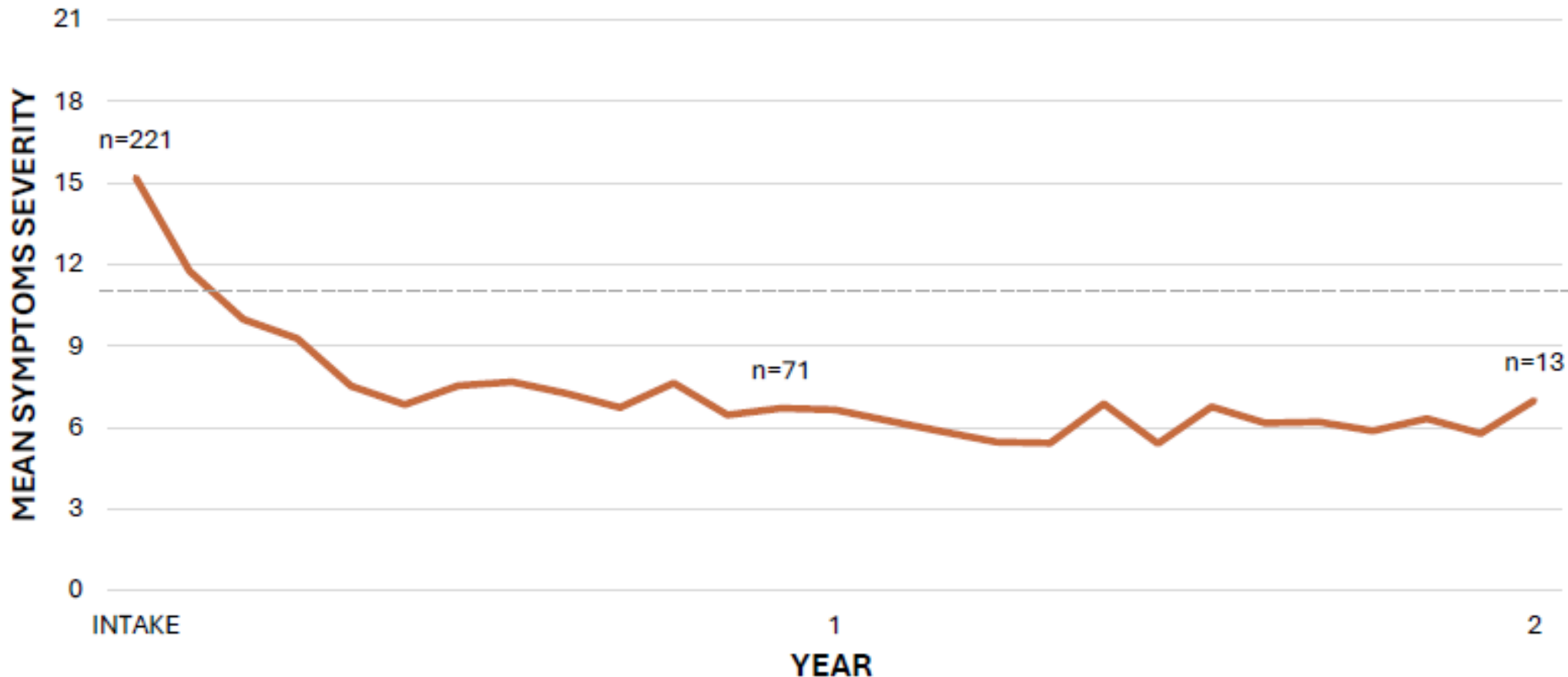


Outcomes: Anxiety

GAD-7 | MODERATE TO SEVERE ANXIETY AT ENROLLMENT

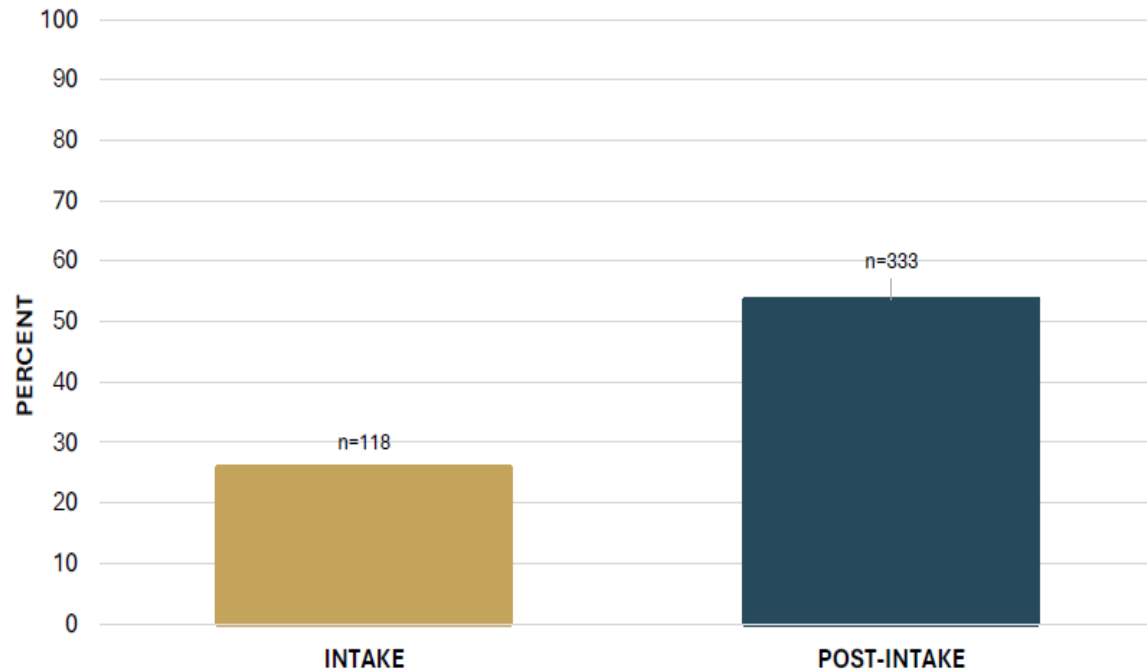
AT INTAKE

- 47% SCREENED FOR MODERATE/SEVERE ANXIETY ON THE GAD-7

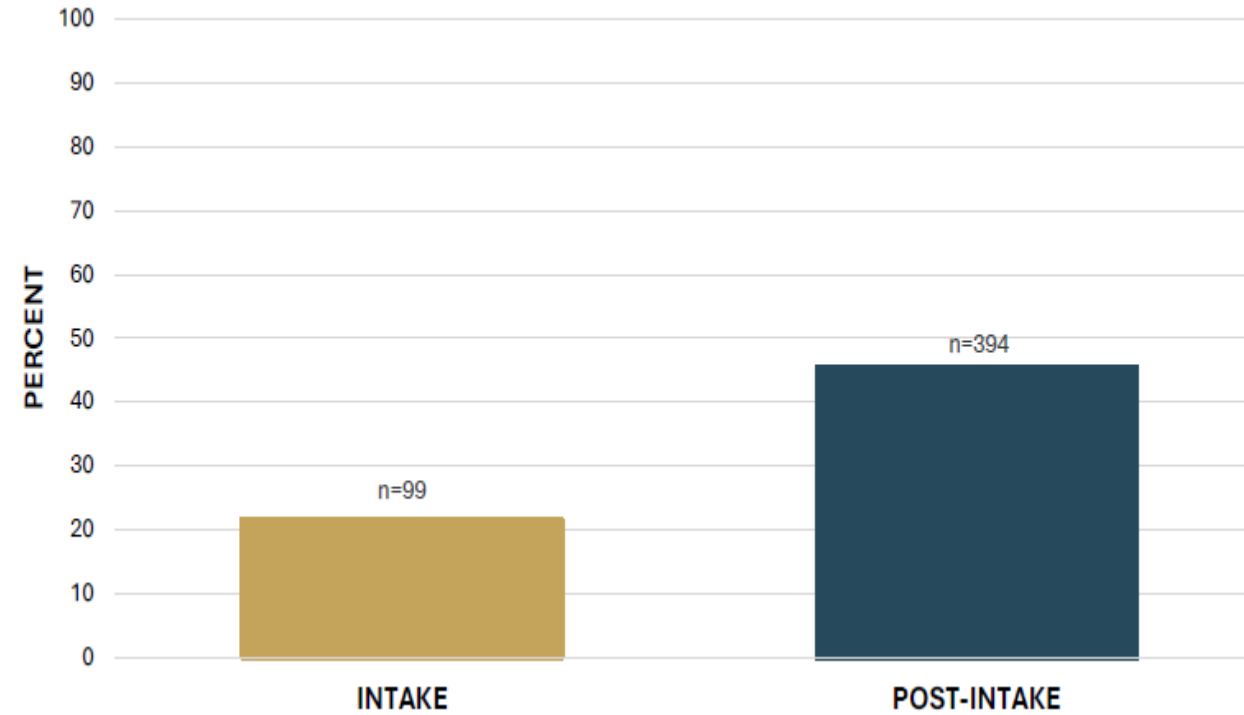


Outcomes: Employment and Education

EMPLOYMENT



EDUCATION



Contact Us

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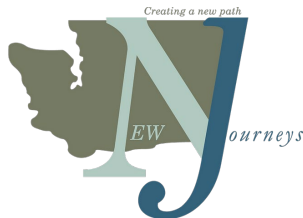
Maria Monroe-DeVita • 206.384.7372

Associate Professor

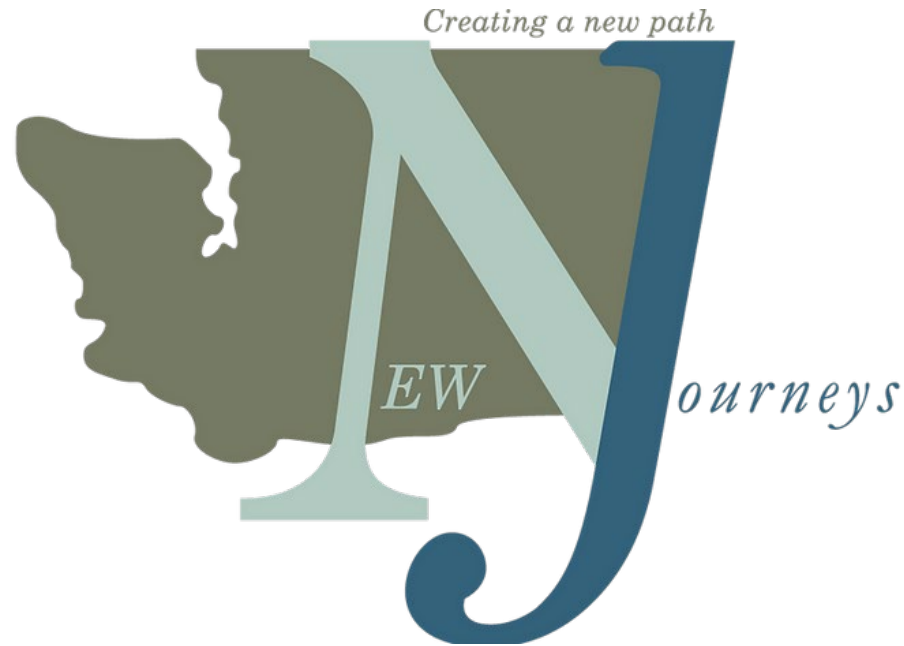
University of Washington SPIRIT Center

Washington State Center of Excellence in Early Psychosis (WA-CEEP)

mmdv@uw.edu



Thank You! Questions?



<https://www.newjourneyswashington.org/>

<https://www.wa-ceep.org/>