
FIRST EPISODE PSYCHOSIS

End of Year Report SFY 2017
January 1, 2017-June 30, 2017

NOVEMBER 1, 2017

Ohio Department of Mental Health & Addiction Services

1. Described/Identify the staff training events that have occurred in this period; provide the number of staff trained at each event:

a. **Coleman Professional Services**

Two day CBT-P for the Jefferson Team: trained four case managers/ one Supported Employment staff (Portage & Stark)

Ongoing - consultation with psychiatrist; on-site video conference with team members to maintain fidelity

b. **Catholic Charities**

One staff attended- Training on core Competencies and treatment Strategies for Trauma, PTSD, Grief and Loss

One staff attended training on Supervising Peer Recovery Support Staff

Monthly: NEOMED Skype Consults with Clinical Team.

c. **The Nord Center**

One (New) CPST trained in the FIRST manual.

Two staff trained in CBT-P model (1 CPST and 1 IRT)

d. **New Horizons Mental Health Services**

Supported Education/ Supported Employment for FEP programs training at Twin Valley with (Sara Swanson & Kimberly Reeder). (4-11-17)

Attended: FEP team leader. Outpatient Services Coordinator, Supported Employment Team Leader

Web Presentation by Dr. Vindod Srihari of the department of Psychiatry at Yale University. About the importance of outreach, partnerships with referral sources and branding for FEP programs in Connecticut. Team leader attended.

e. **Greater Cincinnati Behavioral Health**

Cognitive Behavioral techniques for psychosis; 1 Staff member

Transition to Independence Process- (working with youth cultures, mental health impacts, and assisting youth/ families in navigating the transitional period to adulthood; 5 staff attended.

f. **Allwell Behavioral Health Services**

Cognitive Behavioral Techniques for Psychosis-8

CM/SEE – 8

IRT - 8

FPE – 3

First overview – 6

g. **Zepf**

No training during this time

2. Identify the number of outreach/stakeholder events in this period:

a. **Coleman Professional Services**

AAH- 8; Jefferson – 12; Portage – 7 and Stark- 4

b. **Catholic Charities**

One Presentation to Social Work staff at St. Vincent Charity

c. **The Nord Center**

Four (topics not detailed)

d. **New Horizons Mental Health Services**

Team Leader attended a clinical staff meeting at Dublin Springs Hospital and discussed FEP program including eligibility criteria, referral process and programmatic elements. Team Leader attended Student Review and Consultation Committee (SRCC) Meeting at Ohio University – Lancaster.

Team Leader had a phone meeting with Lori Brown from ABH. Time was spent reviewing programmatic elements and referral process. Team Leader sent pamphlets to ABH via agency Crisis Team Leader.

e. **Greater Cincinnati Behavioral Health**

Six; these were mainly focused in Butler County including The Butler County Board Provider Meeting, Atrium Hospital, Fort Hamilton Hospital, NAMI Butler County, Children’s Butler County, and Butler Behavioral Supervisory staff and Crisis Team.

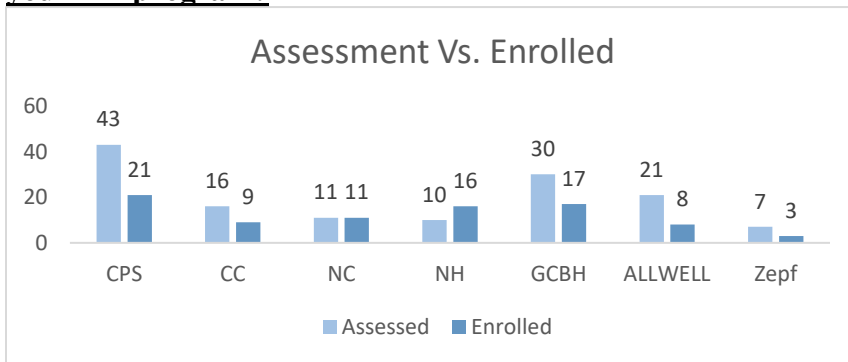
f. **Allwell Behavioral Health Services**

Eight – not detailed

g. **Zepf**

No outreach during this period

3. **Identify the number of new client assessments. How many clients actually enrolled in you FEP program?**



a. **Coleman Professional Services**

	Assessed	Enrolled
• County		
• AAH	5	5
• Jefferson	2	1
• Portage	18	9
• Stark	18	6

b. **Catholic Charities**

	Assessed	Enrolled
•	16	9

- c. **The Nord Center**
 - Assessed 11 Enrolled 11
- d. **New Horizons Mental Health Services**
 - Assessed 10 (Q3 & Q4) Enrolled 16 with 3 scheduled next week
- e. **Greater Cincinnati Behavioral Health**
 - Assessed 30 Enrolled 17
- f. **Allwell Behavioral Health Services**
 - Assessed 21 Enrolled 8
- g. **Zepf**
 - Assessed 7 Enrolled 3

4. Who or what organization is your primary referral source(s)? please briefly describe your effort and challenges in marketing your FEP program.

Organizations:

a. **Coleman Professional Services**

- None

b. **Catholic Charities**

- St. Vincent Charity referred the most to date, but the word is getting out and parents are seeking us out. Staff resource is probably the biggest challenge to marketing. FIRST is best presented in person not in a pamphlet.

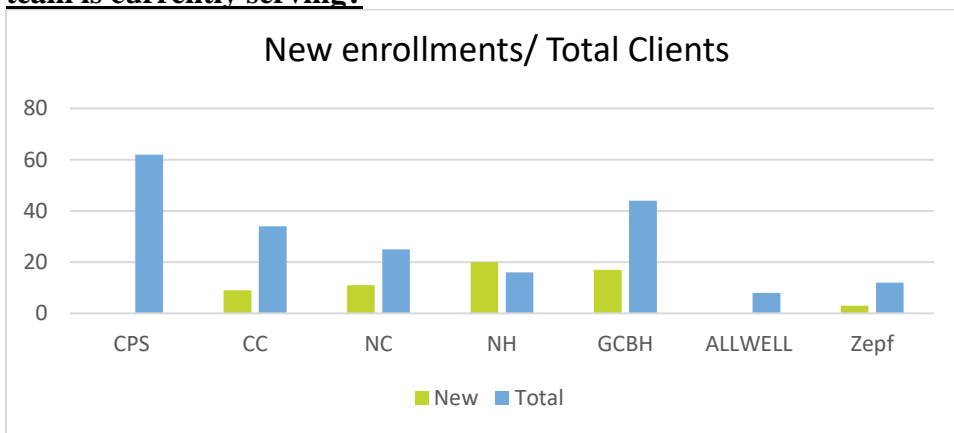
Referred and Screened	4	4	0	4	2	2								16
Referred By														
St. Vincents	0	2	0	2	0	0								4
UH	1	1	0	0	0	0								2
Cleve Clinic	0	0	0	0	0	0								0
Metro	0	0	0	0	0	0								0
Mobile Crisis	0	0	0	2	0	0								2
Northcoast	1	0	0	0	0	0								1
Cleveland State	0	0	0	0	0	0								0
Laurelwood	0	0	0	0	0	0								0
Highland Spring	0	0	0	0	2	1								3
Summit FIRST	0	0	0	0	0	1								1
Parent/Self	2	1	0	0	0	0								3
New Clients Enrolled	3	3	1	0	1	2								9

c. **The Nord Center**

- The Nord Center and Mercy Regional Medical Center in Lorain, OH are the Nord Center’s primary referral sources of the FIRST Program. Due to Lorain County being a smaller county, much of the marketing efforts were made in the first half of the fiscal year of the program. The second half of the fiscal year was dedicated to reaching local emergency rooms (in which one was new) and reaching out to existing referral sources to maintain relationships.

- d. **New Horizons Mental Health Services**
 - Appalachian Behavioral Health and Fairfield Medical Center’s psychiatric unit 6N are our two primary referral sources.
- e. **Greater Cincinnati Behavioral Health**
 - None
- f. **Allwell Behavioral Health Services**
 - Internal all well intakes, making program known to our clinicians allowed for referrals following mental health assessment.
- g. **Zepf**
 - NOPH-State Hospital, Internal & Kobacker

5. How many new clients enrolled in this period? What is the total number of clients your team is currently serving?

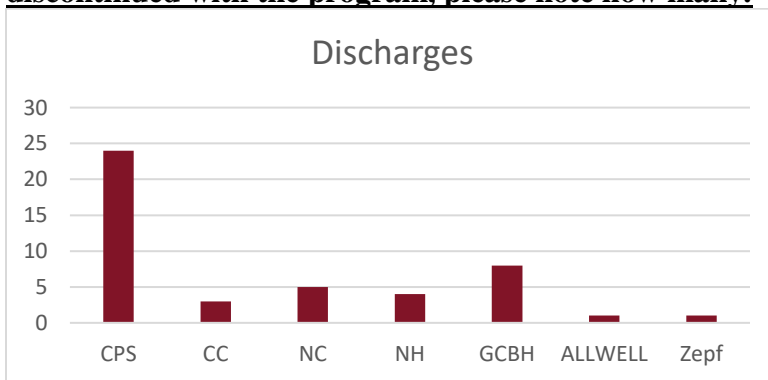


Organizations:

- a. **Coleman Professional Services**
 - Number of Active Clients by County
 - AAH 12
 - Jefferson 1
 - Portage 23
 - Stark 26
 - Total: 62
- b. **Catholic Charities**
 - New enrollees 9
 - Total clients 34
- c. **The Nord Center**
 - New enrollees 11
 - Total clients 25

- d. **New Horizons Mental Health Services**
 - New enrollees Discharged
 - 20 4
 - Total clients
 - 16
- e. **Greater Cincinnati Behavioral Health**
 - New enrollees
 - 17
 - Total clients
 - 44
- f. **Allwell Behavioral Health Services**
 - New enrollees
 - 0
 - Total clients
 - 8
- g. **Zepf**
 - New enrollees
 - 3
 - Total clients
 - 12

6. Indicate the number of clients who were discharged during this period. If any clients discontinued with the program, please note how many.

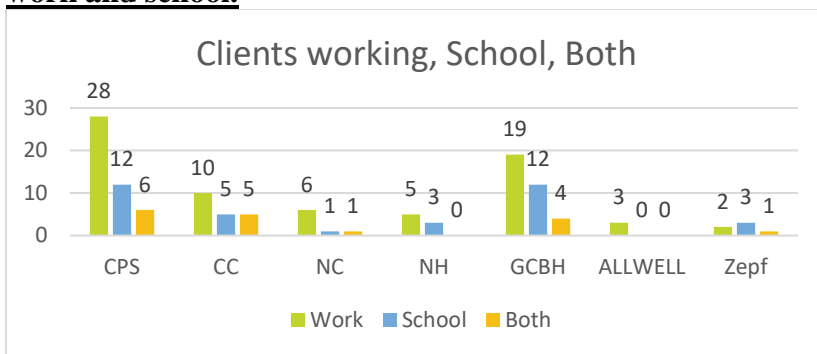


Organizations:

- a. **Coleman Professional Services**
 - Discharges per county:
 - AAH 4
 - Jefferson 0
 - Portage 12
 - Stark 8
 - Total 24
- b. **Catholic Charities**
 - Total Discharges 3

- c. **The Nord Center**
 - Total Discharges 5
 - 8 clients disengaged from the program.
 - 1 client moved out of state.
- d. **New Horizons Mental Health Services**
 - Total Discharges 4
 - 3 due to lack of interest in the program.
 - 1 due to being inappropriate for the program.
- e. **Greater Cincinnati Behavioral Health**
 - Total Discharges 8
 - 4 Due to client disengagement
 - 1 Initiated discharge
 - 2 Moved out of state.
 - 1 Graduated from FIRST services and continues in adult services at GCB.
- f. **Allwell Behavioral Health Services**
 - Total Discharges 1
 - 1 due to moving out of state.
- g. **Zepf**
 - 1 transferred back to another county

7. **How many clients are employed, in school or both at this time? Please provide a breakdown by number employed, number in school or number participating in both work and school.**



Organizations:

a. <u>Coleman Professional Services</u>	County	Working	School	Both	%
• AAH	5	2	0		.58
• Portage	14	6	4		.87
• Jefferson	0	0	0		0
• Stark	9	4	2		.50
• Total	28	12	6		.66

b.	<u>Catholic Charities</u>			
	•	Working 10	School 5	Both 5
c.	<u>The Nord Center</u>			
	•	Working 6	School 1	Both 1 (Associates Degree)
d.	<u>New Horizons Mental Health Services</u>			
	•	Working 5	School 3	Both 0
e.	<u>Greater Cincinnati Behavioral Health</u>			
	•	Working 19	School 12	Both 4
f.	<u>Allwell Behavioral Health Services</u>			
	•	Working 3	School 0	Both 0
g.	<u>Zepf</u>			
	•	Working 2	School 3	Both 1

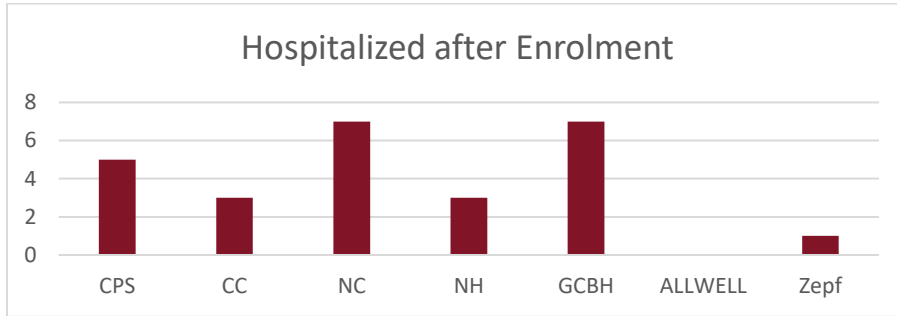
8. Identify if any clients were involved in the justice system after enrolment. If so, how many and what court.

Organizations:

- a. **Coleman Professional Services**
 - No new offenses, one client continued in a MH Court in Portage County.
- b. **Catholic Charities**
 - There were **0** clients involved with the Justice system after enrollment. There is **one** client who is currently going to trial for an event that took place prior to coming to FIRST.
- c. **The Nord Center**
 - We had 3 clients total that were involved with the justice system after enrollment: 1 client involved with Juvenile Court, 1 client involved with Lorain County Court of Common Pleas, and 1 client involved with Elyria Municipal Court.
- d. **New Horizons Mental Health Services**
 - 2 clients were involved in the justice system in Fairfield County. One was a trespassing charge, the other drug charges.
- e. **Greater Cincinnati Behavioral Health**
 - During this time period there were 0 clients involved in the justice system after enrollment.

- f. **Allwell Behavioral Health Services**
 - 0
- g. **Zepf**
 - 2 clients involved in Lucas County Municipal Court

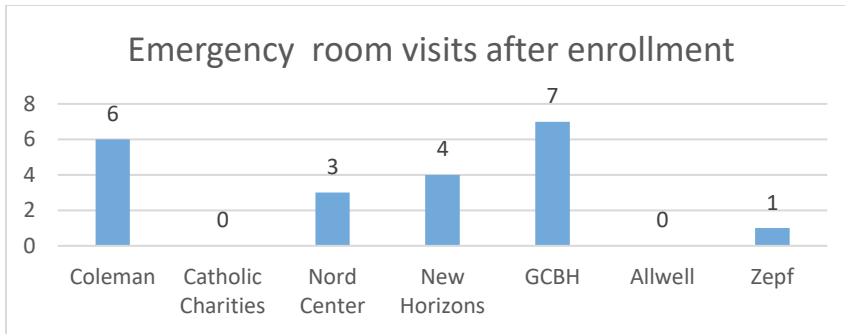
9. Identify the number of clients that were hospitalized after enrolment.



Organizations:

- a. **Coleman Professional Services**
 - AAH 0
 - Jefferson 0
 - Portage 2
 - Stark 3
- b. **Catholic Charities**
 - 3
- c. **The Nord Center**
 - 7
- d. **New Horizons Mental Health Services**
 - 3
- e. **Greater Cincinnati Behavioral Health**
 - 7
- f. **Allwell Behavioral Health Services**
 - 0
- g. **Zepf**
 - 1

10. Identify the number of clients that had an emergency room/department visit after enrollment.



Organizations:

- a. **Coleman Professional Services**
 - AAH 2
 - Jefferson 0
 - Portage 3
 - Stark 1
- b. **Catholic Charities**
 - 0
- c. **The Nord Center**
 - 3
- d. **New Horizons Mental Health Services**
 - 4
- e. **Greater Cincinnati Behavioral Health**
 - 7
- f. **Allwell Behavioral Health Services**
 - 0
- g. **Zepf**
 - 1

11. Please list the team’s major accomplishments in a few bullet points.

Organizations:

- a. **Coleman Professional Services**
 - Greatly increased referrals in Stark, Portage, and AAH
 - Those engaged in Cognitive Enhancement in Portage County made great strides with social skills.
 - Two individuals are sharing recovery stories in public forums.
 - One individual accepted for a one-year internship with Shalom in Lancaster, PA where he will work with SED children.
- b. **Catholic Charities**
 - Working with an individual and family for 2+ years and finally engaging him in taking medications. He is now taking a classes at TRI-C and minimally delusional

- Supporting an individual through Barber school, State Boards and now full-time work as a Barber.
 - Supporting an Individual from actively psychotic and suicidal to Newlywed, College and the purchase of his new home.
 - Supporting a young woman from numerous inpatient stays at State Hospital to Fulltime employment in a High End Dept. Store with Private Insurance.
 - Young man getting ready to start his second year at Wilmington College and Football Team. Our coordination with the Health Clinic and College staff ensure continued support on Campus.
- c. **The Nord Center**
- We received 50 referrals total this fiscal year.
 - We have maintained relationships with our referral sources.
 - We have had staff changes on the team however the team continues to remain cohesive and strong in their communication and ability to work as a team.
 - We successfully completed our first year in Lorain County!
- d. **New Horizons Mental Health Services**
- NONE
- e. **Greater Cincinnati Behavioral Health**
- Team was selected as 1 of 32 sites (out of 248 available sites) to participate in national We stat study for First Episode psychosis.
 - Greater Cincinnati Area FIRST team was highlighted in The TA Network National Paper in an article entitled “The Integration of Early Psychosis Services in a System of Care Framework” Team Lead was selected to present at the Annual Ohio Trauma Informed Care Summit.
- f. **Allwell Behavioral Health Services**
- Increasing number of clients
 - Increased collaboration and coordination between medical provider, therapist, case manager, and supported employment.
- g. **Zepf**
- Several clients maintained employment
 - 1 client with DD comorbidity increased socialization/decreased isolation including participation in Special Olympics
 - 1 client completed probation

12. Please list any significant barriers or challenges to implementation of FEP services in a few bullet points.

Organizations:

- a. **Coleman Professional Services**
- Consumers who are relying on marijuana and other substances
 - Generating referrals from other local agencies in Jefferson County
 - Lack of parental engagement to become educated about clients’ illness in Stark County.

b. **Catholic Charities**

- The Private Insurance plans do not cover all services and have been a barrier to medications at times. (FIRST covers any prescriptions insurance will not or delay)
- Ongoing need to Market Program – Staff Resource time
- Unfortunately, some families cannot see the bigger picture and do not want to invest the time and effort to get the Outcomes we know are possible.

c. **The Nord Center**

- We have identified the need for additional funding to complete IQ or other psychological testing for some of our FIRST clients in order to identify the most appropriate treatment services and diagnosis especially in regards to those clients presenting with cognitive limitations.
- We had to utilize grant funding for Supported Employment services as they are not reimbursable services.
- This population requires outreach to engage clients into treatment which is not reimbursable time spent.

d. **New Horizons Mental Health Services**

- Our clinic has a large number of enrollees on private insurance. This is not unexpected as the age of first episodes is late adolescence to early adulthood when individuals are eligible to still be on their parent's insurance. The barrier we run into is that case management services including the case management family group is not covered by private Insurance.
- While not currently a barrier, Medicaid Redesign in its current form proposes a significant reduction on the rate of reimbursement for counseling groups. One of the components of our program is a counseling group for clients enrolled in the program. The agency may struggle to provide this valuable service due to the low reimbursement rate.

e. **Greater Cincinnati Behavioral Health**

- Continued to have challenges getting referrals in Butler County despite partnering with a provided and marketing.
- Large number of new enrollees who due to the recent brain trauma and cognitive and other functional/symptom-related challenges have difficulties resuming work and school roles.
- Finding appropriate housing for this population is starting to become difficult. Decreased community hospital beds might have led to a decrease in step down stabilization beds. We have also had our youth asked to leave emergency placements due to symptom driven behavior. Once stabilized there is also a lack of a path to permanent stable housing for our clients.

f. **Allwell Behavioral Health Services**

- Initial engagement with clients and insurance approvals or denials, client ambivalence to taking medication.

g. **Zepf**

- Staff on team having primary roles other than FIRST, no one on team is strictly FIRST dedicated at this time. (This has now changed; TL is now strictly FIRST)

13. What have you learned that would be useful to Ohio's implantation of FEP?

Organizations:

a. **Coleman Professional Services**

- Maintaining stable teams is critical. Choosing the most competent Case Managers is effective but often results in those Managers acquiring licenses and moving into different roles in the organization.
- Team leader competencies and stable employment impact the success of the team. Creating opportunities for Team Leaders to continue to develop skills First Episode skills in the state and nationally contributes to satisfaction and stability.

b. **Catholic Charities**

- Make those connections with Colleges and schools. They are willing to work with the team to ensure positive outcomes for the client.

c. **The Nord Center**

- In our first year of the program we identified that outreach is necessary with this population in order to engage clients into treatment and continue treatment when they begin to disengage.
- Some of our referrals have presented with cognitive limitations or have been difficult to determine diagnostic needs. Further psychological testing has been beneficial to determine most appropriate treatment services but this requires additional funding sources.

d. **New Horizons Mental Health Services**

- The Web Presentation I attended with Dr. Vinod Srihari of the Department of Psychiatry at Yale University highlighted the importance of branding and of streamlining FEP programs state wide in regards to programmatic elements and quality of services provided.

e. **Greater Cincinnati Behavioral Health**

- Engaging youth and families in all services at the point of intake is best for getting buy in for all FIRST Team services rather than waiting for Care manager to refer. We know have seen an increase in participation numbers across services. IRT Counseling: 12 clients are actively participating, Employment/Education: 33 are actively participating, and Family Education and Support Services: 8 families are participating
- The team has recently begun meeting with BBHS staff week in person even though caseload is small which has started to yield some more referrals from Butler County.
- Families are hard to engage in the Family Support Services even when it is clinically indicated for many reasons including stigma, stress, and work schedules. This next year the team is going to try to have the Team Lead reach out to families for a meeting periodically to review treatment and hopefully build rapport and provide the education through this format.

- f. **Allwell Behavioral Health Services**
 - Utilizing case management and shared decision making models have been vital.
- g. **Zepf**
 - Nothing at this time

14. **Please share your team's recommendations regarding additional resources that Ohio MHAS should offer all programs and to support sustainability.**

Organizations:

- a. **Coleman Professional Services**
 - Additional opportunities for teams to interact with other Ohio First Episode teams would be helpful.
- b. **Catholic Charities**
 - Beyond 2018 need to develop a way to support the services and medications not covered by Private Insurance. This will ensure great outcomes and fewer individuals that will need to be on Medicaid in the future.
- c. **The Nord Center**
 - As mentioned above we have identified the need for additional funding to complete IQ or other psychological testing for some of our FIRST clients in order to identify the most appropriate treatment services and diagnosis especially in regards to those clients presenting with cognitive limitations.
 - We had to utilize grant funding for Supported Employment services as they are not reimbursable services.
 - This population requires outreach to engage clients into treatment which is not reimbursable time spent
- d. **New Horizons Mental Health Services**
 - National conference calls have highlighted states that utilize a uniform approach to FEP programs in re: branding and programmatic components. When we attended the Supported Employment training for First Episode programs we realized that there was some disparity in re: fidelity reviews with some programs not being aware of the fidelity standards, some never having had a fidelity review. Regular meetings with other programs would help encourage collaboration and troubleshooting.
- e. **Greater Cincinnati Behavioral Health**
 - None
- f. **Allwell Behavioral Health Services**
 - We will be better equipped to offer recommendations after engaging in the program longer term.
- g. **Zepf**
 - Information regarding some of the new trauma informed care trainings would be wonderful as most (if not all) of our clients have some form of trauma history.

Data was contributed by:

Organization: Coleman Professional Services Date: July 31, 2018	Person Completing: Sandy Myers
Organization: Catholic Charities Date: July 24, 2017	Person Completing: Angela Ivancic
Organization: The Nord Center Date: 7/27/17	Person Completing: Kathryn Maimone LISW-S, Team Lead for the FIRST Program
Organization: New Horizons Mental Health Services Date: 7/28/17	Person Completing: Jenifer Fraioli, LISW-S
Organization: Greater Cincinnati Behavioral Health Services Date: 07/31/2017	Person Completing: Jennifer Dorschug
Organization: Greater Cincinnati Behavioral Health Services Date: 07/31/2017	Person Completing: Jennifer Dorschug
Organization: Zepf Date: 10/9/2017	Person Completing: Melanie Lamb, LSW