

An Overview of the NAVIGATE Model: A Comprehensive Treatment Approach for Persons with First Episode Psychosis

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Agenda

- Coordinated Specialty Care Model
- Overview of NAVIGATE program
 - Principles of Treatment
- Components of NAVIGATE model
 - Medication management
 - Family Education
 - Individual Resiliency Training (IRT)
 - Supported Employment and Education (SEE)

What is Needed to Effectively Treat First Episode Psychosis?

- Treatment guidelines that can be implemented in routine mental health treatment settings
- Comprehensive, flexible treatment to address broad range of needs
- Pharmacological and psychosocial treatment
- Involvement of all stakeholders in treatment
- Fostering positive attitude and belief in recovery for all those involved, including treatment staff, clients, and family members

NAVIGATE—An Example of Coordinated Specialty Care

- **Team-based**
 - Shared decision-making
 - Strength & resiliency focus
 - Psychoeducational teaching skills
 - Motivational enhancement teaching skills
 - Collaboration with natural supports

NAVIGATE—An Example of Coordinated Specialty Care cont'd

- Four components
 - Psychopharmacology – COMPASS
 - Individual Resiliency Training (IRT)
 - Supported Employment and Education (SEE)
 - Family Psychoeducation (FPE)
- Case Management and Peer Support

NAVIGATE Treatment Team and Interventions

- Director (team leader, Family Education Program provider)
- Prescriber (pharmacological management)
- Supported Employment & Education (SEE) specialist
- 2 Individual Resiliency Trainer (IRT) clinicians (who may also provide case management)
- Often a separate case manager and/or peer specialist

Brief History of RAISE

- In 2009, NIMH awarded contracts to two teams to develop early treatment programs for persons with first episode psychosis. This initiative was called Recovery After an Initial Schizophrenia Episode (RAISE)
- The RAISE-Connection Program (now OnTrackUSA) at the Research Foundation for Mental Hygiene at Columbia University in NYC:
<http://practiceinnovations.org/ontrackusa/tabid/253/default.aspx>
- The RAISE Early Treatment Program (now NAVIGATE) at the Feinstein Institute for Medical Research in Manhasset, NY: www.navigateconsultants.org)

RAISE

Recovery After an Initial
Schizophrenia Episode

 **NAVIGATE**

Overall Goal

Develop and implement an effective first episode psychosis program which:

- ❑ Can be established in typical US community mental health agencies
- ❑ Can use existing staff
- ❑ Can be supported with routine funding streams

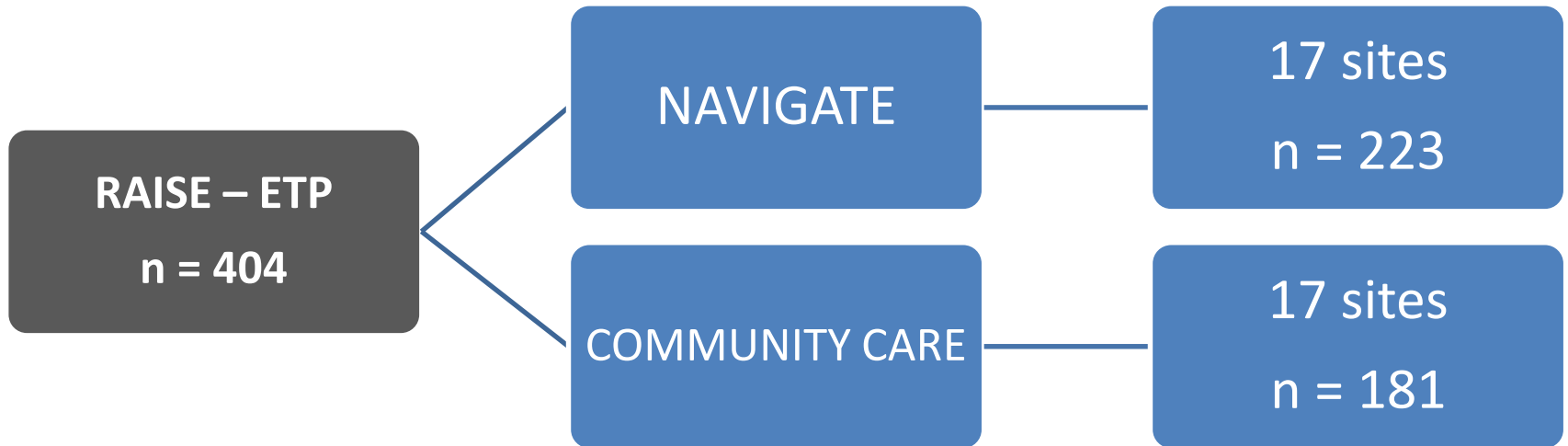
Early Treatment/NAVIGATE Sites



Inclusion Criteria

- Age 15-40
- SCID confirmed diagnosis:
 - Schizophrenia
 - Schizophreniform disorder
 - Schizoaffective disorder
 - Brief Psychotic disorder
 - Psychosis NOS
- No more than 6 months lifetime antipsychotic medication
- First episode of psychosis

RAISE-ETP Study Design with Cluster/Site Randomization



NAVIGATE Treatment Program was Developed Based on Established Treatment Principles for Schizophrenia



- Emphasizes recovery and resiliency
- Based on the stress-vulnerability model
- Uses principles of illness management
- Uses principles of psychiatric rehabilitation

Taking into Consideration the Special Issues for First Episode Psychosis Clients

- Their developmental stage
- The trauma related to experiencing psychosis

Pharmacological Treatment

- RAISE Medication Algorithm
 - Based upon the 2007 TMAP algorithm
- Computerized Decision Support System to guide medication decisions
 - Measurement-based assessment of therapeutic and adverse effects
- Individually tailored, based on shared decision-making



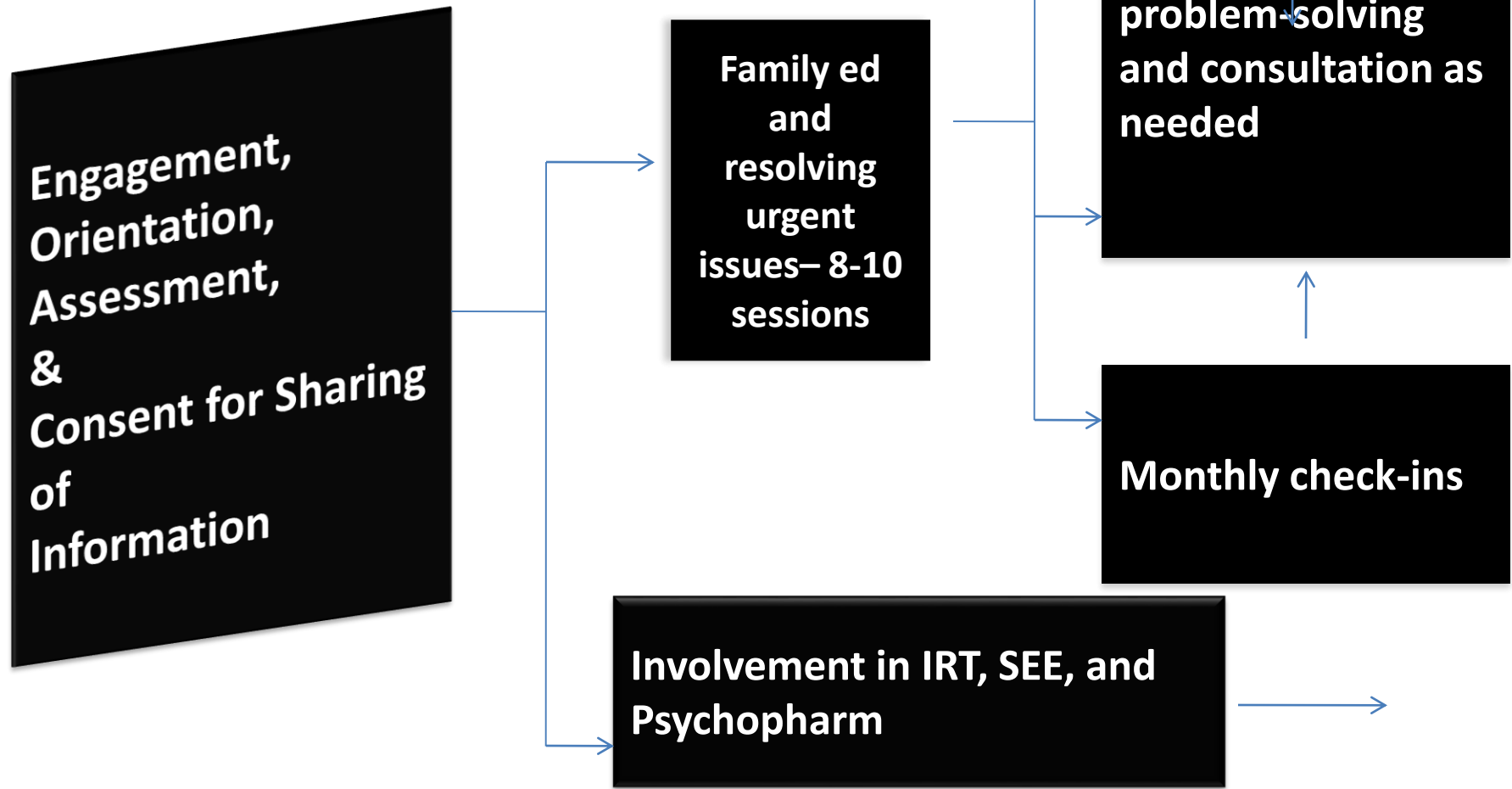
Medication Management

- Medication strategies available to assist the prescriber in treating early phase clients
- Striving for lowest possible effective dose
- Use of a questionnaire to monitor client adherence, symptoms, and side effects
- Assessment of physical factors such as weight and BMI is an important component

Family Program

- Provides family (including client) with education about psychosis, coping strategies, skills for communicating and solving problems
- Goals of the program:
 - Shore up family relationships for the long haul
 - Change the trajectory of the illness by supporting resumption of role functioning and social pursuits
 - Reduce stress and burden in family members

NAVIGATE Family Work



Individual Resiliency Training (IRT) Program

- Foundation = building strengths and resiliency
- Helps people learn the information, strategies and skills to manage their illness and get back on track with their life
- Based on modules that address specific topics
- Tailored to the individual client
 - Responsive to client choice
 - Depends on client's goals
 - Adjusted to meet client's needs

Case Management

- Assists clients in accessing resources such as housing, medical care, transportation, parenting classes, insurance
- Case management needs can be high for early treatment clients as they begin treatment
- Can be provided by team members or by a separate case manager

How does IRT address special issues of Persons with First Episode?

- Hope and optimism built into modules
- Education about psychosis is provided concurrently with opportunity to process the experience
- Personal goals are a priority (including peer-related goals such as friendships, having fun, school, work)
- Focus on strengths and resiliency



Curriculum/Content of IRT

#	Standard Modules	Sessions
1	Orientation	1-2
2	Assessment, initial goal-setting	2-4
3	Education about psychosis (coordinated with Family Program)	7-11
4	Relapse Prevention Planning (coordinated with Family Program)	2-4
5	Processing the Psychotic Episode	3-5
6	Resiliency—Standard sessions	3-4
7	Building a Bridge to Your Goals	2-3

Content of IRT, cont' d

#	Individualized Modules	Sessions
8	Dealing with Negative Feelings	7-12
9	Coping with Symptoms	2 /symptom
10	Substance Use	11-20
11	Having Fun & Developing Relationships	3-27
12	Making Choices about Smoking	2-4
13	Nutrition and Exercise	2-4
14	Resiliency—Individualized Sessions	2-3

Trauma of Experiencing Psychosis

- Experience of psychosis traumatic for client & relatives
- Posttraumatic stress disorder (PTSD) reactions are a common response to psychotic symptoms & treatment experiences
- PTSD reactions to first episode psychosis are related to increased distress & decreased functioning
- Special focus in NAVIGATE on helping clients process the trauma of their psychotic episode

Supported Employment and Education (SEE)

- The goal of SEE is to help people develop and achieve **personally meaningful goals related to their careers, their education and their employment**
- SEE services are **individualized** for each person based on their preferences, goals and values
- SEE services are provided based on the person's choice to pursue **employment, or education, or both**

SEE Principles

- SEE services are available to all clients in the program—no prerequisites (e.g. being substance free or housed)
- Rapid job/school search
- Systematic job/school development
- SEE services provide follow along supports for people after they have obtained a meaningful job or started an educational program
- SEE services work with all early mental health treatment team members to support the client—joint offices, meetings
- Benefits counseling is important and accessed

How the NAVIGATE team works together

- Whole team meets together weekly
- Clients (and usually families) meet all team members at the beginning of treatment
- Team strives to have each client receive the benefits of each intervention
- Team members continually share information and strategies
- Team members “piggyback” appointments
- In dealing with challenges, team member with strongest rapport is utilized

Collin's Story



Resources

- Checklist for Agencies Interested in Starting a First Episode Psychosis Treatment Program (handout provided at this workshop)
- NAVIGATE manuals
www.navigateconsultants.org)
- Kane, J.M., et al. (2016). [Comprehensive Versus Usual Community Care for First-Episode Psychosis: 2-Year Outcomes From the NIMH RAISE Early Treatment Program.](#) The American Journal of Psychiatry, 173(4), 362-372.

Summary

- Effective treatment of first episode psychosis presents unique opportunity to improve long-term trajectory of schizophrenia
- Clients have needs for comprehensive, flexible treatment to address broad range of needs
- NAVIGATE is a multi-disciplinary team approach that includes
 - Medication management
 - Family education
 - Individual resiliency training
 - Supported employment and education

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