

Experiences With EAST: Psychosis Early Intervention in the U.S. Public System

INTRODUCTION

Mid-Valley Behavioral Care Network: Public managed care organization serving 600,000 people in five mainly rural counties. MVBCN is the sponsor of the Early Assessment and Support Team (EAST).

Project Goal: Reduce long-term disability of people with schizophrenia and related psychotic disorders by providing evidence-based early intervention.

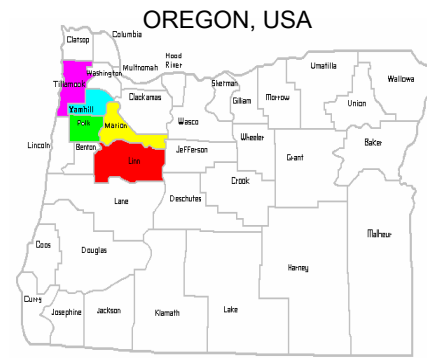
Service Model: Based on Early Psychosis Prevention and Intervention Center, published practice guidelines.

Regional clinical team: Includes staff from agencies in 5 counties, including psychiatrists, nurses, social workers, counselors, psychologist, occupational therapists.

Methods:

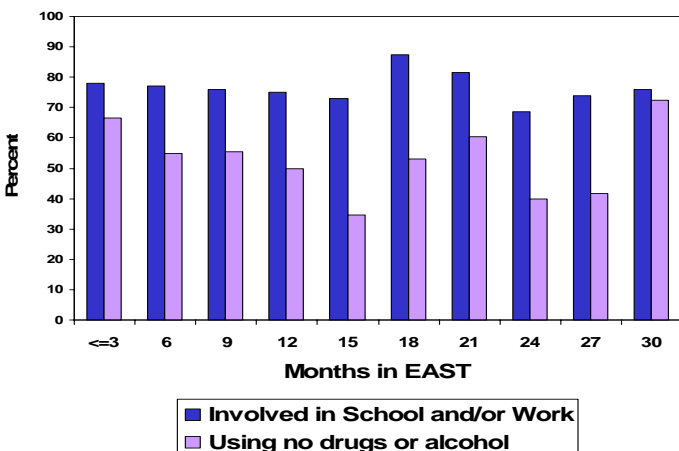
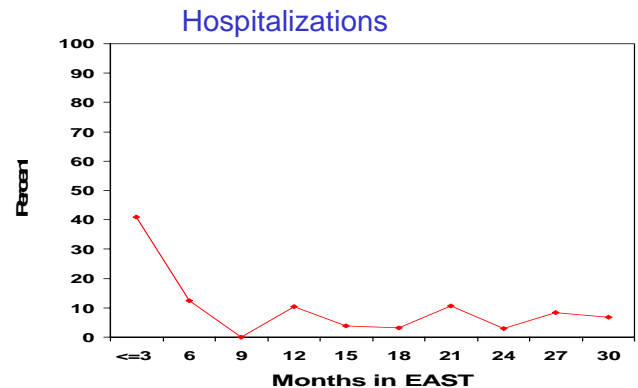
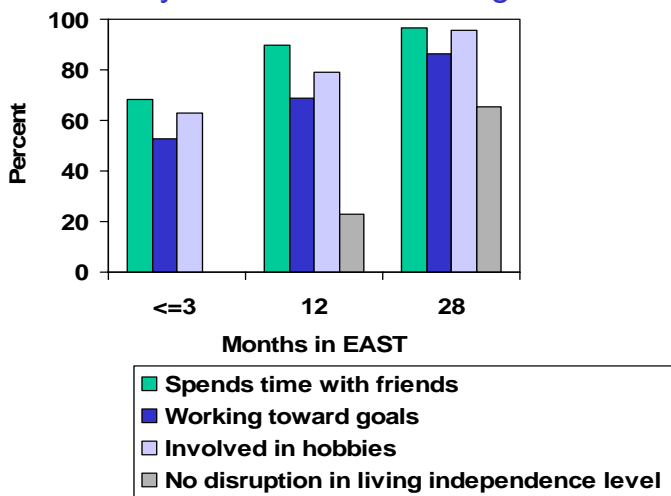
- Demographic data collected and updated monthly
- Beginning with the 4th quarter of 2002 through the first quarter of 2004 Quarterly outcome reviews completed on each client by clinician who knows them best
- Data compiled and reported on people with at least 2 completed outcome reviews.

Mid-Valley Behavioral Care Network



- **Sample Size = 89**
- **61% Males**
- **Mean age = 21**
- **70% had no mental health insurance at intake.**
- **15% uninsured due to immigration status.**

Psychosocial Functioning



DISCUSSION

- Too early to draw conclusions about long-term disability.
- Data suggests persistent decrease in hospitalizations, maintenance of school/work participation and improvement in a range of psychosocial indicators.
- About 22% have a moderate or severe problem with alcohol or other drugs; the majority choose abstinence.
- U.S. mental health system presents numerous barriers, such as assumptions of chronic disability and limited access.
- Lack of health insurance coverage creates a strong incentive for young people to apply for disability funding; as a result, they experience pressure to reduce work attempts and remain at a lower-than-optimal functioning level.

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