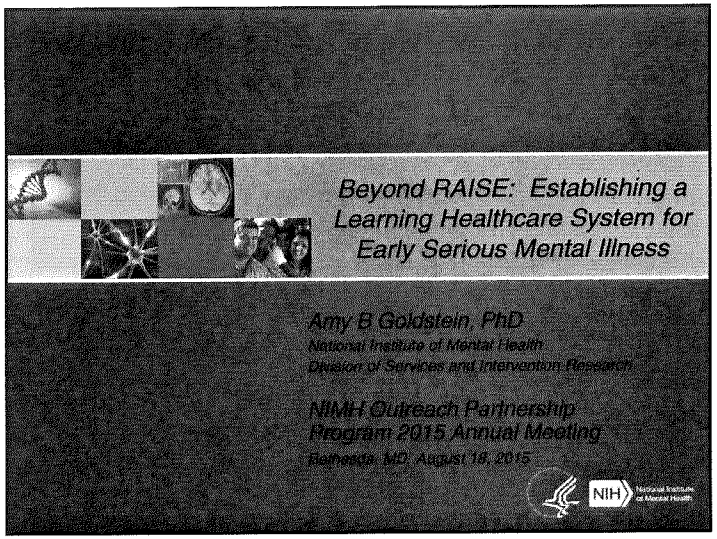

Beyond RAISE: Establishing a Learning Healthcare System for Early Serious Mental Illness

Amy B Goldstein, PhD
National Institute of Mental Health
Division of Services and Intervention Research

NIMH Outreach Partnership Program 2015 Annual Meeting
Bethesda, MD, August 18, 2015

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Disclosures

- I have no personal financial relationships with commercial interests relevant to this presentation
- The views expressed are my own, and do not necessarily represent those of the NIH, NIMH, or the Federal Government

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When we last left off…

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H.R. 3547, 113th Congress

January 17, 2014

- Increased Community Mental Health Block Grant (CMHBG) program by $24.8M
- Funds allocated for first episode psychosis (FEP) programs
- NIMH and SAMHSA to develop guidance for States regarding effective programs for FEP

UNITED STATES SENATE

HOUSE OF REPRESENTATIVES

4

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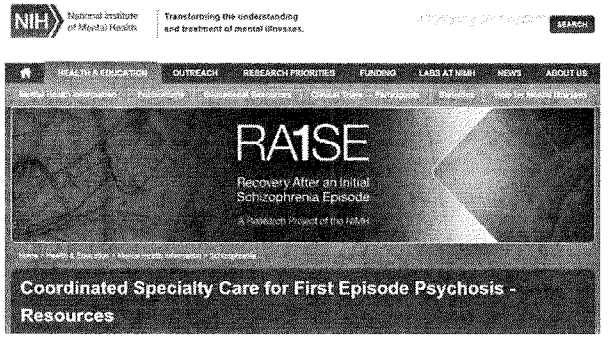
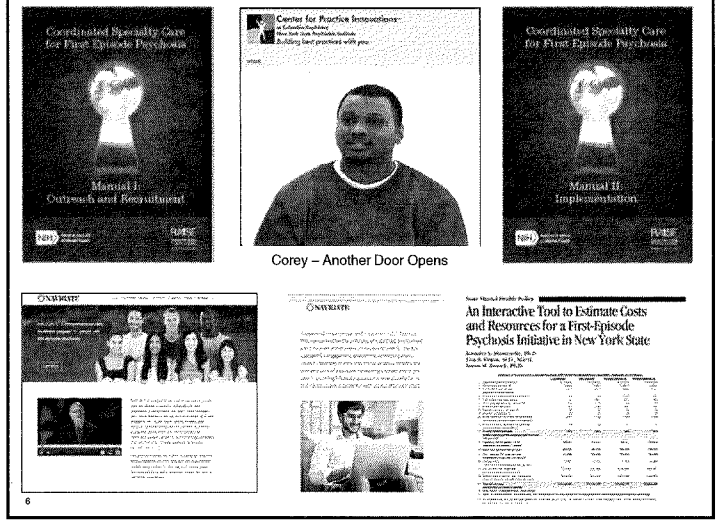


- Evidence-based Treatments for First Episode Psychosis: Components of Coordinated Specialty Care
- RAISE Coordinated Specialty Care for First Episode Psychosis Manuals
- RAISE Early Treatment Program Manuals and Program Resources
- *OnTrackNY* Manuals & Program Resources
- Voices of Recovery Video Series

http://www.nimh.nih.gov/health/topics/schizophrenia/raise/coordinated-specialty-care-for-first-episode-psychosis-resources.shtml



Potential Impact of H.R. 3547

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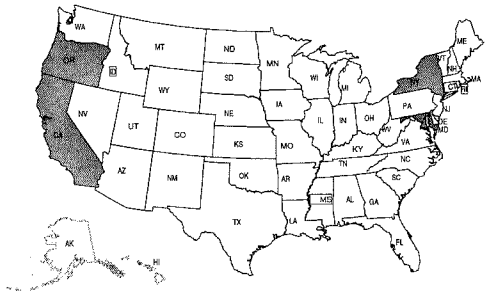
Innovators and Early Adopters, 2013



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Early Majority, 2015

32 States
~120 Clinics

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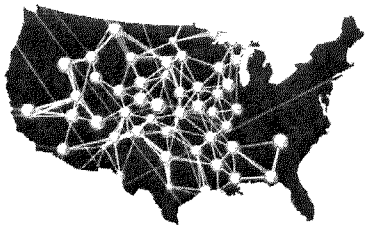
Early Psychosis Intervention Network (EPINET)



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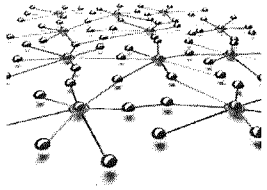
EPINET Goals

- Establish a national learning healthcare network among early psychosis clinics
- Standardize measures of clinical characteristics, interventions, and early psychosis outcomes

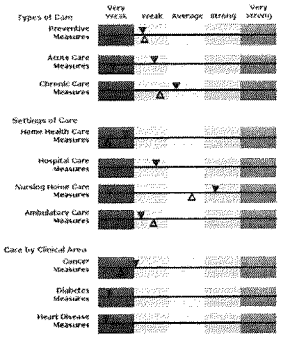


- Adopt a unified informatics approach to study variations in treatment quality, clinical impact, and value
- Cultivate a culture of collaborative research participation in academic and community early psychosis clinics

11

How can EPINET improve treatment?

- Fidelity to CSC model
- Monitor key outcomes
- Continuous quality improvement
- Evaluate rare events with statistical power
- Rapid piloting or fielding of new approaches



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http://nhqrnet.ahrq.gov/snaps11/dashboard.jsp?menuId=4&level=0&state=FL

What do we know about preventing psychosis onset?

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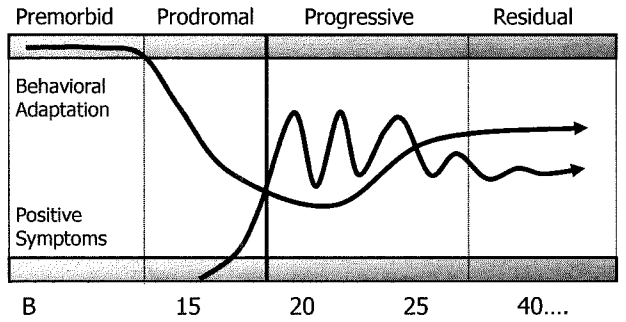
Clinical course of schizophrenia



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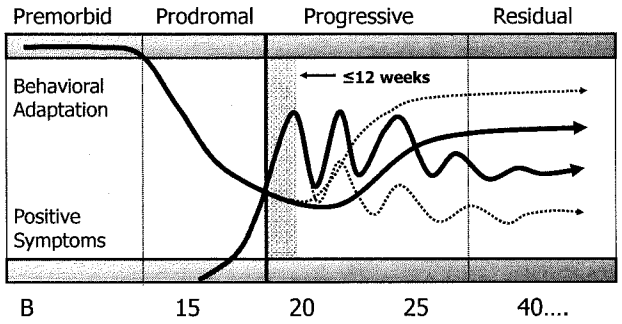
Heinssen, 2005, presentation to the National Advisory Mental Health Council

Treatment at psychosis onset



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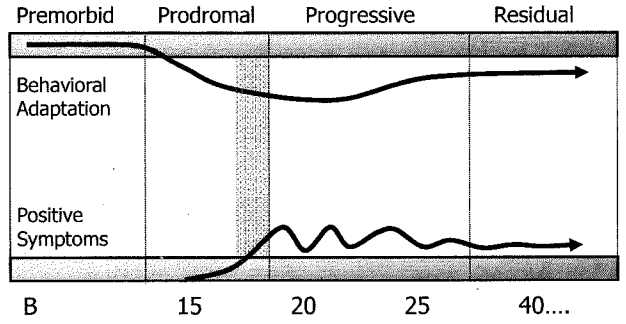
Hypothesized impact of treatment before FEP



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thebmj 2013; 346:f185

Early interventions to prevent psychosis: systematic review and meta-analysis

Megan R Stafford Hannah Jackson Evan Mayo-Wilson Anthony P Morrison Tim Kendall

- 11 randomized control trials
  - 4 CBT vs. supportive counselling/monitoring
  - 3 CBT + Risperidone vs. comparison group
  - 2 pharmacotherapy (olanzapine, amisulpride)
  - 1 omega-3 fatty acid vs. placebo
  - 2 integrative therapy vs. comparison group
- 1,246 participants

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Evidence-Based Care for CHR

Comparison	# Trials	Quality of Evidence	12-month Transition to Psychosis	Risk Ratio
Cognitive Behavioral Therapy vs. Supportive Counseling	4	Moderate	CBT < SC	0.54
Integrated Psychotherapy vs. Standard Treatment	1	Low	IP < ST	0.24
Omega-3 Fatty Acids vs. Placebo	1	Low	Ω-3 < Placebo	0.18

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Source of data: Stafford, Jackson, Mayo-Wilson et al, 2013.

Research to Improve the Care of Persons at Clinical High Risk for Psychotic Disorders

- Goals (RFA-MH-14-210/211/212):
  - Test the effectiveness of interventions targeting symptomatic and functional difficulties associated with clinical risk states for psychosis
  - Test hypotheses regarding intervention mechanisms of action
  - Create an evidence base to inform stepped-care models of early psychosis treatment
  - Determine feasibility for implementing approaches in community treatment settings

19

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Where more data are needed:

- Early identification and rapid referral from schools, primary care, and child/youth mental health programs
- Reliable, sustainable, and scalable methods for diagnosing psychosis risk states in community clinic settings
- Risk stratification and targeted interventions to interrupt symptom progression

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For More Information...

goldsteinam@mail.nih.gov

http://www.nimh.nih.gov/health/topics/schizophrenia/raise/index.shtml

Thank you!

21