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Transitioning From First Episode Psychosis Treatment to Prodrome: Lessons and Outcomes from the EAST Program in Oregon USA

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**Transitioning From First Episode
Psychosis Treatment to Prodrome:
Lessons and Outcomes from the
EAST Program in Oregon USA**

Professor Ryan Melton

Dr. Robert Wolf



History

- **Early psychosis intervention came to Oregon in 2001, with Mid-Valley Behavioral Care Network's Early Assessment and Support Team (EAST). EAST began treating first episode schizophrenia patients only.**
- **The Robert Wood Johnson Foundation creates program office to disseminate EDIPP (Early Detection in Preventing Psychosis) model in 2007 designed to prevent onset of first episode. EAST becomes site in national research project and integrates first episode patients into treatment model.**



EDIPP Treatment Model

Clinical and functional intervention: Family Aided Community Treatment (FACT) (McFarlane, 2007).

- **Community Education**
- **Acceptance criteria based on Structured Interview for Prodromal Syndromes (SIPS 4.0 McGlashan et al. 2003) SOPS cut off score.**
- **Psycho-educational multifamily groups**
- **Case management using key Assertive Community Treatment methods**
 - **Integrated trans-disciplinary team; outreach PRN; rapid response; continuous review, and accountability**
- **Supported employment and education**
- **Cognitive assessments, completed by OT used in school or job**
- **Substance abuse treatment, as indicated**
- **Counseling (CBT, Strength's based/solution focused)**
- **Medications as indicated**

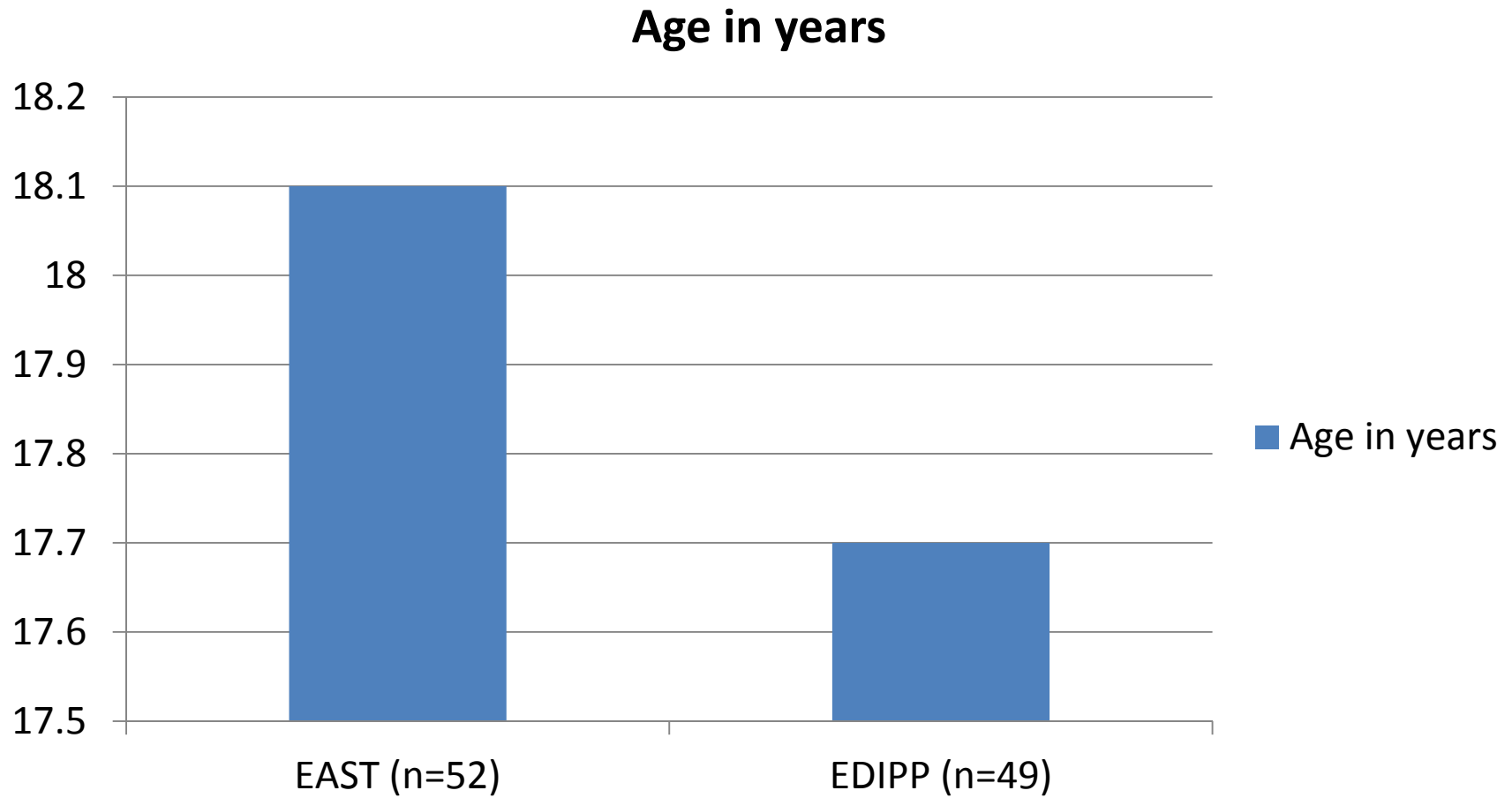


Method

- Investigators reviewed demographics, diagnosis, and functional outcomes for EAST and EDIPP groups (n=100) after the first year of model initiation.

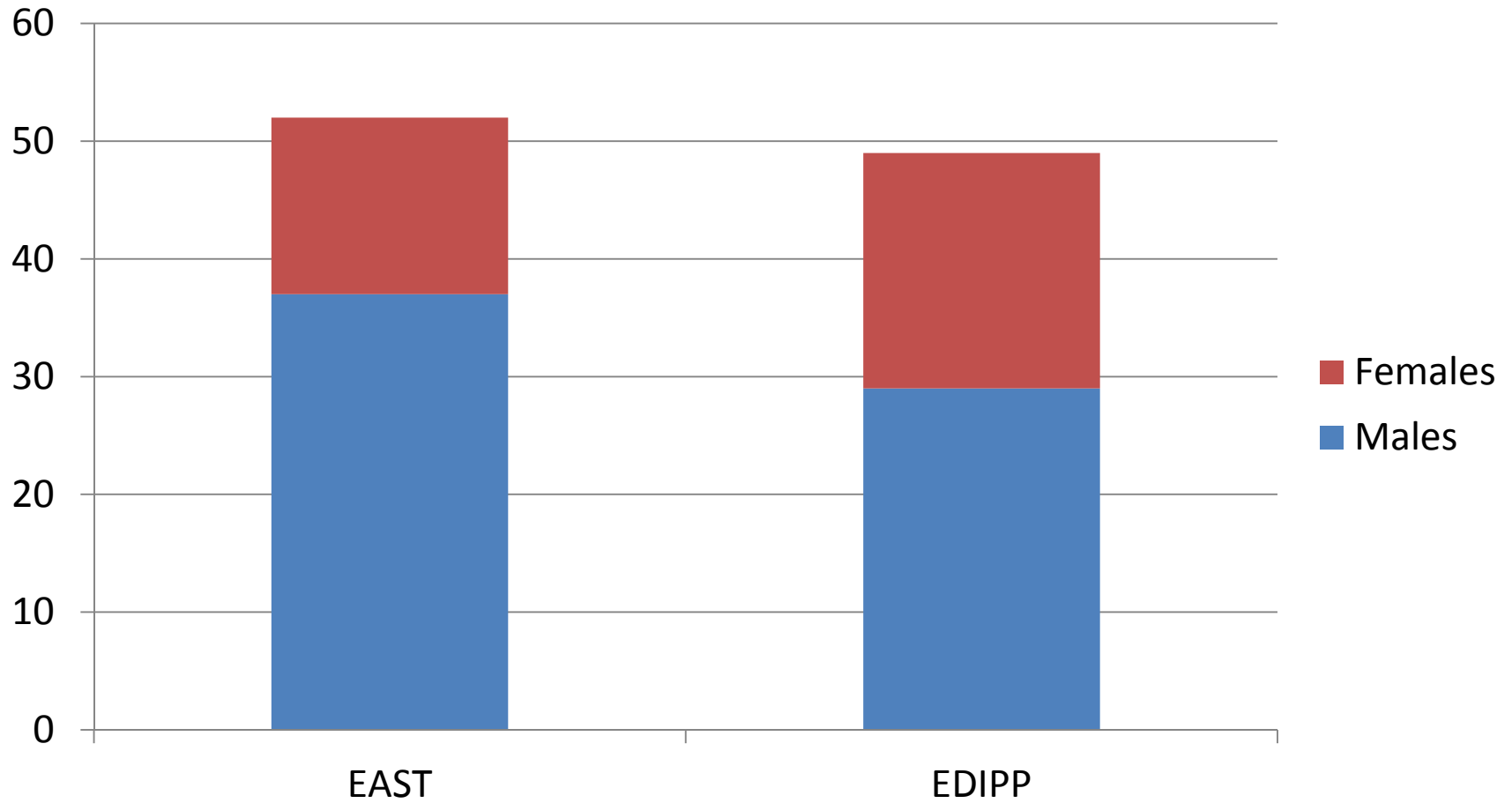


Age at Intake





Gender

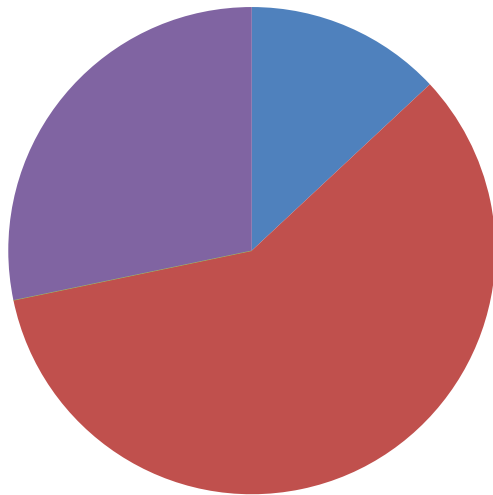




Functioning at Intake

EAST

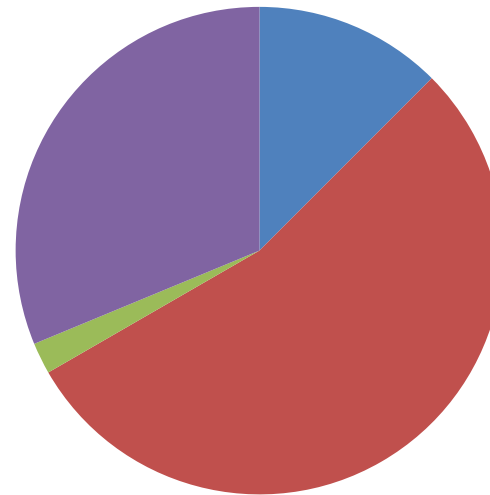
n=46



- Employed (6)
- Enrolled in School (27)
- Both school and work (0)
- None (13)

EDIPP

n=48



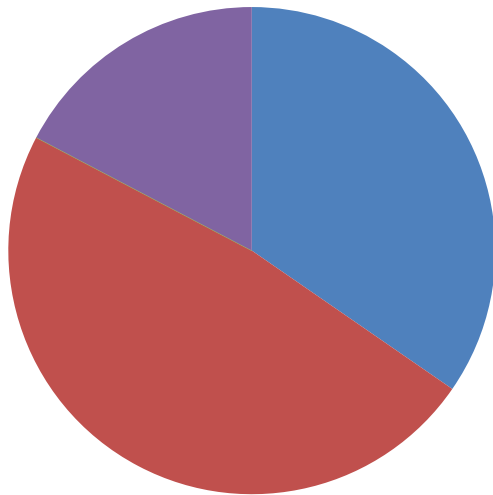
- Employed (6)
- Enrolled in School (26)
- Both School and work (1)
- None (15)



Functioning at 12 months

EAST

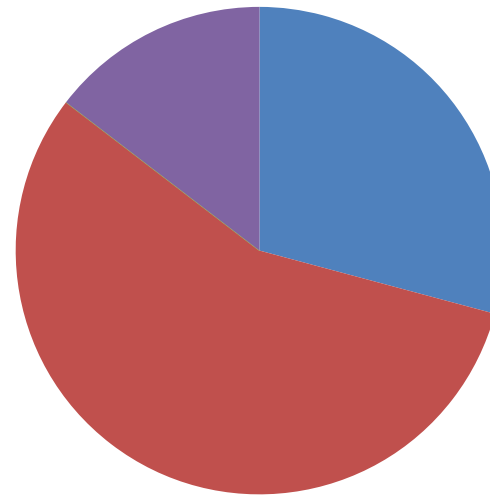
n=52



- Employed (18)
- Enrolled in School (25)
- Both school and work (0)
- None (9)

EDIPP

n=48



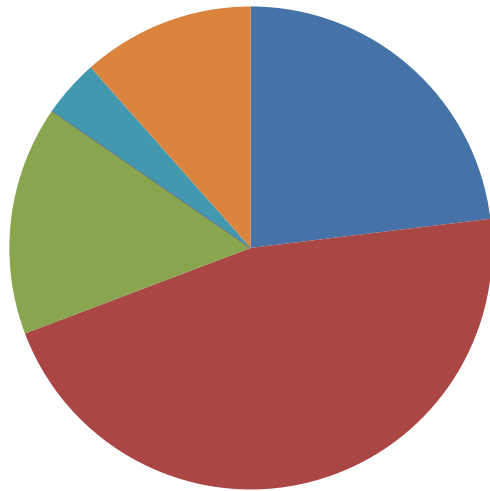
- Employed (14)
- Enrolled in School (27)
- Both School and work (0)
- None (7)



Diagnosis at 12 months

EAST

N=52



Schizo. (12)

Psy NOS (24)

Bipolar (8)

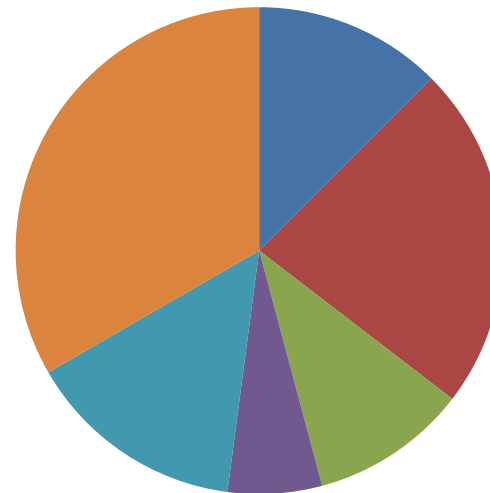
Depression (0)

PTSD (2)

Other (6)

EDIPP

N=48



Schizo. (6)

Psy NOS (11)

Bipolar (5)

Depression (3)

PTSD (7)

Other (16)



Conclusions/Discussion

- Regardless of severity of illness both groups at baseline are not functioning well at multiple levels.
- Both groups improve with intensive treatment model and are functioning at similar levels after 12 months.
- At Risk Group (EDIPP) diagnosis varies more at 12 months than first episode group, but both have variation.



EAST

Early Assessment
& Support Team