

New Journeys coordinated specialty care

Overview

Each year, it is estimated that approximately 2,000 youth and young adults in Washington State experience first episode psychosis (FEP). Psychosis refers to a group of mental disorders, such as schizophrenia, that cause people to experience changes in perceptions and loss of ability to differentiate between what is real and what is not real. The longer untreated psychosis persists, the worse the outcomes may be throughout an individual's lifetime.

Coordinated specialty care (CSC)

In 2008, NIMH conducted a [randomized trial of CSC](#) treatment using the evidence based NAVIGATE model vs. treatment as usual for individuals experiencing FEP. Individuals who received treatment using the NAVIGATE program experienced better outcomes including; increased treatment retention, symptom reduction, improved quality of life, and improved functional outcomes.

In 2015, NAVIGATE was adapted by Washington State and is known as [New Journeys](#). New Journeys uses a multidisciplinary, collaborative, and shared decision-making approach.

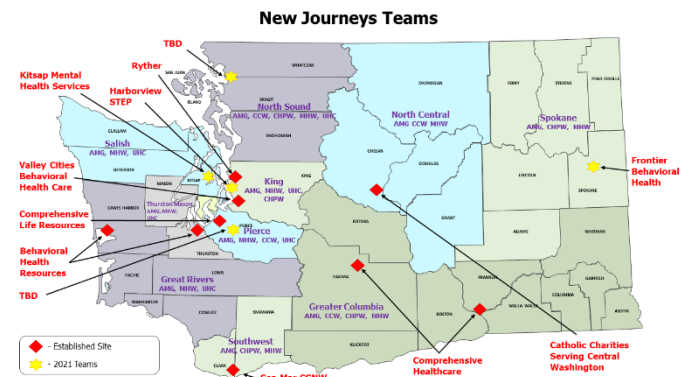
Second Substitute Senate Bill (2SSB) 5903 (2019)

Early intervention was a priority of the Children, Youth, and Family Behavioral Health Workgroup (CYFBWG) advocating for this legislation. [2SSB 5903](#) requires strategic partnership with entities including the Washington Council for Behavioral Health (WCBH), actuaries, the University of Washington (UW), and additional stakeholders to develop a Team Based Rate (TBR) for Medicaid. The legislation also required a report that was submitted to the

Legislature in 2021 titled [The Statewide Implementation Plan of Coordinated Specialty Care for Early Psychosis](#). This report recommended future legislation to mandate commercial parity to insure sustainability of this vital program.

The implementation of 2SSB 5903 works to ensure individuals across the state of Washington will be able to access the critical services provided by New Journeys, regardless of their geographic area of residence or insurance enrollment status.

To date, eleven New Journeys teams across nine regional service areas have been launched by DBHR in collaboration with UW and Washington State University (WSU). In SFY 21-22, New Journeys will continue expansion to each region of Washington by launching four additional teams located in the North Sound (2), King, and Pierce service areas.



Special projects for future expansion

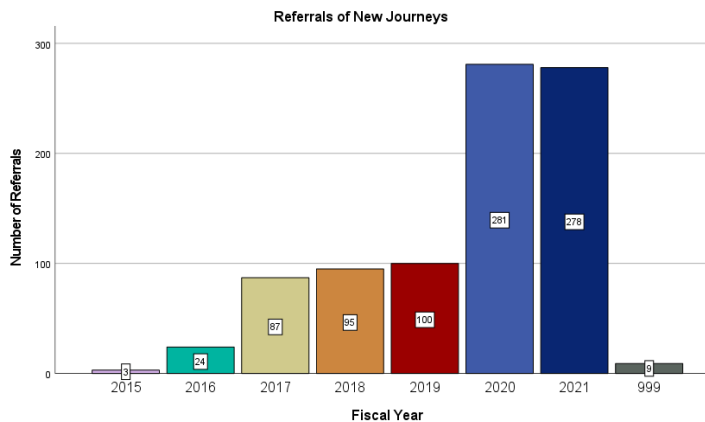
- MHBG Covid Relief Funds are being used to target Health Equity for those experiencing FEP via:
 - Expanding New Journeys to geographically and culturally diverse populations
 - Adaptation of the model for American Indian/Alaska Native populations
 - Adaptations of the model for rural/frontier populations

New Journeys evaluation and outcomes

Behavioral Health Innovations from the Elson S. Floyd College of Medicine at WSU conducts the statewide New Journeys evaluation, with a focus on its impact on clinical and functional outcomes. The evaluation informs improvements to the program based on Washington data.

- Since New Journeys began in 2015, programs have received 887 unique referrals
- 54% (n=470) of the 877 referred clients were eligible for the program
- Collectively the sites have scheduled a total of 15,151 sessions with enrollees and their families in 2021

Based on findings from the New Journeys evaluation, individuals served by New Journeys have experienced significant improvements in symptoms of psychosis, depression, and anxiety across a 24-month treatment period. Those served have also experienced a significant decrease in reported psychiatric hospitalizations.



The above histogram details the number of referrals received across each federal fiscal year, defined as October 1 – Sept 30. There are 9 clients who do not have a referral date entered.

Center of excellence in early psychosis

[The Center of Excellence in Early Psychosis \(CEEP\)](#) is a collaboration between UW in Seattle and WSU in Spokane. CEEP has four main priorities:

1. Providing training, consultation, implementation, and sustainability to the Washington State New Journeys teams
2. Provide education and support to key stakeholders in the community seeking information and resources on FEP (e.g., consumers, families, providers)
3. The development of resources for the assessment and management of clinical high risk for psychosis (CHR-P)
4. Advancing the research on early psychosis, particularly as it relates to implementation of New Journeys and outcomes of the model

New Journeys participant recovery story

“When I started New Journeys, it was better for me because they could come to my apartment. I barely wanted to leave the house, it gave me such bad anxiety and driving was the worst because I was always scared, I would see something while I was driving, and I would get into a car accident... To me everything was still real, I couldn't handle when someone said I was imagining things or that they weren't real. At New Journeys no one has ever done that to me...”

New Journeys helped me through the toughest time of my life. When my daughter was born, I thought I had something to live for, to fight for, to strive for greatness and New Journeys has just helped me regain not only that will, to keep fighting but they have shown me steps to take along the way. They have given me all the building blocks so now I can go on and live a normal successful life.”

Budget 2022

- MHBG 10% set aside = \$4,502,567
- MHBG Covid Enhancement funds = \$1,153,500
- State and Federal Proviso Funds = \$1,894,000

Contacts

Becky Daughtry
First Episode Psychosis
(360) 725-5245
Rebecca.Daughtry@hca.wa.gov

Cammie Perretta
First Episode Psychosis
(360) 725-1415
Cammie.Perretta@hca.wa.gov