

New Journeys

Each year 2,000 youth and young adults experience first episode psychosis (FEP) in Washington, but recent data indicates that this is a low estimate. The term “psychosis” refers to a cluster of symptoms that impact an individual’s perception of reality and interferes with their daily functioning. The longer psychosis goes untreated, the more severe and chronic a person’s symptoms may become.

Coordinated Specialty Care

Coordinated Specialty Care is recognized worldwide as the best evidence-based practice model for the treatment of first episode psychosis. In 2015, *New Journeys* was developed as Washington’s own Coordinated Specialty Care model utilizing set-aside funding received from the Substance Abuse and Mental Health Services Administration (SAMHSA).

This vital treatment provides access to services as soon symptoms emerge, rather than waiting for someone to become severely or chronically ill. It involves a multidisciplinary team providing a full range of person-centered, community-based services that includes an individual’s natural supports. This treatment also includes a public education and outreach function that is intended to hasten the identification and rapid referral of youth and young adults experiencing a first episode.

New Journeys evaluation findings suggest that individuals who participate in New Journeys experience better outcomes when compared to receiving regular outpatient services.

Youth and young adults reported:

- Decreased psychosis
- Decreased depression
- Decreased anxiety
- Decrease in psychiatric hospitalizations
- Improvements in quality of life

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

Completed Action Steps:

- January 28, 2021 - [The Statewide Implementation Plan of Coordinated Specialty Care for Early Psychosis Submitted to legislature](#)
- July 1, 2022 - Team Based Rate (TBR) launched into Medicaid
- Current- - 17 New Journeys teams across nine regional service areas are active or in development.



Future action steps:

- Continued expansion to meet population health needs statewide
- Further development of payment strategies to address true program costs
- Advocacy for legislation requiring commercial parity
- Funding for the development of resources for the assessment and management of clinical high risk for psychosis (CHR-P)
- Advancing the research on filling in the gaps to accessing care for minority populations

- Development of the existing model to better address the unique needs of co-occurring substance use disorder and FEP

Diversity Equity and Inclusion

Mental Health Block Grant Covid Relief Funds are being used to embark on Nationally leading work! These projects will address barriers to statewide equitable access to New Journeys by adapting the model to meet the needs of geographically and culturally diverse communities.

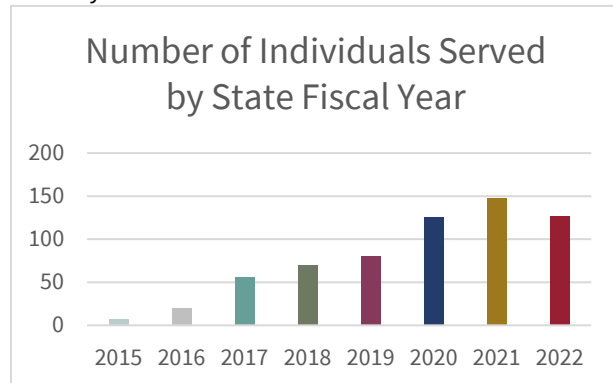
To accomplish this HCA is sponsoring work:

- To adaptation and pilot the New Journeys model within an American Indian community
- To adapt and pilot the New Journeys model to meet the needs of rural and frontier communities

Evaluation and outcomes

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 model based on Washington data.

Since 2015, more than 600 unique individuals have been served by New Journeys teams across the state! During SFY 2022, 158 individuals were enrolled with and had services from a New Journeys team.



New Journeys Enrollment by State Fiscal Year

New Journeys evaluation findings suggest that individuals who participated in New Journeys reported:

- Fewer experiences of psychosis
- A significant decrease in reports of depression

- A significant decrease in reports of anxiety
- Decrease in reported psychiatric hospitalizations
- Improvements in quality of life
- A rise in school enrollment from baseline at 17% to 44% after receiving services
- Attendance or procurement of at least part-time work or volunteering increased from 20% reported at enrollment to 55% post-enrollment
- A decrease in reported drug use since enrollment

New Journeys participants 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 2023

- MHBG 10% set aside = \$4,502,567
- MHBG Covid Enhancement (FY22 and 23) = \$2,307,000 each year or combined?
- State and Federal Proviso Funds = \$1,895,000

More information

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