

# Disseminating Early Intervention Services for Schizophrenia Spectrum Disorders in CT

## **Adult Mental Health Planning Council Sep 8, 2022**

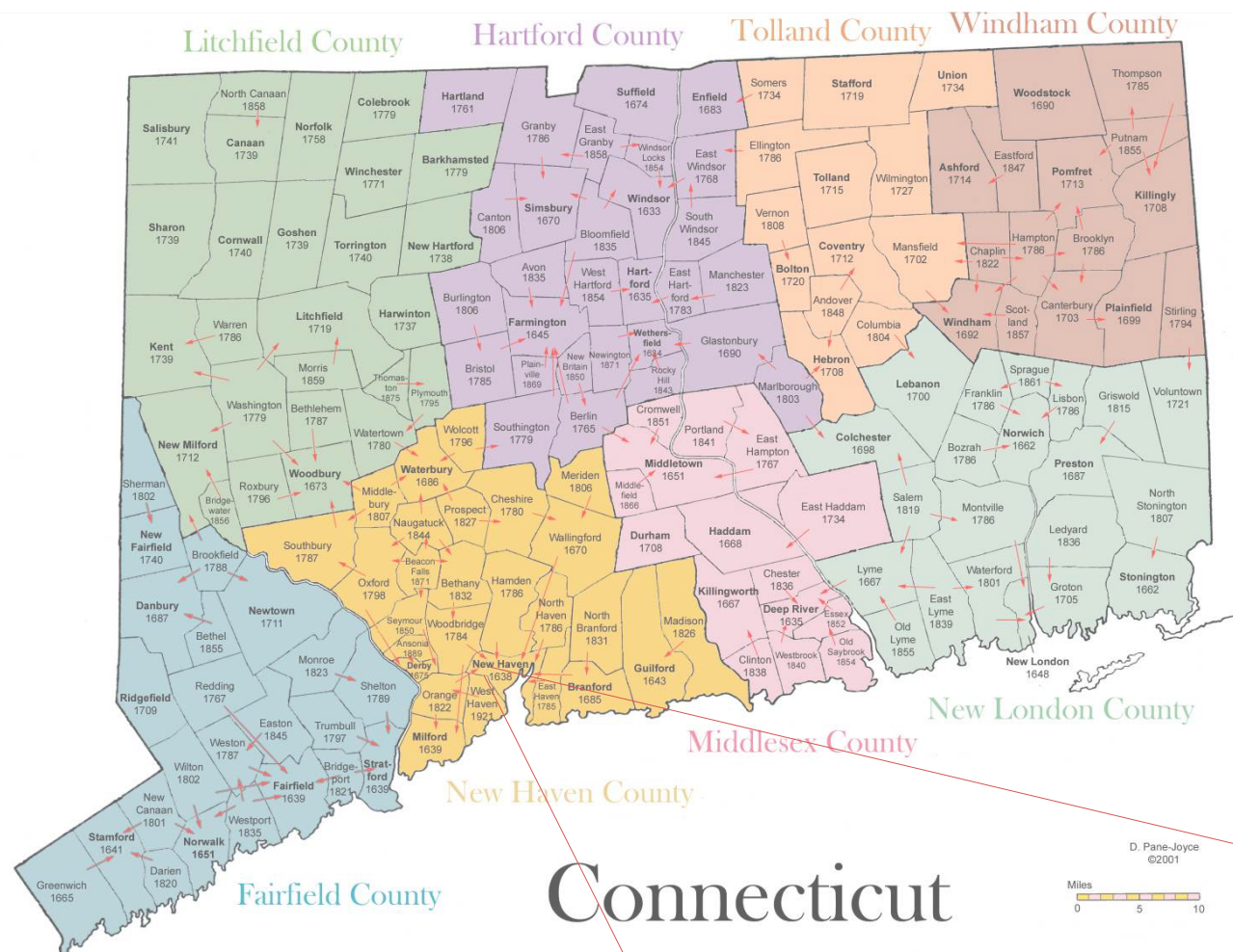
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Yale University





The Program for Specialized  
Treatment Early in Psychosis  
(STEP)  
est. 2006  
[www.step.yale.edu](http://www.step.yale.edu)

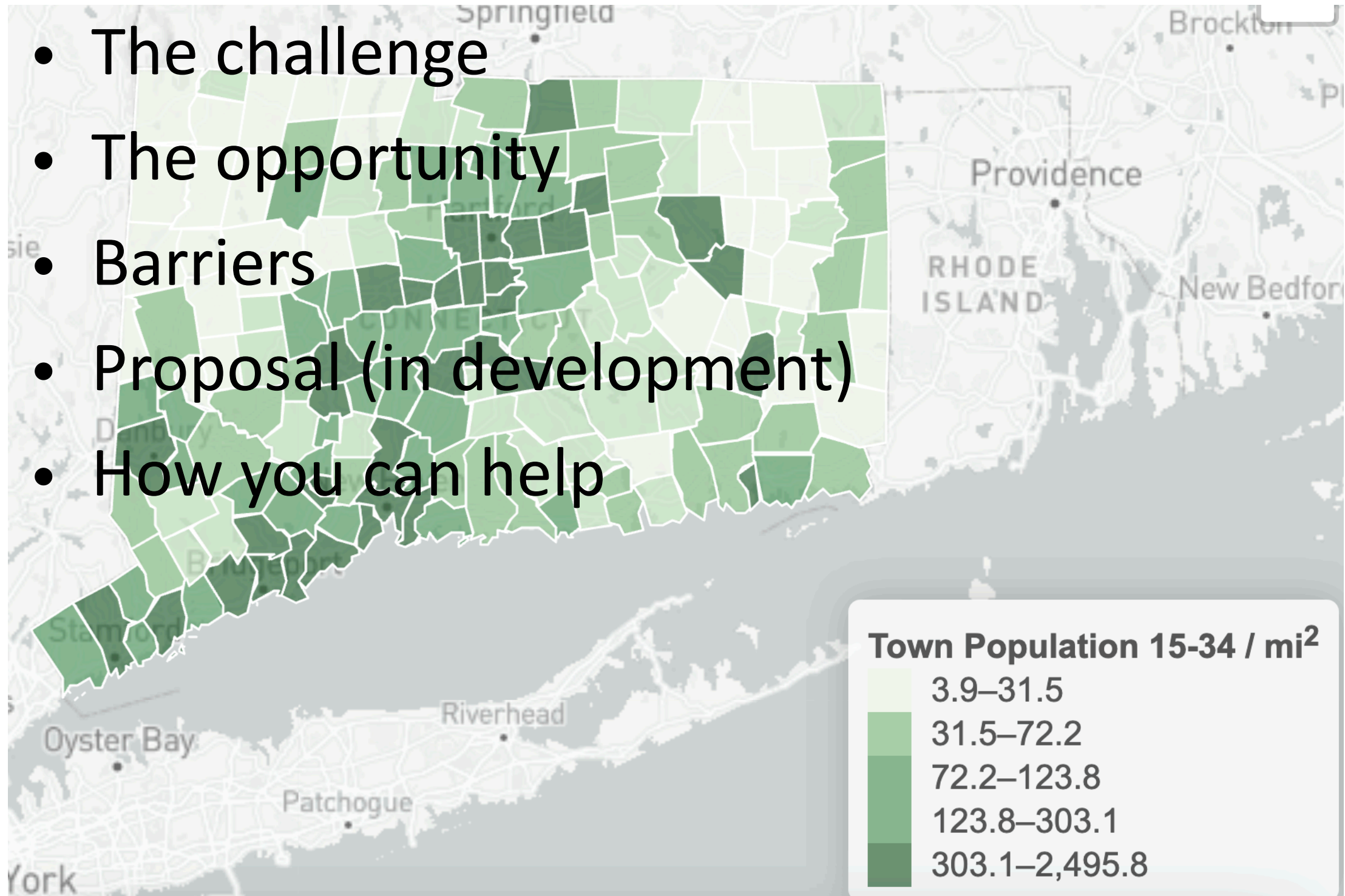
- **STEP @ CMHC**
- (2007-2013) First US controlled trial of specialty team based care
- (2014-2019) First US trial of Early Detection
- 2014 - present: Population Health based care pathway for catchment of ~ 400,000 residents





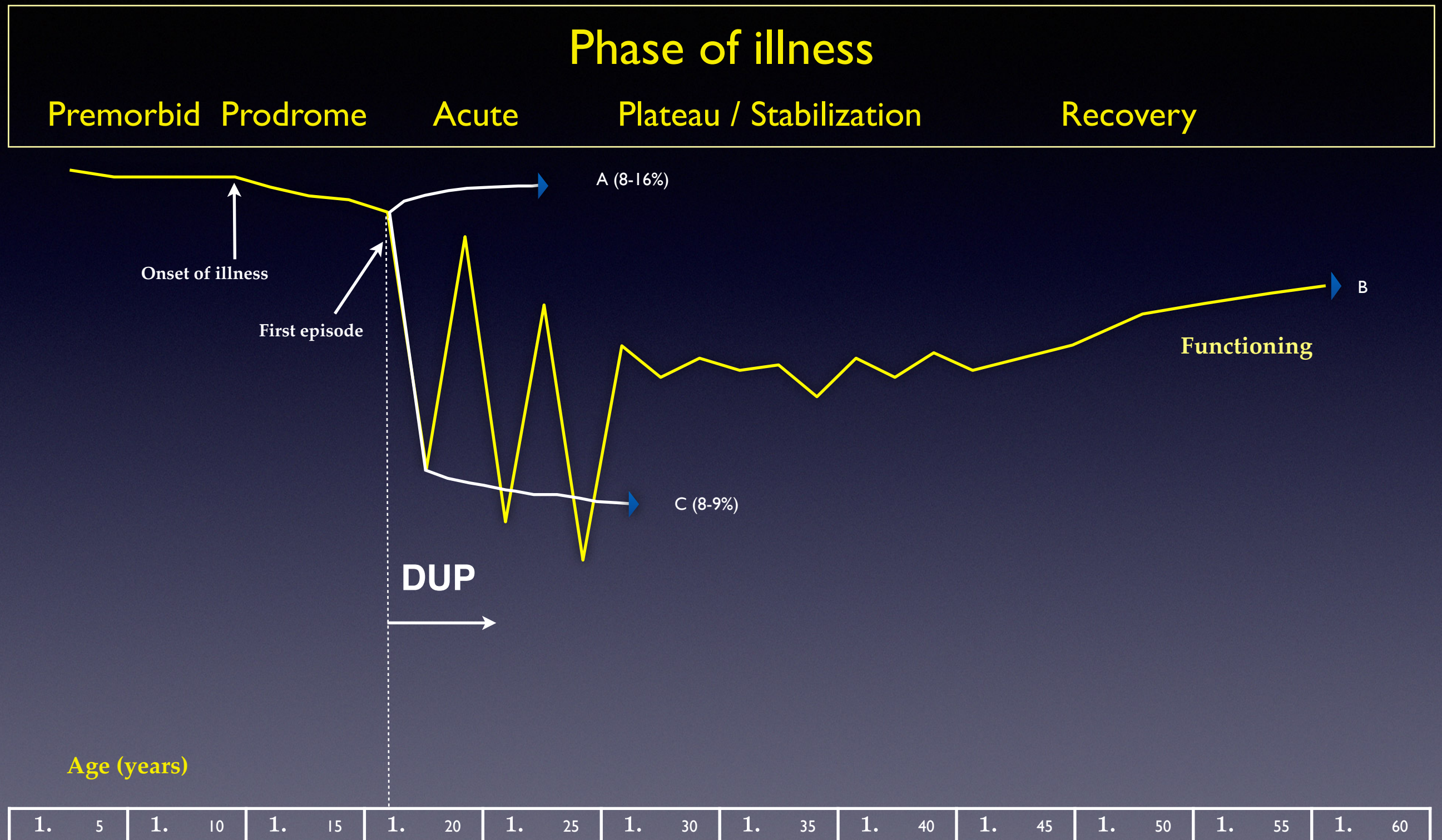
# Implementing EIS across CT

- The challenge
- The opportunity
- Barriers
- Proposal (in development)
- How you can help





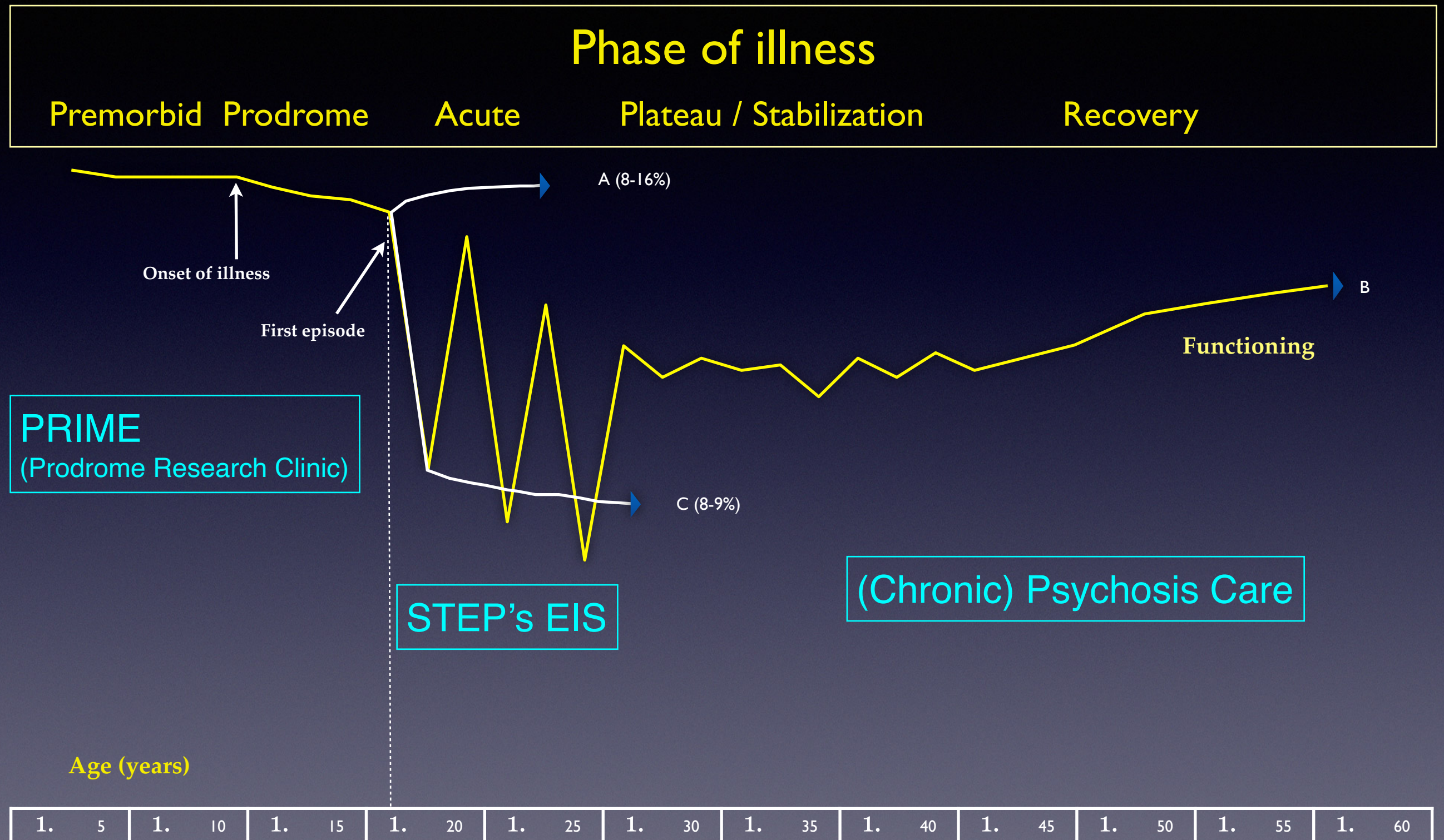
# Course of Schizophrenia(s) in Usual Care



from Srihari et al. Psych Clin of N America, 2012



# Early Intervention (EI): current best practices *in CT*



from Srihari et al. *Psych Clin of N America*, 2012

# The Evidence for EIS

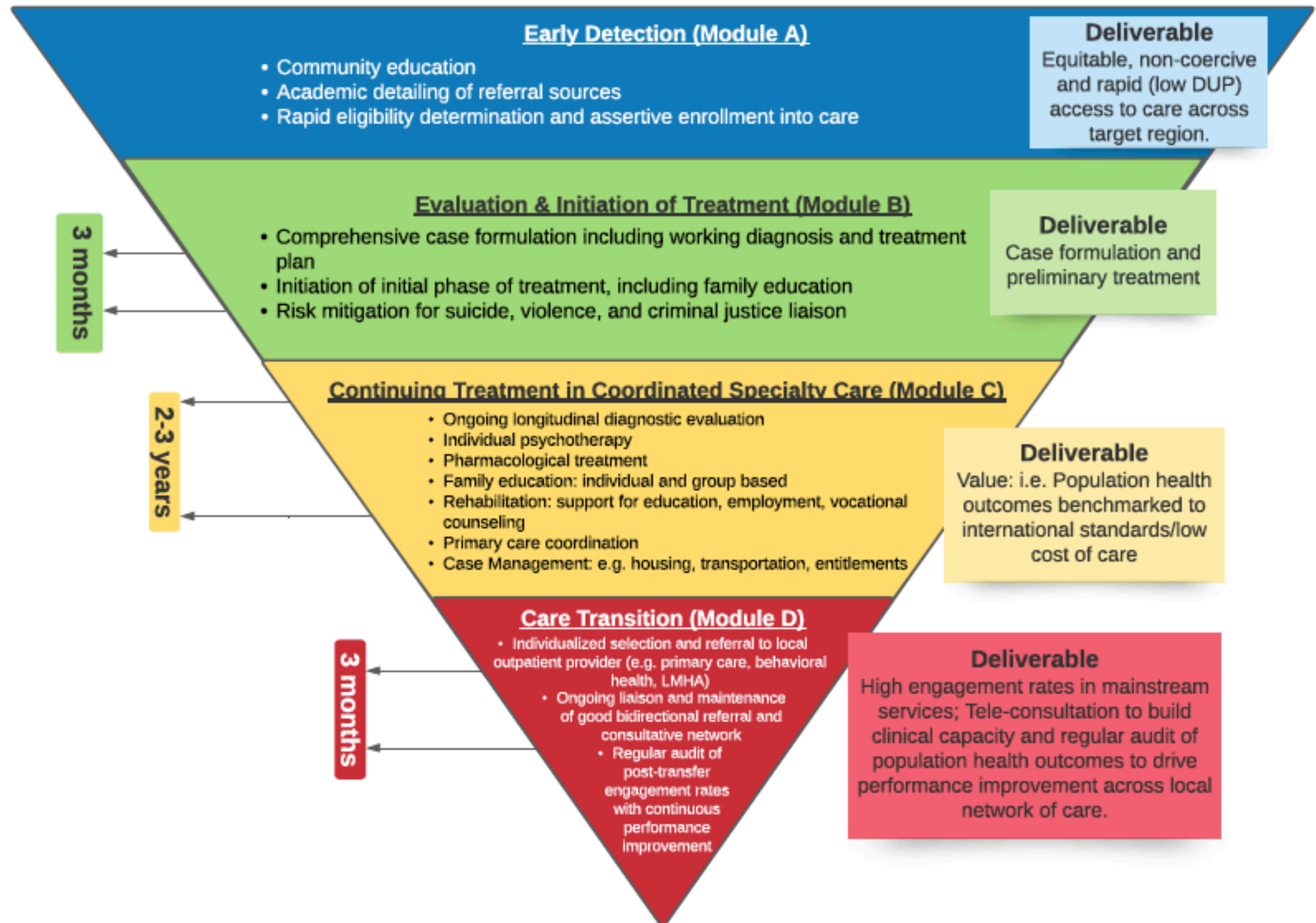
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- A. **ED:** Intervening earlier (even without enriching care) appears to have durable effects on outcome (Hegelstad et al, 2012)
  
- B. **FES:** Intervening intensively after the onset of psychosis improves outcomes over usual care (OPUS, Lambeth, STEP and RAISE studies) at 2+ years (Correll et al., 2018)



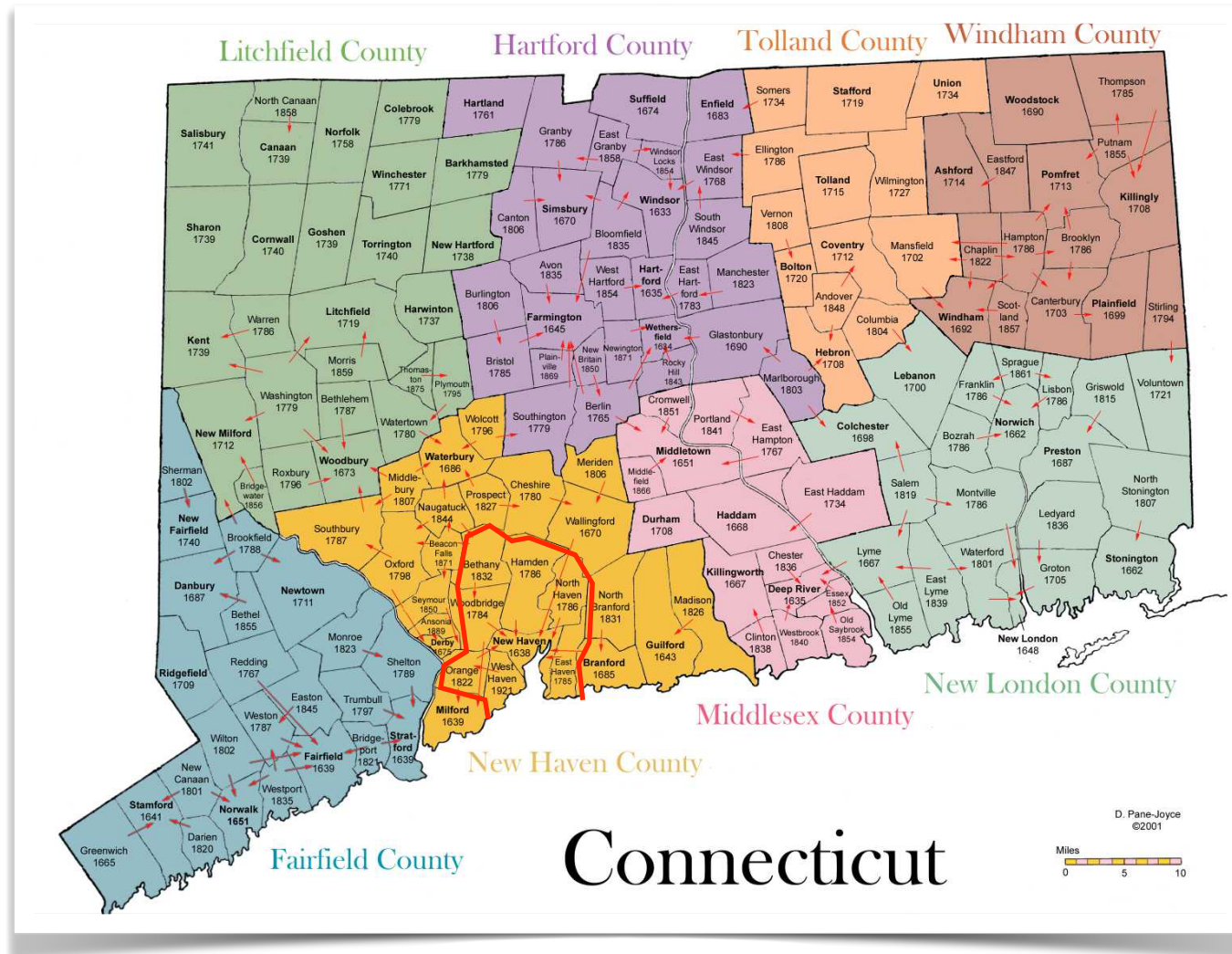
# Early Intervention Service Care Pathway

[www.step.yale.edu](http://www.step.yale.edu)



# “What happens to individuals with psychosis in CT ?”

## Disorganized *Networks* deliver suboptimal *Pathways*



**DUP**

FEP ~500/yr

Identification of illness

Help-seeking

Diagnosis/Referral

Treatment

169 towns; 5 LMHAs/Regions, RBHAOs, 3 private regional healthcare networks, multiple private providers...



# STEP: Modeling a Population Health approach to Early Intervention for Psychosis



'First-break' ~40-50/yr

Identification of illness

Help-seeking

DUP 10-> 5mos

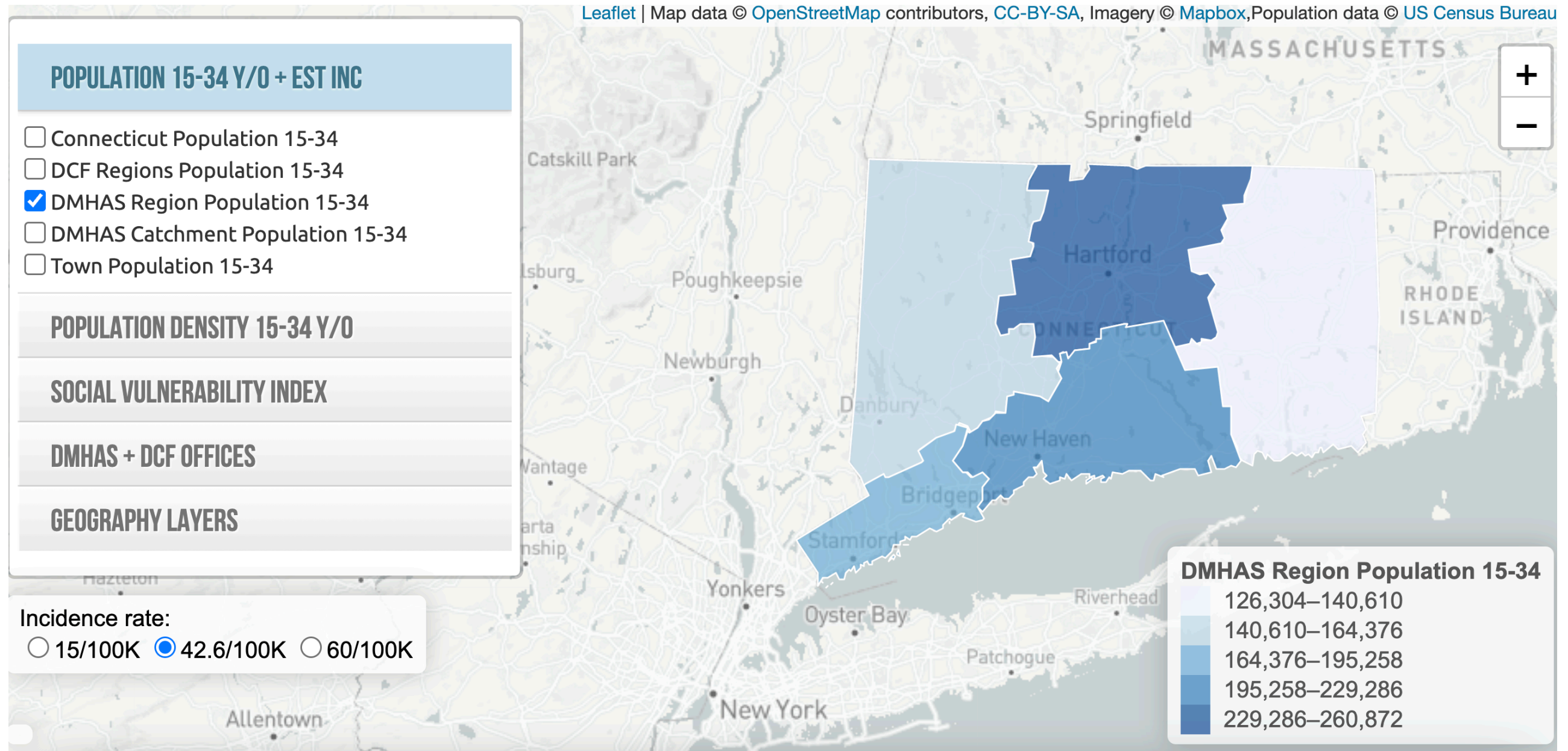
Referral or Enter care

Delay <1 week

Engage with FES

STEP FES as *integrator* of a *system of care* for psychotic disorders i.e. engaging local network to transform pathways.

*Srihari et al., BMC Psychiatry 2014*



A Center to disseminate EIS across all 5 Regions

- Needs assessment (LMHAs)
- Building a Learning Health Network
  - Technical assistance
  - Policy initiatives
  - Research to Practice



# Implementing EIS across CT

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## **How you can help, Q&A**

Contact information for STEP Program  
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