

June 18, 2018 FYSPRT Meeting Minutes

4-6pm

Location: YWCA 3609 Main St, Vancouver, WA 98663

Meeting Opening

- Introductions
- Sign-In Sheet
- Comfort agreement
- General Announcements
 - FYSPRT is sponsoring “Meaningful Movies” at the Cascade Park Library on July 19th at 6pm. Our movie choice is “The Perks of Being a Wallflower” which focuses on mental illness in teens.
 - Hattie-Clark county parent coalition, contact for more information
 - NAMI- looking for volunteers for suicide awareness
 - Jerry- writing a letter (collecting), ask is for need of voluntary treatment, not applied law, letter by next week-June 26th, send to Peggy (NAMI)

CSNW New Journeys/First Episode Psychosis (FEP) Program – Andre Stickney

- Background on CSNW – started in 1998 focusing on mental health, substance abuse, and housing support services in 4 locations.
- Provide services in homes, homeless shelters, on streets, schools, hospitals
- Adult mobile crisis team with beacon health options in July 2018
 - Triaged with peer support and masters level therapist clinician
 - Can get help up to a week after
- FEP will also be live in July 2018 and includes services:
 - Pharma: low doses of atypical antipsychotic medications
 - Individual resiliency training: a modular based (specific steps/stepwise process) intervention to support individuals’ recover
 - Cognitive and behavioral psychotherapy
 - Family involvement: help them maintain a relationship and give them education for the future
 - Supported employment education: around ages 15-25, first episode can derail whatever you were going, and get back on track, not forceful to push them in when they are not ready
 - Case management: social skills training
 - Peer supports: shared experience, help build trust, break down barriers
- NAVIGATE: comprehensive program, supports NIMH, 20 sites, throughout Canada and US, first episode of psychosis, Coordinated Specialty Care (CSC), each region has a specific name for it
- How the program works: Client gets admitted, team will begin to work, client centered approach, never participate if they are not ready, slow process, 6-12 month program and followed by less frequent visits for 12-18 months, can be anywhere from 1-5 days a week, can help at school or in the home, will depend on the progress made (not specific time frame)
- Referral criteria: ages 15-25, consistent schizophrenia related psychosis or bipolar psychosis, first psychosis within last 12 months, people screened out are supported to engage with appropriate services, no IQ under 70, symptoms due to medical condition or clearly due to illicit drugs

- Psychosis: a point in time when one has difficulty distinguishing between what is real or unreal; 3% experience it, 1% diagnosed with the disorder.
 - Impacts the parts of the brain that are responsible for processing information and emotions, can misinterpret the world around them. Can cause significant changes in perceptions and beliefs and thoughts and behaviors.
 - Symptoms: auditory and visual hallucinations, delusional beliefs, disorganized speech, grossly disorganized behavior or catatonic behavior (individuals just freeze, they seem stuck), negative symptoms (something is taken away, lack of motivation, ability to do everyday tasks, hard to tell emotions), substance abuse, scattered speech
- Video of Anderson Cooper-CNN show where he puts on headphones and you can understand what people with schizophrenia would feel like, shows how hard it is to do things when you have people talking to you constantly, as well as when they are telling you that you can't do something, hard not to engage with who are talking to you, feels really isolating from everyone else
- What can cause psychosis? Vulnerability, frontal lobe epilepsy, lots of medical conditions, schizophrenia, bipolar disorder, depression, anxiety, bullying, steroids, stimulants, meth, brain tumors, trauma, sleep deprivation, severe stress, sensory deprivation. We try to get to them so that their first experience isn't traumatizing.
- Recovery from psychosis is possible. Let families know it is possible, recovery is possible, no one treatment, self-care, stress management, symptoms can diminish or disappear altogether
- Consultation from the department of psychiatry and behavioral sciences at UW school of medicine to keep up to date on latest research and treatment.
- Questions from the members were taken covering topics such as involuntary holds, referrals from Daybreak, use of 30 day injectables to allow individuals to get to a place to be able to start treatment, likelihood of having hallucinations if you've had them before.
- How to help a family member with schizophrenia, indulging in their hallucinations and questioning in an open way "well why do you think that way?", decreasing conflict can help and gives trust
- Resources: Kim T. Mueser and Susan Gingrich are great online resources
- Andre's contact info:
 - astickney@csnw.org
 - (360) 518-7388

System builder's family engagement – Karen Kelly, WA State Community Connectors

- "We are not apart of **that** puzzle" by using a puzzle as a metaphor for building a system, how we won't solve the entire thing in five minutes
- Allows you to share with other people, and they understand the same struggles that you couldn't talk to otherwise
- Feelings don't define who we are or people around us

Wrap up and Evaluations