

# Children's Transition Overview: Part 1



# Introduction

- Importance of Families
- First Episode Psychosis (FEP)
- Overview of Children's Evidence Based Practices (EBPs)
- Family psychoeducation

# Importance of Families



## Importance of Family and Youth Involvement in Services

- Family and youth are given information needed to make treatment decisions.
- Family priorities and resources must be identified and should drive care.
- Families and youth collaborate actively in developing treatment plans and in identifying goals and outcomes.
- Families and youth participate actively in monitoring treatment outcomes and modifying treatment

## What is Family-Driven Care (FDC)?

FDC accomplishes the following:

- Acknowledges the family as a constant in a child's life.
- Builds on family strengths.
- Supports the child in learning about and participating in his/her care and decision-making.

## Common Challenges in Access & Utilization of Services

### Challenges:

- Parents may not know what are appropriate services and how to access them
- Providers may not be using best practices for engaging diverse families
- Agencies may set policies or protocols that limit access and utilization
- Systemically, there may be a shortage of providers or services in a certain area

# Barriers to Service Engagement



## Concrete Obstacles:

- Cost of care
- Services not available in own language
- Not knowing where to get help
- Difficulty in scheduling appointments
- Location of facilities
- Transportation
- Difficult to get time off from work
- Competing needs (e.g., other appts)
- Complex system to navigate

## Perception Obstacles:

- Fear of being prescribed medication that would have negative side effects
- Stigma; being viewed as weak
- Feel as if they will be blamed for problems; judgment
- Perception of quality of services
- Attitudes towards mental health services

(RAND 2011; Hoge 2004)

## Basic Goals of Engagement

1. Clarify the need for services
2. Increase youth and caregiver investment and efficacy in services
3. Identify attitudes about previous experiences with care and institutions; attend to perceptual barriers
4. **PROBLEM SOLVE! PROBLEM SOLVE! PROBLEM SOLVE!**



# Treating First Episode Psychosis



## What is psychosis?

- Psychosis occurs when a person loses contact with reality. The word “psychosis” scares some people, but it actually describes an experience that many people have.
- Three out of every 100 people experience psychosis at some time in their lives, and most of them recover.
- FEP: refers to the first episode of psychosis

## **Educating Youth/Family: Causes of Psychosis**

- **Biological:** Some people are more likely to develop psychosis because of their biology or their heredity. Many cases of psychosis have been linked to problems with neurotransmitters, or the chemical messengers that transmit impulses throughout a person's brain and central nervous system. In addition, the relatives of people who experience psychosis are more likely to experience psychosis themselves.
- **Other factors:** A person's first episode of psychosis can be triggered by stressful events or by drug use (especially use of marijuana, speed, or LSD).

## Importance of Family Collaboration

- First Episode Psychosis often affects young people who are living in the family home.
- Families are often the first to notice the changes associated with symptoms of psychosis and can be key players in seeking help.
- Family members may not understand why the changes they see in their loved ones are occurring, or how to help. Recognizing that families can be a valuable resource in getting individuals to appropriate care and supporting treatment engagement is key.
- Coordinated Specialty Care programs provide families with the education and support they need.

# Overview of Children's Evidence Based Practices (EBPs)



## What are Evidence Based Practices?

Clinical intervention programs that are supported by numerous research studies which show they are effective for the targeted population and problem area(s).

- Meet a high standard for quality and effectiveness
- Built upon theory and research and focus on guiding practice
- Specific training available to deliver the treatment
- Include model adherence and treatment fidelity

Treatments that incorporate EBPs have a greater expectation of successfully treating the specific problem and improving the client's daily functioning.

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# Family Psychoeducation



## What is Family Psychoeducation?

- Providing information and support to youth and their families to better understand and cope with a mental health condition
- Psychoeducation is found in most evidence based programs
- “Family Psychoeducation” also describes a set of evidence based models for adults and older youth with schizophrenia and other serious mental illness (SMI)
- Psychoeducation can be done individually or in group formats in a variety of settings and by a variety of professionals



## Why is Family Psychoeducation Important?

- Provides youth and families with the necessary information to make informed decisions about care
- Increases coping skills and builds supportive resources
- Instills hope, reduces blame, and looks towards recovery
- Engages the family in treatment as appropriate

Thank you!

