

# Kickstart: Prevention and Early Intervention of Psychosis

Prevention Today for a Better Tomorrow

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**kickstart**<sup>™</sup>



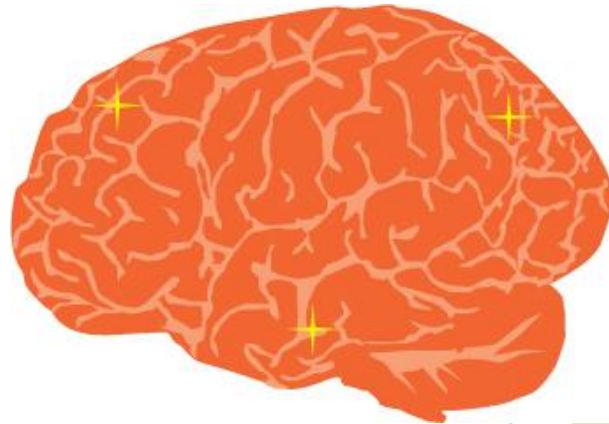
Pathways<sup>SM</sup>

# The Kickstart Program

- Portland Identification and Early Referral (PIER) model treatment
- Funded partially through San Diego County and MHSA (Mental Health Services Act)
- Funded largely through Medi-Cal
- Community education to the general public
- Services to youth age 10-25 who are at risk for Psychosis related Mental Health conditions.

# What is Psychosis?

- ▶ A brain based illness with a number of symptoms that suggest a *loss of contact with reality*
- ▶ 3 in 100 individuals.
- ▶ Starts in teens or early adulthood



# What is Psychosis?

- ▶ Positive Symptoms (things added to the person)
  - . Hallucinations
  - . Delusions
  - . Bizarre Behaviors
- ▶ Negative Symptoms (things taken away)
  - . Disorganized thinking/speech
  - . “Flat” affect, or reduced expressiveness
- ▶ Those with Psychosis are unable to tell the difference between positive symptoms and reality.

# Conditions that involve Psychosis

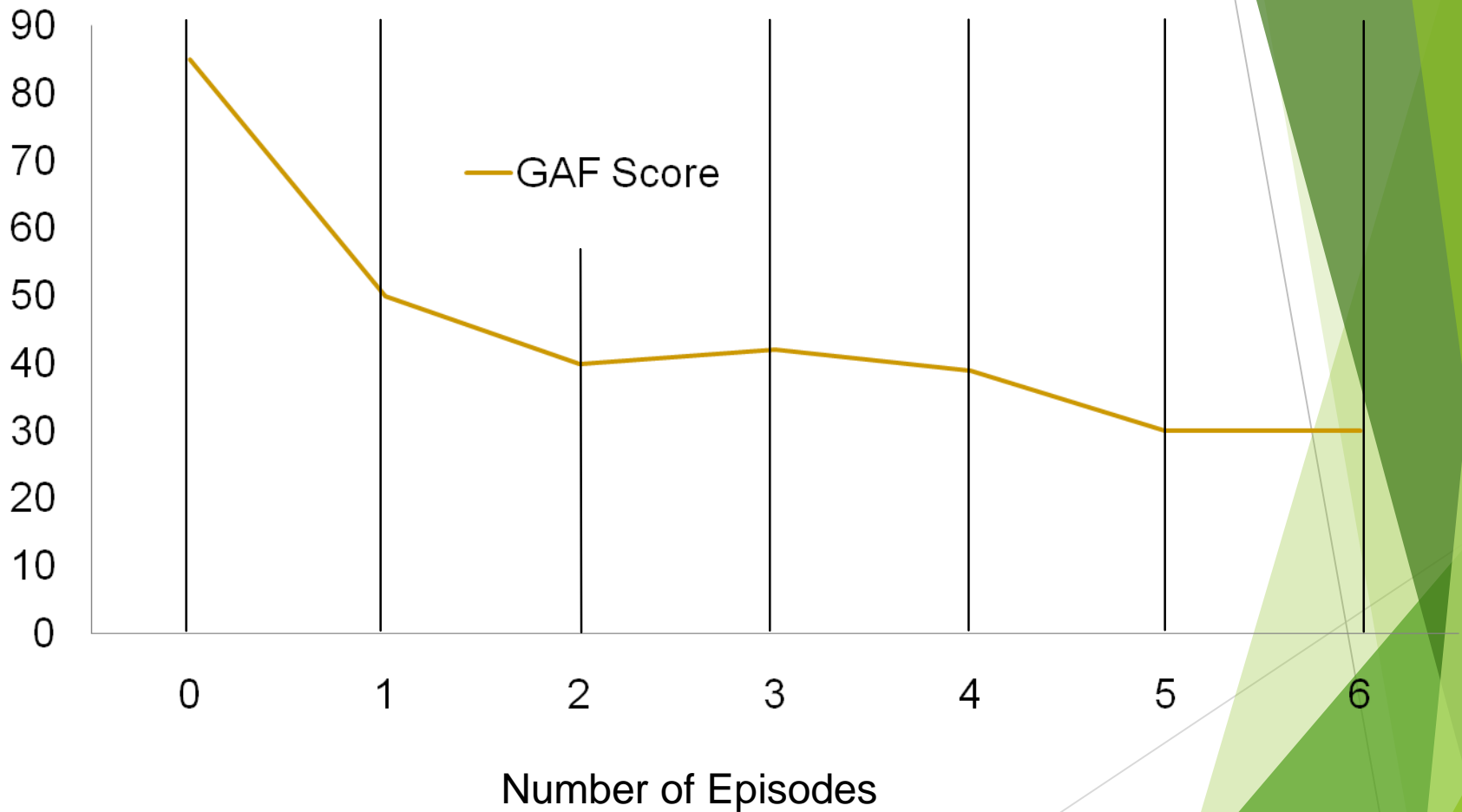
- ▶ Schizophrenia Spectrum Disorders
- ▶ Bipolar disorder with Psychotic features
- ▶ Major Depression with Psychotic features
- ▶ Substance Induced Psychosis
- ▶ Brain Injury, Organic Infection, PTSD, OCD, Panic Attacks

# Psychosis Risk vs. Full Psychosis

- ▶ Look for INSIGHT!!
- ▶ They Might Say....
  - “I think it’s my imagination.”
  - “I know it’s not real.”
- ▶ You Can Ask...
  - “What do you think this is coming from?”
  - “Do you think it’s part of your imagination?”



# Effect of Psychotic Episodes on Functioning



# Signs of Clinical High Risk for Psychosis

*Structured Interview of Prodromal Syndromes (SIPS) McGlashan, et al*

1. Changes in behavior, thoughts, and emotions (with preservation of insight) such as:
  - **Magical thinking/Unusual Thought Content**
  - **Unusual fears**
  - **Heightened perceptual sensitivity**
  - **Unusual perceptual experiences**
  - **Disorganized or digressive speech**
  - **Uncharacteristic, peculiar behavior**
  - **Reduced emotional or social responsiveness**



# Signs of Clinical High Risk for Psychosis

## 2. A significant deterioration in functioning

- Unexplained decrease in work or school performance
- Decreased concentration and motivation
- Decrease in personal hygiene
- Decrease in the ability to cope with life events and stressors

## 3. Withdrawal from family and friends

- Loss of interest in friends, extracurricular sports/hobbies
- Increasing sense of disconnection, alienation
- Family alienation, resentment, increasing hostility, paranoia

# What the Scores 'Mean'

## P.2 DESCRIPTION: SUSPICIOUSNESS/PERSECUTORY IDEAS

**1-2 MILD**

**3-5 PRODROMAL SYMPTOM RANGE**

**6- PSYCHOTIC**

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe but Not Psychotic	6 Severe and Psychotic
	Wariness.	Doubts about safety. Hypervigilance without clear source of danger.	Notions that people are hostile, untrustworthy, and/or harbor ill will easily. Sense that hypervigilance may be necessary. Mistrustful. Recurrent (yet unfounded or exaggerated at times) sense that people are thinking or saying negative things about person. May appear mistrustful with interviewer.	Clear or compelling thoughts of being watched or singled out. Sense that people intend to harm. Beliefs easily dismissed. Presentation may appear guarded. Reluctant or irritable in response to questioning.	Loosely organized beliefs about danger or hostile intention. Skepticism and perspective can be elicited with non-confirming evidence or opinion. Behavior is affected to some degree. Guarded presentation may interfere with ability to gather information in the interview.	Delusional paranoid conviction (with no doubt) at least intermittently. Likely to affect functioning.

# What happens in referral process:

- ▶ Phone Screen: Brief phone interview referred youth, consultation with family/professionals, info on program, eligibility & criteria
- ▶ Confidential SIPS Assessment by certified professionals
- ▶ Individualized Treatment planning



# What happens at Kickstart?

## ▶ EARLY & EVIDENCE-BASED TREATMENT

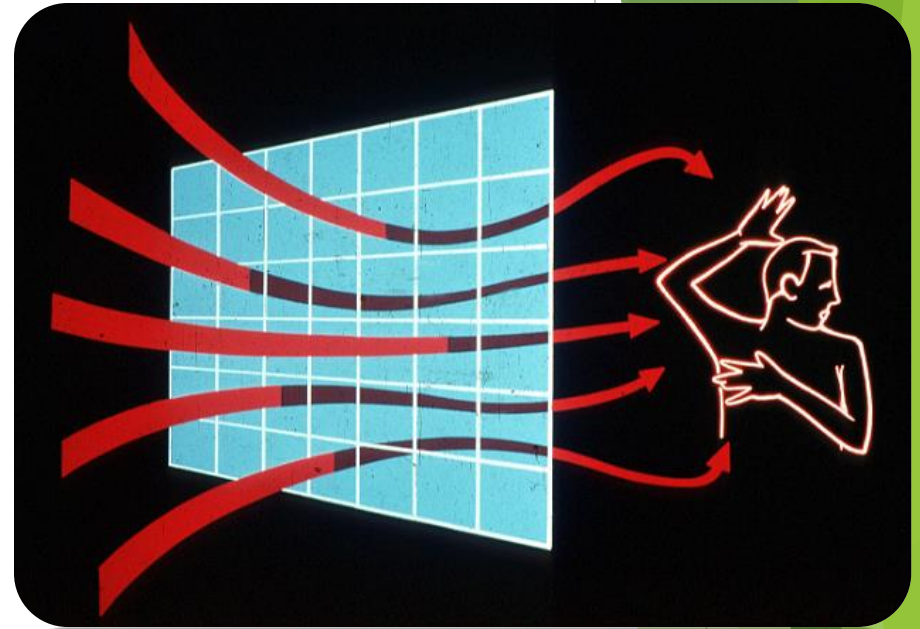
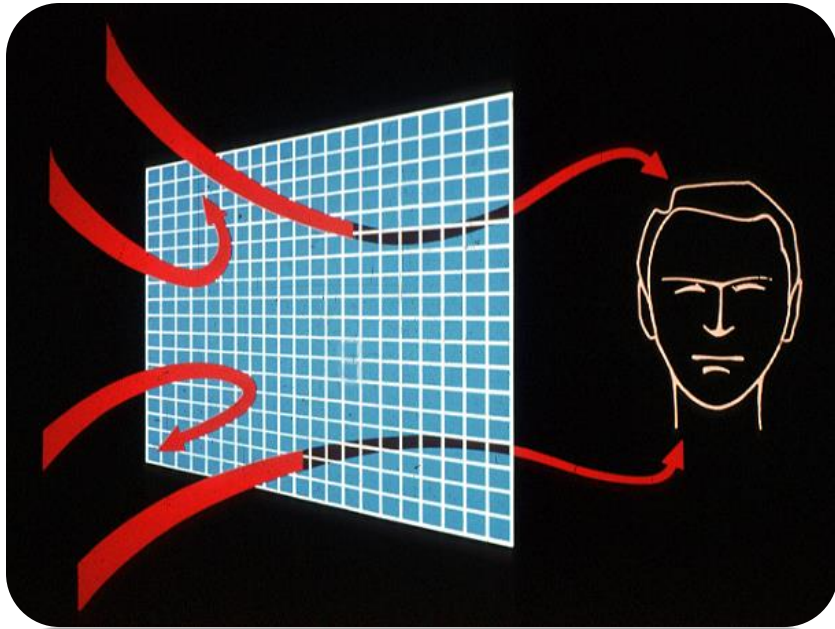
- Intensive team: 24 hour availability
  - ▶ Multi-family groups
    - ▶ Psycho-education/Problem-Solving
  - ▶ Individual/Family psychotherapy
  - ▶ Psychiatric services/Medication options
  - ▶ Occupational Therapy
  - ▶ Education & Employment support
  - ▶ Substance abuse support
  - ▶ Nursing services
  - ▶ Peer support/mentoring
  - ▶ Office and home-based services

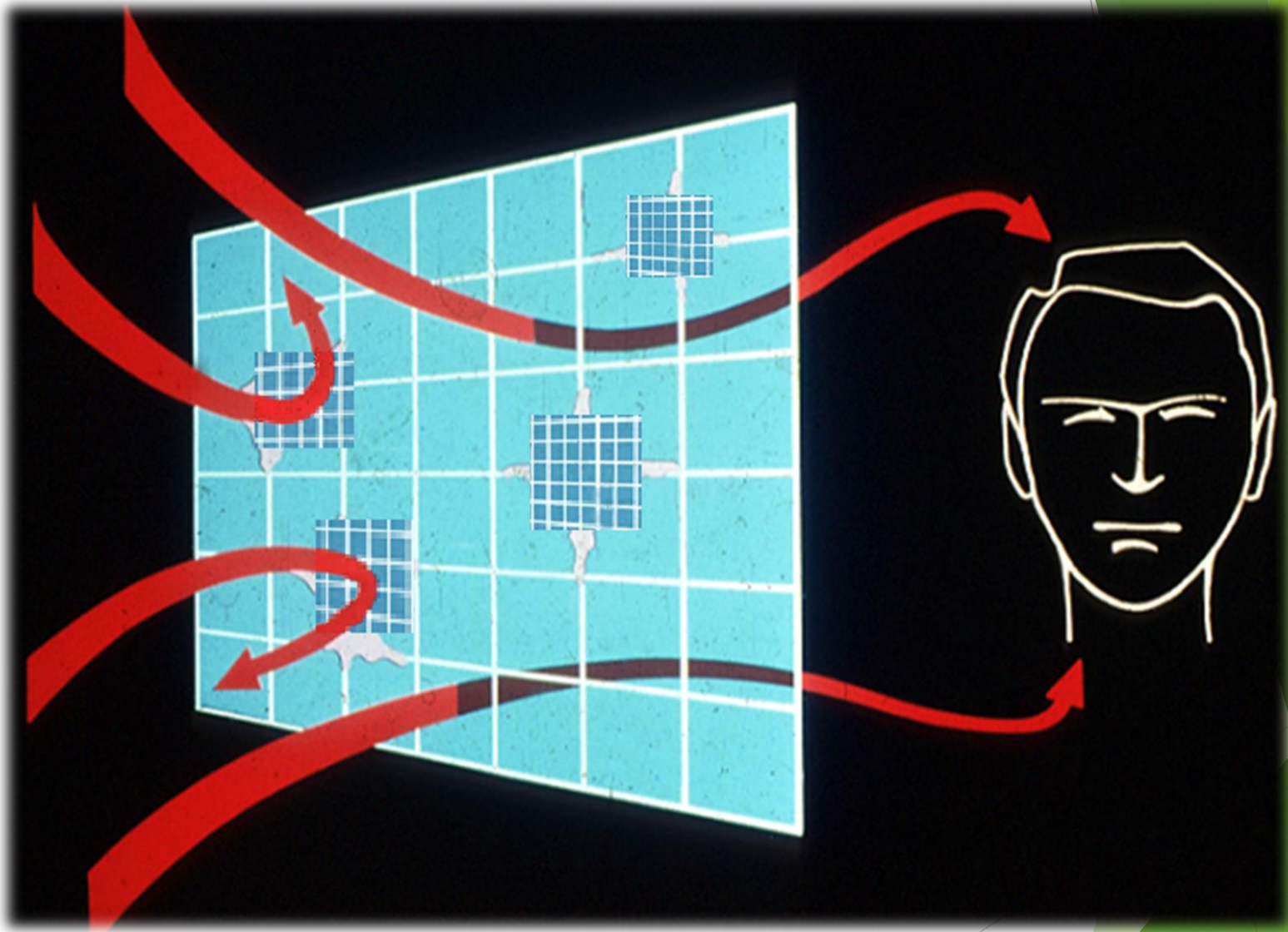


# Video Presentation

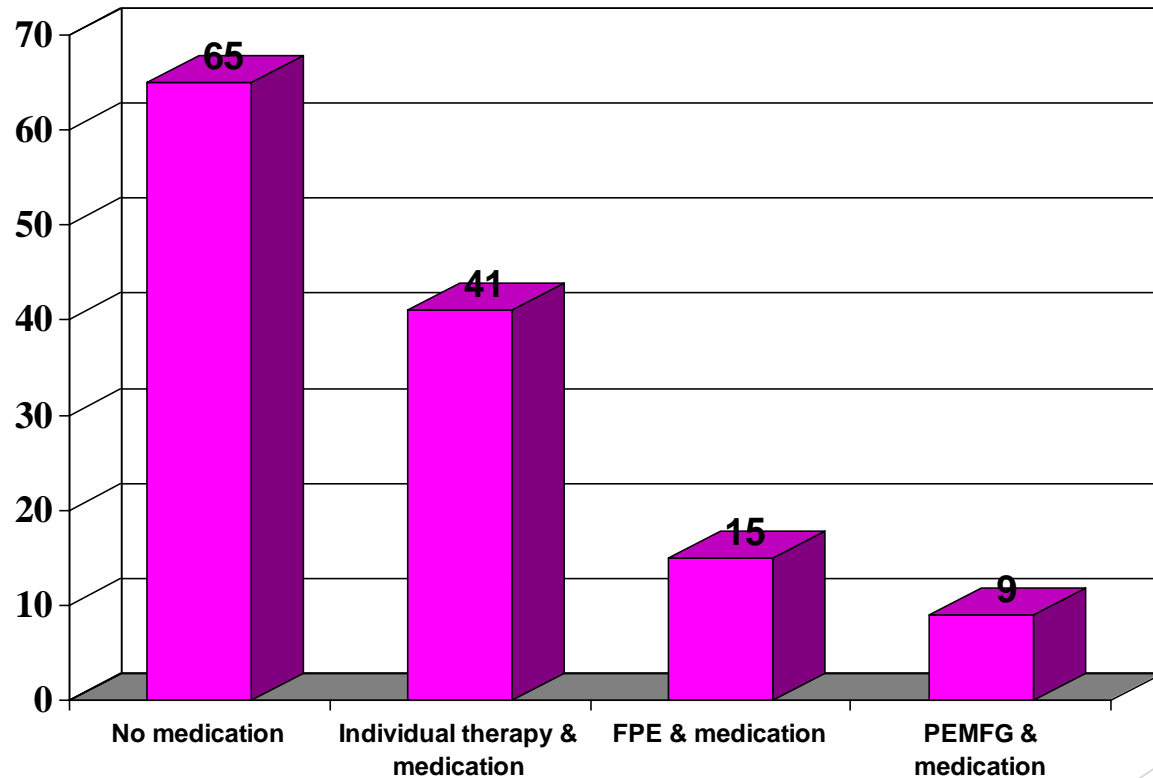
The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect. The rest of the background is plain white.

# Role of Biology and Environment





# Relapse outcomes in clinical trials





# Kickstart Data FY 18/19

- ▶ 292 individuals/families treated
- ▶ Illness Management and Recovery Scale (IMR)
  - Functional Status: 80.6% improved
  - Clinical Status: 85.5% improved
  - Progress toward education goals: 67%
  - Progress toward employment goals: 62%



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Hours - 8:30-5pm

Email - [Joseph.Edwards@pathways.com](mailto:Joseph.Edwards@pathways.com);

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San Diego, Ca. 92120

Why Kickstart is  
AWESOME! :)

+

Brain XP's System of H.O.P.E.

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# Get to Know Me!

- Early Life
  - Happy
  - Straight “A” Student
  - Tons of Friends
  - VERY Interactive (sports, extra curriculars)

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# ANXIETY

- Middle School → 6th Grade
  - Sleepovers (anxiety)
  - Counseling
  - 6th Grade Camp
  - Summer



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# DEPRESSION/PSYCHOSIS

- Middle School → 7th Grade
  - Isolated (depression)
  - Crying (depression)
  - Hallucinations (psychosis)
  - Back to Counseling



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THEN WE CAME TO KICKSTART!!  
:)))



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# MY CHALLENGES

- Middle School → 7th Grade/8th Grade
  - Self-Harming
  - Running Away
  - Hospitalization
  - Being Expelled



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# HOW DID KICKSTART HELP ME THROUGH THESE CHALLENGES?



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# TREATMENT

- Kickstart Services That We Utilized
  - Individual Therapy (weekly problem solving)
  - Occupational Therapy (weighted blanket)
  - School Help (IEP, accommodations, etc.)
  - Mindfulness (meditation, glitter bottle)

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# TREATMENT

- MORE Kickstart Services That We Utilized
  - Family Therapy (family involvement)
  - MFG (multi-family group) !!!
  - Medication (patience is a virtue)
  - Peer Support (hang out time)



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# ATMOSPHERE

- WELCOMING
- FIDGET TOYS PROVIDED
- SNACKS!
- TEAM EFFORT
- FAMILY GUIDELINES (still on our fridge haha!)



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# TAKEAWAYS

- By the time we graduated...
  - Our family's stress levels reduced significantly → we were ALL heard!
  - Our family was educated → learned patience & problem solving & coping skills



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# COPING SKILLS

- Trigger Identification
- Music (guitar, songwriting, recording music)
- Journaling
- Talking
- Advocacy



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# IMPACT OF FRIENDSHIPS

- Because I lost all of my friends...
  - I had no other teenager to talk to
  - I had no other teenager to relate to
- Kickstart was a place that I began to feel less alone



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# THE MISSING PIECE

- I tried to find materials from other teens to read/watch (books, articles, videos, etc.) so that I could learn from someone my own age who was in a similar situation as me.
- I COULD NOT FIND THESE MATERIALS!



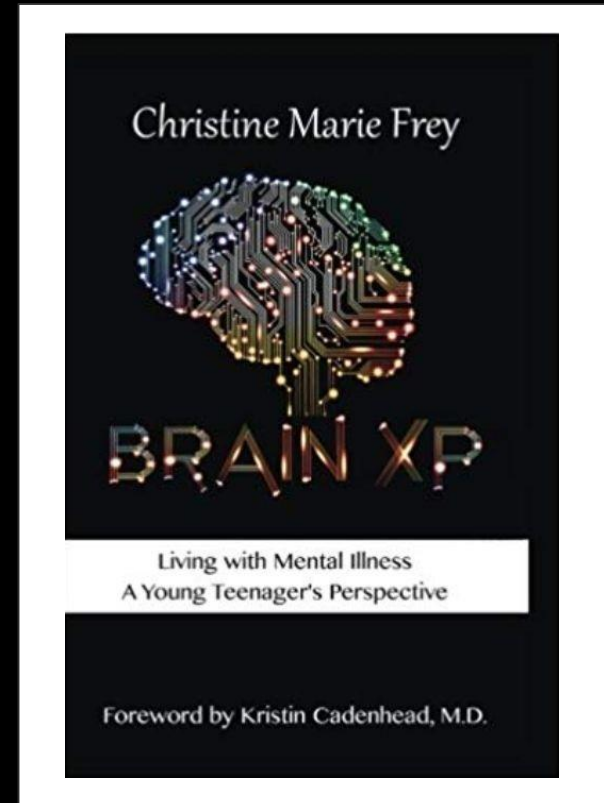
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# MY BOOK! :)

## Brain XP: Living with Mental Illness, A Young Teenager's Perspective

By Christine Marie Frey



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# BRAIN XP

- BRAIN EXPANDED!
- NEW Teen Movement
- Changing the Language of Mental Health
- Focuses on Positivity
- WE are TEENS HELPING TEENS!



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# BRAIN XP COMMUNITY!

- All-Inclusive Teen Mental Health Community
- We are on a journey of hope and change.
- We are dedicated to ending the stigma surrounding our teenage world today!



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# WHAT BRAIN XP OFFERS

- BRAIN XP Website
  - Resources (helpful contacts specifically for teens!)
  - Weekly Newsletter Signup (FREE Updates, FREE Guides, FREE BRAIN XP Content, and MORE!)



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# WHAT BRAIN XP OFFERS

- Live Presentations & Events (presenting BRAIN XP's System of H.O.P.E.)
- Weekly Blogs, Videos, Podcasts (teen topics)
- Music (original music inspired by my lived experience)
- Social Media (space to connect)

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# Our Voices are being HEARD!

“Best Mental Health/Psychology Book for 2019” -  
International IndieReader Discovery Award “Best  
Biography/Autobiography of 2019” -

San Diego Book Awards

“Best Book from Young Authors Under 25” -  
(Finalist) International Next Generation Indie  
Book Award

“Youth Mental Health Advocate of 2019” - NAMI San  
Diego

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# Our Voices are being HEARD!

## BRAIN XP DAY -

Proclaimed April 28th in the City of San Diego

California State Behavioral Health Planning Council -

Representing Youth Consumer

Children, Youth, and Families System of Care Council -

Representing Transition Age Youth

Transition Age Youth Council - Representing

Transition Age Youth

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WELCOME TO THE BRAIN XP  
COMMUNITY!  
I HOPE YOU FEEL AT HOME.



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# I want to connect with you through BRAIN XP!

BRAIN XP Instagram: @brainxpproject

CHRISTINE XP Instagram: @iamchristinexp

Twitter: @iamchristinexp

Facebook: @iamchristinexp Snapchat:

brainxpproject YouTube: Christine XP

Spotify: Christine XP

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