One size doesn’t fit all

- Psychosis experiences are heterogenous
- Require an individualized approach
- Lasting engagement demands flexibility and innovation
- Many systems of care operate with precedents or other barriers
- May make it hard to “think outside the box”
Michigan CSC...then and now

- Started with a solid CSC foundation—NAVIGATE. Get your sea legs first 😊
- NAVIGATE anchors all programs...grounds us when in the process of innovating
- Preliminary engagement successes—youth centric, basic needs assist, peers, family contact, level playing field (personal sharing continuum), etc.
- Began to recognize that more was needed to partner with our young people and to support their wellness goals and sustain engagement
- Clinicians were eager to advance their skills in providing support
Identifying needs...finding ways to respond

- Distressing voice experience and strongly held beliefs
- Physical wellness challenges
- Social challenges
- Medication hesitancy
- Employment barriers...getting a small start
The Iterations...

- Added intensive CBTp training to our TEAMS. Clinicians can reach for IRT and/or CBTp depending on participant’s preferences/needs. Clinicians with a depth of experience in early intervention are best equipped for an integrated approach. Start with solid IRT foundation first. The enthusiasm from clinicians and anecdotal results are exciting.

- Added PEERS to Michigan NAVIGATE teams—amazing value added!

- Added community based fitness opportunities (YMCA, participant-led running group, basketball, yoga)

- Added art group, music group, mindfulness group, Peer-led dating group, community based activities (Escape The Room, Virtual Golf, Picnics, Potlucks, NAMI Walks)

- Added Peer attendance, with participant permission, of Prescriber appointments

- Added mini work/volunteer experiences at our program (participant co-facilitates music group, participants take the lead on event planning, participant manages recycling)

- Really individualizing—what matters to a person...go there (snakes, music, gaming, sports, nature, etc.)
In The Works...Or Being Considered

- Mindfulness Based Stress Reduction (MBSR)
- Family Group (not to replace the NAVIGATE FE intervention, but to augment it as a result of multiple requests from families)
- EMDR: Looking into resources given the high prevalence of trauma in participant histories
- Cognitive Remediation/Enhancement program to support success at work and school
- Youth Leadership presence/input
- Statewide learning collaborative
www.michiganminds.org

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