

# Coordinated Specialty Care for Adolescents with Early Onset Psychosis: A High-Touch and Family-Centered Model

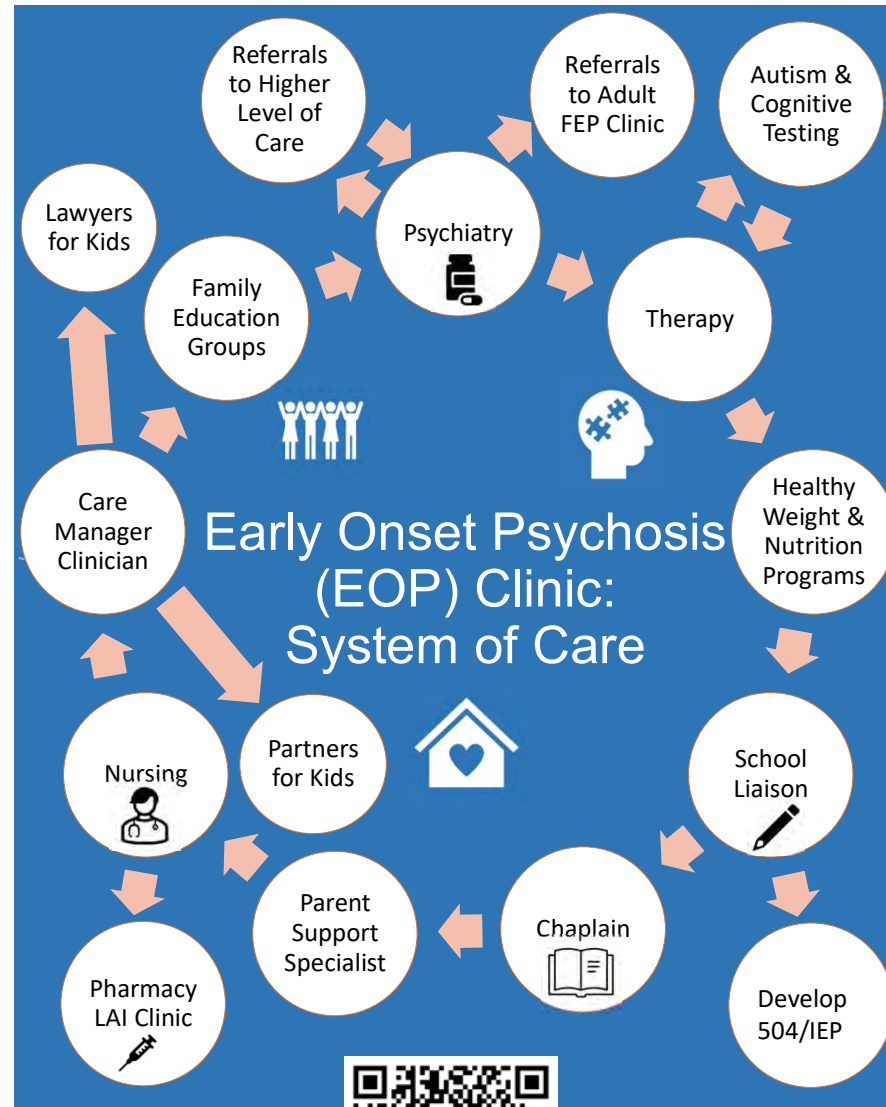
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## OBJECTIVES

- Explore a system of care within the coordinated specialty clinic at Nationwide Children's Hospital for children and adolescents with early onset psychosis
- Discuss a case report detailing one patient's transition of care between systems through the Early Onset Psychosis (EOP) Clinic

## BACKGROUND

- The Coordinated Specialty Care (CSC) model for first episode psychosis (FEP) has been widely implemented in the U.S. since the early 2000s (Read and Kohrt, 2022)
- Longer duration of untreated psychosis (DUP) is associated with more debilitating symptoms, social dysfunction, and less likelihood of remission (Pennttila et al, 2014)
- Children and adolescents with psychosis have unique needs, including diagnostic complexity, and benefit from additional team members not typically found within coordinated specialty care for psychosis



## CASE HISTORY

- A 17-year-old male with history of cannabis use disorder is hospitalized for acute mania with psychosis and transitions to the EOP Clinic
- During hospitalization, he meets the attending psychiatrist and psychologist who lead the clinic
- Despite ongoing cannabis use, he attended clinic visits regularly, engaged in therapy targeting bipolar disorder, and communicated with his parents openly regarding his symptoms
- He improved with adherence to Invega Sustenna 156 mg IM monthly and is transitioning to care with an adult CSC provider through warm handoffs with his new provider

## DISCUSSION

- Early intervention for first episode psychosis is critical, as most people develop psychotic-spectrum illnesses by age 25 (Kessler et al., 2007)
- Most coordinated specialty care programs for psychosis are designed for transition-age youth and young adults, with limited services for adolescents
- The Early Onset Psychosis Clinic utilizes an interdisciplinary team to address needs of patients and their families that are unique to adolescents with psychosis

