

# WHAT YOU NEED TO KNOW ABOUT EPI-SET AND THE NAVIGATE MODEL

## What are EPI-SET and NAVIGATE?

- Early Psychosis Intervention – Spreading Evidence-based Treatment (EPI-SET) aims to improve the delivery of early psychosis intervention that (a) focuses on recovery and (b) is informed by the best available evidence. EPI-SET is a nationally-funded initiative with its current aim to improve care in Ontario.
- The four-year implementation research project, funded by the Canadian Institutes for Health Research – Strategy for Patient Oriented Research (CIHR-SPOR), involves multiple partners and stakeholders, including:
  - the Slight Family Centre for Youth in Transition at the Centre for Addiction and Mental Health (CAMH), which serves as scientific and project lead;
  - the Provincial System Support Program (PSSP), also at CAMH, which provides on-the-ground implementation, evaluation, and knowledge exchange support;
  - the Extensions for Community Healthcare Outcomes (ECHO), which facilitates a community of practice to provide ongoing training, clinical coaching and support;
  - policy makers at the Ministry of Health and Long-term Care, and
  - youth and families, who are engaged in all stages of implementation to ensure that services are patient-oriented.
- EPI-SET is working with clinicians and program managers at several EPI programs across the province to support implementation of the NAVIGATE model of care.
- NAVIGATE is focused on recovery—and the supports required to get there. NAVIGATE improves on current practices through the use of four core standardized interventions: Individualized Medication Management, Individualized Resiliency Training (IRT), Supported Employment and Education, and Family Education.
- The NAVIGATE model was successfully implemented for the first time in Canada at the Slight Family Centre for Youth in Transition at CAMH, after successful implementation in twenty sites across the US. In the US, compared to usual practice, NAVIGATE resulted in greater improvements in client social skills, real-world functioning, and engagement with employment or education (Kane et al., 2016).
- Each participating EPI program is a member of the Early Psychosis Intervention Ontario Network (EPION), whose goal is to support the development and

implementation of effective treatment and support systems for people in the early stages of psychosis. The EPION network includes more than 50 EPI programs across the province, as well as individuals who have received EPI services, and their family members and caregivers.

## **Why use NAVIGATE?**

- The Ontario government released EPI program standards in 2011 and programs are working hard to deliver high quality care in relation to the Standards. However, across the province, there is variation in delivery and adhering to EPI standards can be difficult without a strong model to follow.
- NAVIGATE provides structured, evidence-based interventions that can be delivered consistently across sites, which may result in greater fidelity to EPI standards.
- NAVIGATE will build on the successes of EPI programs, and is responsive to the needs expressed by those programs. This model of care provides consistent, standardized approaches that use the best available evidence to support recovery.

## **What are the expected outcomes of EPI-SET?**

- Implementing NAVIGATE in Ontario may lead to improved patient, service, system, and implementation outcomes:
  - Patient: Better improvements in patient symptoms and quality of life than standard EPI.
  - Service: Stronger fidelity to EPI service delivery standards, and better service experience for patients and their families.
  - System: Decreased use of emergency and inpatient services by patients compared to those treated in standard EPI programs or no EPI.
  - Implementation: Defined strategies and supports to deliver high-quality services.

## **References:**

Kane, J.M., Robinson, D.G., Schooler, N.R., Mueser, K.T., Penn, D.L., Rosenheck, R.A.,...Heinssen, R.K. (2016). Comprehensive versus usual community care for first-episode psychosis: 2-year outcomes from the NIMH RAISE early treatment program. *Am J Psychiatry*, 173(4), 362-372.