

# Introduction to NAVIGATE

# Foundation of the NAVIGATE Treatment Program

- Based on the ‘Stress–Vulnerability’ Model
- Emphasizes recovery and resiliency
- Uses principles of illness management
- Uses principles of psychiatric rehabilitation
- Informed by special issues for first episode psychosis clients

# NAVIGATE Interventions and Roles

Intervention	Roles
	Director
Medication Management	Prescriber
Family Education Program	Family Clinician
Supported Employment & Education	SEE Specialist
Individual Resiliency Training	IRT Clinician
Case Management	Case Manager
Peer Support	Peer Specialist

# Medication Management: Prescriber

- Recommendation of antipsychotics which have data on first episode clients
- Striving for lowest possible effective dose
- Use of a questionnaire to monitor client adherence, symptoms, and side effects
- Assessment of physical factors such as weight, BMI, blood pressure, and lipid levels is an important component
- Appointments are at least monthly—30 minutes

# Family Education Program: Family Clinicians

- Provides family (including client) with education about psychosis, coping strategies, skills for communicating and solving problems

## Goals of the program:

- Shore up family relationships for the long haul
- Encourage family to support work, school, and social relationships
- Reduce stress and burden in family members

## 8 Topics (each with handout)

1. Facts about psychosis
2. Facts about coping with stress
3. Relapse Prevention Planning
4. Effective Communication
5. Facts about medication
6. Facts about Developing Resiliency
7. Collaboration with mental health professionals
8. A Relative's Guide to Supporting Recovery from Psychosis

# Supported Employment and Education: SEE Specialist

- Goal is to help people develop and achieve personally meaningful goals related to their careers, education, and employment
- Services are individualized for each person based on their preferences, goals, and values
- Services are provided based on the person's choice to pursue employment, or education, or both
- Different from vocational counseling that people may be familiar with (i.e. no long waiting period)
- Majority of services takes place **OUTSIDE THE OFFICE**

# Individual Resiliency Training (IRT): IRT Clinicians

- Goal is to promote recovery by identifying client's strengths and enhancing illness self management skills
- Assists clients in learning about psychosis, processing their experience of psychosis, developing relapse plan, increasing resiliency, learning specific strategies and skills to achieve own personal goals; on some teams IRT clinician may also provide case management
- Weekly or twice a month sessions until standard and selected individualized modules are completed

# Individual Resiliency Training (IRT): IRT Clinicians (continued)

## IRT Standard Modules

- Orientation
- Assessment/initial goal setting
- Education about psychosis
- Relapse prevention planning
- Processing the psychotic episode
- Developing resiliency (standard module)
- Building a bridge to your goals

## IRT Individualized Modules

- Dealing with negative feelings (“cognitive restructuring”)
- Coping with symptoms
- Alcohol and drug use
- Having fun and developing relationships
- Making choices about smoking
- Healthy living
- Developing additional resiliency (individualized module)

# Case Management: Case Manager

- Case management needs can be quite high for NAVIGATE participants
- Case managers (CMs) can assist clients in accessing resources such as housing, medical care, transportation, parenting classes, insurance
- CMs can support some parts of Individual Resiliency (IRT), SEE, and Family Education

# Peer Support Services: Peer Specialist

- Can assist clients by sharing their experiences to decrease client's sense of aloneness, providing examples to increase clients' sense of hope and optimism, helping clients take active steps towards achieving their personal goals (i.e. help set up area in apartment for doing homework)
- Can support some parts of IRT, SEE, and Family Education

# Summary of NAVIGATE

- NAVIGATE is a Coordinated Specialty Care (CSC) team
- Each intervention is important and works in tandem with the others
- NAVIGATE is supported by evidence (the research results of the RAISE study)
- Provides treatment to individuals with first episode psychosis related to schizophrenia, schizoaffective disorder and schizophreniform (being used for those with bipolar)

# Summary of NAVIGATE

- Enrollment criteria are specified
- Treatment is based on the team approach
- Structure helps insure consistency
- Flexibility is essential

# How the Team Works Together

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- Clients (and usually families) meet all team members at the beginning of treatment
- Team strives to have each client receive the benefits of each intervention
- Team members continually share information and strategies
- Team members coordinate appointments
- In dealing with challenges, team member with strongest rapport is utilized
- The whole team meets together weekly

# Example of Weekly Team Meeting Agenda

- At least one example of a positive development for a NAVIGATE client in past week
- Update on recruitment and enrollment
- Review each enrolled client with reminder client goals and a brief report form:
  - Prescriber, IRT, Family Education, SEE, Case Management, Peer Specialist
- Identification of challenges and formulating plan to address them, including who does what and when

# Example Blank Client Tracking Sheet

<b>Client</b>	<b>Goals</b>	<b>Prescriber Notes</b>	<b>IRT Notes</b>	<b>Family Notes</b>	<b>SEE Notes</b>	<b>Case Management</b>	<b>Peer Specialist</b>

# The Formal Collaborative Treatment Planning Meeting

- Recommended that meeting be held within one month of enrolling client
- Meeting is scheduled with client, family, or significant others, NAVIGATE director and most relevant team members
- At the meeting, director thanks participants, may distribute copies of preliminary plan
- Emphasizes that final treatment plan is driven by client's goals
- Discusses preliminary plan, elicits comments and questions from client and family members

# The Formal Collaborative Treatment Planning Meeting

- Barriers to goals are identified, and strategies for overcoming them are discussed (including NAVIGATE interventions)
- Strengths and resiliency factors are reviewed
- The preliminary plan is revised, copies are given (may need to re-write it on a new blank Treatment Planning form)
- Thank participants