

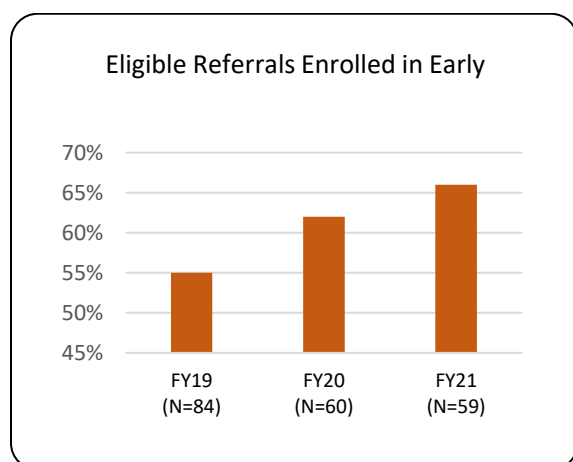
# UNM Department of Psychiatry Division of Community Behavioral Health Early FEP Program



## Three-Year Progress Report: FY19 - FY21

The Early FEP program, located within the Department of Psychiatry and Behavioral Sciences at the University of New Mexico, provides Coordinated Specialty Care (CSC) to individuals aged 15-30 years old, living in New Mexico, and experiencing a first episode psychosis (FEP). In addition, the Early program offers community outreach, provider training, and case consultation across the state of New Mexico.

The purpose of this report is to provide an overview of clinical services provided during the past three fiscal years. Overall, the Early program continues to demonstrate improved fidelity to the CSC model.

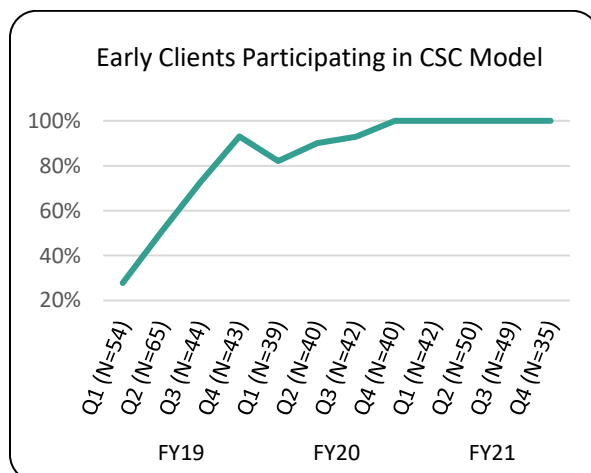


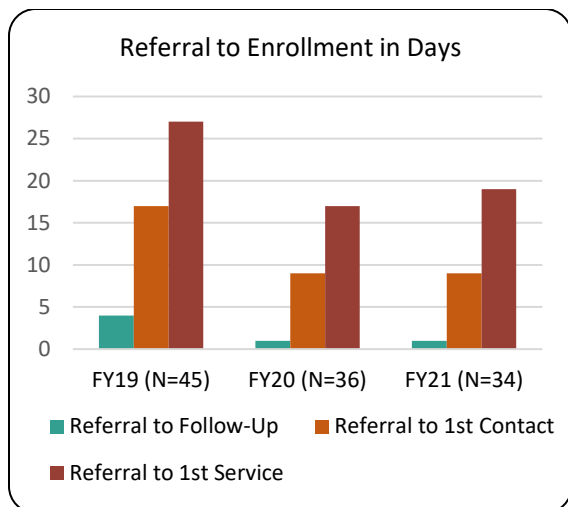
Young adults experiencing FEP often do not engage in services. This may be due to stigma associated with mental health treatment or due to symptoms characteristic of psychosis (e.g. lack of motivation, paranoia). The Early program emphasizes multiple outreach attempts and engagement efforts with the young adult and their family/natural supports.

**Over the past three years, the Early program has improved rates of engagement among eligible referrals from 55% in FY19 to 66% in FY21.**

The CSC model involves clients meeting with multiple team members who provide varying services (e.g. medication management, individual and family therapy, CCSS).

**Over the past three years, the Early program has added team members from various disciplines and emphasized engagement with multiple team members. Clients who elect to receive medication management only are transferred to other UNM services. This has resulted in improved rates of provision of multidisciplinary intensive outpatient care that adheres to the CSC model.**





Evidence has shown that reducing the duration of untreated psychosis (DUP) leads to better clinical and functional outcomes for young adults experiencing FEP and can reduce costly hospitalizations and emergency visits. In order to do this, the CSC model emphasizes rapid enrollment.

**On average, the Early program enrolled eligible referrals and began services within 20 days in FY21.**