REACH OUT! Let’s talk: Engaging youth on their own terms

Presenters:
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Phases of Schizophrenia

McGlashan, 2001

PREMORBID

AT RISK

ACTIVE

Course of Psychosis

EASA Center for Excellence
Research

• Ability to engage prior to psychosis = increased likelihood to engage in treatment
• Early development of a therapeutic relationship
• Reduce the likelihood of behaviors or incidents that may stigmatize the individual
• Reduce applications for disability and hospitalizations
• Rapid access to treatment – reduced DUP
• New strategies for improving the prognosis of at risk individuals
Research

• Median CHR rate 20.3% - conclusion common in adolescent and young adult clinical settings 30% conversion rate. (Woods et al., 2018)
• Awareness of CHR diagnosis and its clinical implications needs to be increased in clinical settings (Lewis et al., 2000, Weiser et al., 2001)
73% had a mental health condition
41% depression
15% anxiety
(Fusar-Poli et al., 2014)
33 – 54 % substance use
(Addington et al., 2014).
Early Psychosis Screener (EPS-26)

The following questions will ask about thoughts, feelings, or experiences that you may or may not have had. The same questions are asked of everyone. There are no right or wrong answers. Please answer the questions honestly. When answering questions, consider only those times when you were fully awake, did not have a fever, and were not using drugs to get high.

During the past 30 days...

1. I was unsure if my experiences were real. 1 2 3 4 5
2. I thought my daydreams might be real. 1 2 3 4 5
3. I thought I was outside my body observing my own life. 1 2 3 4 5
4. I thought something strange was going on, but I did not know what it was. 1 2 3 4 5
5. I thought other people could hear my thoughts. 1 2 3 4 5
6. I thought people might be able to read my mind. 1 2 3 4 5
7. I thought that things happening around me might have a special meaning for me. 1 2 3 4 5
8. I felt strange sensations on or under my skin that I could not explain. 1 2 3 4 5
9. I thought people were spying on me. 1 2 3 4 5
10. I thought people might be plotting against me. 1 2 3 4 5
11. I felt like I had to watch everything around me in order to feel safe. 1 2 3 4 5
12. I felt like thoughts were being placed in my head against my will. 1 2 3 4 5
13. I had difficulty knowing if the world around me was real. 1 2 3 4 5

Total Page 1

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Need help? Get in touch with us. Choose a method below.

CALL. 877.968.8491
TEXT. teen2teen to 839863
CHAT. CHAT NOW
EMAIL. YouthL@LinesforLife.org

Teens are available to help daily from 4-10pm Pacific Time (adults are available by phone at all other times).

YouthLine is a free, confidential teen-to-teen crisis and help line. Contact us with anything that may be bothering you. No problem is too big or too small for the YouthLine!
For more information, email YouthL@linesforlife.org

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How we got started

At the kitchen counter....
In John Day...

Along the way...

We talked A LOT about:
✓ Current messaging & what does and doesn’t seem useful
✓ Images and words—and what they convey to us
✓ Each others perspectives
✓ We WORKED HARD!
✓ We had some fun
✓ We learned about CHR, psychosis, schizophrenia, early intervention, graphics....
Learning the PQB and the EPS 26

- The purpose!
- How do they get done?
- Evaluated language on each tool as individuals then shared responses as a group
  - Looked at the actual questions and the instructions
- Assessed the highest ‘likes’ for each of the tools questions
- Assessed what did not get a ‘like’ and why
- Discussed risks and benefits, differing opinions to further evaluate decisions on what to choose
- Took the remaining questions and made them into questions that sounded:
  - More accessible and engaging
  - Less ‘scary’
  - Like a question someone might ask themselves in their head or to a friend
- Realized a combination of what each tool offered seemed helpful to consider...
Prodromal Questionnaire Brief (PQB)

Indicate whether you have had the following thoughts, feelings, and experiences in the past month by checking "YES" or "NO" for each item. Do not include experiences that occur only while under the influence of alcohol, drugs, or medications that were not prescribed for you.

If you answer "YES" to an item, also indicate how distressing that experience has been for you.

1. Do familiar surroundings sometimes seem strange, confusing, threatening or unreal to you?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

2. Have you heard unusual sounds like beeping, clicking, hissing, clapping, or ringing in your ears?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

3. Do things that you see appear different from the way they usually do (bigger, duller, larger, or smaller, or changed in some other way)?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

4. Have you had experiences with telepathy, psychic forces, or fortune telling?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

5. Have you felt that you are not in control of your own ideas or thoughts?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

6. Do you have difficulty getting your point across, because you ramble or go off the track a lot when you talk?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

7. Do you have strange feelings or beliefs about being unusually gifted or talented in some way?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

8. Do you feel that other people are watching you or talking about you?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

18. Do you feel that parts of your body have changed in some way, or that parts of your body are working differently?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

19. Do you ever think of yourself as a famous or particularly important person?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

20. Are your thoughts sometimes so strong that you can almost hear them?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

21. Do you find yourself feeling mistrustful or suspicious of other people?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

22. Have you seen unusual things like flashes, flames, blinding light, or geometric figures?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

23. Have you seen things that other people can’t see or don’t seem to see?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

24. Do people sometimes find it hard to understand what you are saying?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree

25. Do you find it difficult to handle your responsibilities, like work, school or chores?
   - YES  NO  IF YES: When this happens, I feel frightened, concerned, or it causes problems for me:
     - Strongly disagree
     - Disagree
     - Neutral
     - Agree
     - Strongly agree
Early Psychosis Screener (EPS-26)

The following questions will ask about thoughts, feelings, or experiences that you may or may not have had. The same questions are asked of everyone. There are no right or wrong answers. Please answer the questions honestly. When answering questions, consider only those times when you were fully awake, did not have a fever, and were not using drugs to get high.

<table>
<thead>
<tr>
<th>Number</th>
<th>Question</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>I heard a sound, but could not tell if it was real.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>15</td>
<td>I heard sounds like banging, clicking, hissing, clapping, or ringing but could not tell if they were real.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>16</td>
<td>I heard a voice, but could not tell if it was real.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>17</td>
<td>I thought the voice was real.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>18</td>
<td>The voice talked about me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>19</td>
<td>The voice was clear.</td>
<td>1</td>
<td>2</td>
<td>3</td>
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</tr>
<tr>
<td>20</td>
<td>I saw things like flashes, flames, figures, or shadows but could not tell if they were real.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>21</td>
<td>I saw things that looked real, but I was not sure if they were real.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>22</td>
<td>I saw people, animals, or things that might not have been real.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>23</td>
<td>I felt like someone was touching me, but no one was there.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>24</td>
<td>I acted without thinking.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>25</td>
<td>I was more talkative than usual.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>26</td>
<td>I spent money that I did not have.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
The day we learned about the PQB and EPS 26, thought about and shared preferences had some kombucha and played the kazooos
Useful!

• Show someone simultaneously being connected to other people and life AND having a hard time;
• Don’t ostracize people with the message;
• Represent different ways a person could look when feeling sad (like happy on the outside sad on the inside);
• Use messages that encourage teens to engage for where they are at rather than focusing only on getting help from an adult as the first step;
• Let teens support each others learning and decision making about taking steps to figure out what to do if they are concerned.
Not so useful!

• Too much information
• A person looks too sad and isolated
• The ‘dark hoody alone in the hall’ look is alienating—what about all the other teens?
• Images and messages that ostracize people (whether or not the message intends to do that)
• Making teens look like they have no friends or don’t do anything with their lives (as the ones having a hard time)
• Scary, stressful messages about how bad someone having a hard time must feel—black and white messages, words that are scary
• Failure to recognize the real teen experience that happens the majority of the time and focusing on the most difficult times only
Is a voice talking to me?

Can people hear what I’m thinking?

Are the things I’m seeing real or not?

REACH OUT
HELP YOURSELF OR A FRIEND!

Find out more for teens and young adults: www.easacommunity.org
Text EASA to 61222

EASA Center for Excellence
Some of what we learned and discovered we already knew!

- Communicate the message in a way that draws you in or pushes you away (“don’t scare us away!” “not an essay”)
- As powerful as the words
- Needs to be relatable to teens aesthetic sense and information gathering behaviors/preferences
- Need to be easy and quick to read
- Tell the story of the poster’s message that the words might not or reinforce the words through images and colors
  - For example: In the first color edition it was important that the umbrella be a rich inviting warm yellow to communicate warmth and inclusion...
Provided lots of samples for review, feedback, and group selection, considered every detail, color, flow of each image and image as a whole in order to tell the story of CHR, support, inclusion...quickly and without embedded “ostracizing” messages
¿Hay una voz que me habla?
¿Pueden las personas oír lo que estoy pensando?
¿Son reales o no las cosas que veo?

¡BUSCA AYUDA para ti o para algún amigo/a!

Averigua más información para adolescentes o adultos jóvenes
www.easacommunity.org
Envía EASA por mensaje de texto 61222

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Next steps

• Posters distributed across state.
• Panel members presenting poster to Bend LaPine school board meeting on 11/12.
• Lead of all middle and high school counselors in Bend LaPine District will have posters placed in each school.
• Other ideas in the works...stay tuned.
• Meanwhile TEXT EASA to 61222
Thank you!

- **Kali**: Teen poster project team member
- **Catrina Webster**: peer support specialist, Community Counseling Solutions EASA serving Grant, Morrow, Wheeler and Gilliam counties
- **Shane Nelson**: mental health counselor and graphic artist
- **Emily Montgomery**: member of EASA’s Young Adult Leadership Council
- **Parker Sczepanik**: YOUTHLINE
- **OHSU Community Research HUB**
- **Humm Kombucha, El Sancho, and Blackstrap**

EASA Center for Excellence
Reach out any time!

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Katie Hayden-Lewis PhD LPC
TEXT EASA to 61222
Check out our website: www.easacommunity.org

Come say hello now that we’re done!