



# System of Care-Community for Early Signs and Symptoms (SOC-CESS)

## Youth Mental Health

- **20%** of youth live with a mental health condition.<sup>1</sup>
- **50%** of all lifetime cases of mental illness begin by age 14.<sup>1</sup>
  - Schizophrenia and other psychotic disorders have a peak onset between ages **15-25**

### System of Care Model

- Studies have found that early intervention for psychosis can significantly improve symptoms and restore adaptive functioning.<sup>2</sup>
- SOC-CESS aims to enhance and expand Missouri's System of Care approach to improve outcomes for both youth, ages 9 to 17, at risk of, or experiencing, early onset psychosis, and their families.
- Family and youth will be involved in planning, implementing, and evaluating new and existing programs and providing direct services within agencies.

### Anticipated program outcomes

- Increased school attendance
- Decreased juvenile justice involvement
- More opportunities for competitive employment
- Strengthened support and engagement activities for families
- Greater overall independence

Achieved through improved surveillance, early identification, screening, assessment, referral, and evidence-informed interventions.

### Participation

**130+ children** currently receiving services under the SOC-CESS grant

- **Ages 9-12:** 26.1%
- **Ages 13-15:** 39.5%
- **Ages 16-17:** 34.5%

Grant services are offered at three Missouri community behavioral health centers:

**Ozark Center** (Joplin, MO)

**Compass Health** (Jefferson City, MO)

**Burrell Behavioral Health** (Springfield, MO)

### Services offered

- Treatment planning and case management
- Psychopharmacological services
- Family support services
- Evidence-informed family and individual therapies<sup>3</sup>
- Psychoeducation through brain imaging<sup>4</sup> and virtual reality technology

Patients participating in evaluation report high satisfaction with services (**96%**)

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2. Bird, V., Premkumar, P., Kendall, T., Whittington, C., Mitchell, J. & Kuipers, E. (2010). Early intervention services, cognitive-behavior therapy and family intervention in early psychosis: systematic review. *British Journal of Psychiatry*, 197, 350-356. Doi: 10.1192/bjp.bp.109.074526.

3. Landa, Y., Mueser, K. T., ... & Walkup, J. T. Development of a group and family-based cognitive behavioral therapy program for youth at risk for psychosis. *Early Intervention Psychiatry*, 10(6), 511-521. doi: 10.1111/eip.12204.

4. Bazanova, O. M., & Aftanas, L. I. (2010). Individual EEG Alpha Activity Analysis for Enhancement Neurofeedback Efficiency: Two Case Studies. *Journal of Neurotherapy*, 3, 244-253. doi: 10.1080/10874208.2010.501517