

# Project BRIEF

## New Journeys Early Intervention Program for First-Episode Psychosis



### BACKGROUND:

New Journeys is an early intervention program for youth and young adults experiencing their first episode of psychosis in Washington State. The program involves evidence-based practices including Individual Resilience Training for clients and families, supported employment, occupational therapy, medication management, Cognitive Behavioral Therapy for psychosis, and case management.

### OBJECTIVES:

We are currently entering the third year of evaluation, with the program expanded to include Yakima, Thurston-Mason Counties, King County, and Grays Harbor.

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For program updates visit:

<https://depts.washington.edu/ebpa/projects/new-journeys-network>

### Year Two Evaluation:

Of the 66 participants enrolled at the end of year two, 55% are still in the program, with 14% having completed the program. The majority of participants are males, with the average age being 19 years old. Upon entering, almost half of the participants reported moderate or higher levels of depression (43%), and anxiety (41%). Twenty-seven percent reported thinking about suicide two weeks prior to beginning New Journeys. During the first six months, participants reported significantly lower levels of depression ( $\beta=4.11$ ;  $p<0.001$ ), anxiety ( $\beta=4.13$ ;  $p<0.001$ ), psychotic experiences ( $\beta=5.03$ ;  $p<0.001$ ), and clinician-rated psychotic symptoms ( $\beta=2.78$ ;  $p<0.001$ ). Participants also reported improved quality of life and were more likely to be employed.

**FUNDING AGENCY:** Division of Behavioral Health and Recovery

**PROJECT YEARS:** 2015-present

**PARTNERS:** University of Washington

### Our Mission

To provide research on positive behavioral interventions to revolutionize current behavioral health treatments and interventions.