The Problem:

- 2.6 million schizophrenics in the US accounting for more inpatient treatment days than any other medical illness (national cost: $62 billion/year).
- 6% (~160,000) are homeless or live in shelters
- Make up 36% of the 700,000 homeless individuals in the US.

Risk Factors:

- Genetics
- Poor pregnancy environment
- Hostile, isolated, or judgmental home environments.
- Long term isolation or exclusion
- Characteristics not the norm of your community
- Use of marijuana or other illicit drugs
- Environments of crime, disorder, or fear
- Urban settings

Housing First: The Homeless Now

- No compliance clauses in lease agreements
- Provides sustained permanent housing as quickly as possible.

Housing First (cont.)

- Clients had less psychological distress and alcohol dependency as well as higher recovery scores after 2 years of participation.
- The US Dept. of Housing and Urban Development provides $1000 /mo./person toward rent and $50 toward housing support services.
- Intensive and specialized treatment and support is funded by Medicaid, and clients use 30% of their SSI to help with rent as well.

Family Psychoeducation:

Addressing First Episode Psychosis

- Most of the deterioration from psychotic disorders is seen early in the illness → the longer it takes for intervention, the worse the outcomes.
- FP teaches families about psychotic disorders, problem solving skills and communication, and skills they will need to effectively live with a mentally ill family member.
- Without FP → 30%/yr. convert to psychosis
- With FP → 10%/yr. convert to psychosis
- Studies of FP on long term prevention are not yet complete.

PIER Model: Prevention of Psychosis

Goal: Identify at risk children and young adults in urban populations and intervene when SMI can be thwarted.

1. Trains professionals from many disciplines outside the mental health system and develops a community outreach and education program aimed at key affected populations.
2. Develops a vast referral network
3. Utilizes a multidisciplinary team and family therapy to treat the individuals with high risk of psychosis.

- Currently 5 ongoing random clinical trials to demonstrate the models effectiveness.
- Until these results have been solidified, The US Dept. of Health and Human Services has released a “tool kit” outlining the protocol and resources of family psychoeducation.

REFERENCES

- Tsemberis, Sam, Kent,Douglas, Respress, Christy (2012). Housing Stability and Recovery Among Chronically Homeless Persons With Co-Occurring Disorders in Washington, DC