2025-2026 Early Psychosis Interventions of North Carolina (EPI-NC) Annual Report Highlights

Why Care about First Episode Psychosis?

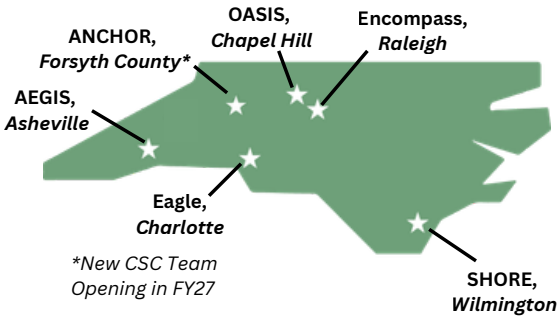
Schizophrenia and other psychotic disorders emerge in adolescence and young adulthood . Providing effective treatments soon after the onset of psychosis increases the likelihood of a full recovery, and reduces the likelihood of disability

What is First Episode Psychosis Coordinated Specialty Care (FEP CSC)?

FEP CSC is a multidisciplinary team-based approach that is developmentally informed, and encourages family involvement. Interventions focus on empowering the client to discover and adopt strategies that minimize their symptoms and help them achieve and maintain their personal recovery goals..

FEP CSC Clinical Outcomes in North Carolina

1081
Young adults served since 2016



356
Young adults served in FY26

	Key Clinical Outcomes from NC FEP CSC in FY25-26
Crisis Services & Hospital Utilization	**14%** of NC FEP CSC clients utilized crisis and/or inpatient services, **62% less than expected with usual treatment**
Disability	**10%** of NC FEP CSC clients utilized disability services, **67% less than expected with usual treatment.**
Legal Involvement	**3%** of NC FEP CSC clients had leagal invovlement, **83% less than expected with usual treatment.**
Employment	**84%** of NC FEP CSC clients were employed, **56% greater than expected with usual treatment.**

Family Engagement in FEP CSC

Family engagement plays an important role in recovery from psychosis, so EPI-NC has launched several additional efforts to reach families.

FEP CSC Clients who engaged with Family Therapy in FY26

68%

Efforts launched in FY26:

1. Caregiver Individual Therapy
2. Caregiver education mobile app
3. Family Peer Support Program

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FY26 Goal #1 : Increase Census

In FY26, EPI-NC was tasked with helping FEP CSC clinics increase their referrals and census. EPI-NC launched clinic-specific quality improvement initiatives and fostered connections with new and existing referral partners.

Referrals in **FY24**

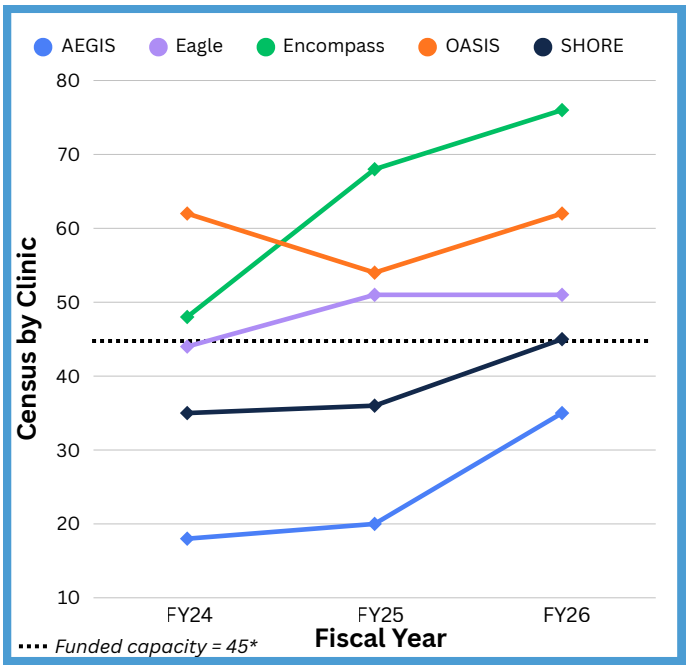
227

Referrals in **FY26**

290

Referral Increase from FY24 to FY26

28%



FY26 Goal #2: Increase Financial Sustainability

EPI-NC has been working with FEP CSC clinics to create pathways to sustainability for the intervention. We are exploring In Lieu of Service Definition and bundled billing codes with both Medicaid and private insurers for FY27

2

CSC Clinics billing in FY25

4

CSC Clinics billing at the end of FY26

FY26 Goal #3: Community Engagement

Education and Community Training

20 Hours

200+ Clinicans

EPI-NC has offered education and trainings throughout North Carolina including:

- ACTT community Clinicians
- LME/MCO Care Managers
- Medical Residents
- Hospital Discharge Coordinator

78 **EPI-NC Trainings Across Disciplines**

- Ajnakina, O., Stubbs, B., Francis, E., Gaughran, F., David, A. S., Murray, R. M., & Lally, J. (2020). Hospitalisation and length of hospital stay following first-episode psychosis: systematic review and meta-analysis of longitudinal studies. Psychological medicine, 50(6), 991-1001.
- Clarke, G. N., Herinckx, H. A., Kinney, R. F., Paulson, R. I., Cutler, D. L., Lewis, K., & Oxman, E. (2000). Psychiatric hospitalizations, arrests, emergency room visits, and homelessness of clients with serious and persistent mental illness: findings from a randomized trial of two ACT programs vs. usual care. Mental health services research, 2(3), 155-164.
- Kane, J. M., Robinson, D. G., Schooler, N. R., Mueser, K. T., Penn, D. L., Rosenheck, R. A., ... & Heinssen, R. K. (2016). Comprehensive versus usual community care for first-episode psychosis: 2-year outcomes from the NIMH RAISE early treatment program. American Journal of Psychiatry, 173(4), 362-372.
- Srihari, V. H., Tek, C., Kucukgoncu, S., Phutane, V. H., Breitborde, N. J., Pollard, J., ... & Woods, S. W. (2015). First-episode services for psychotic disorders in the US public sector: a pragmatic randomized controlled trial. Psychiatric Services, 66(7), 705-712.
- Rosenheck, R. A., Estroff, S. E., Sint, K., Lin, H., Mueser, K. T., Robinson, D. G., ... & RAISE-ETP Investigators. (2017). Incomes and outcomes: social security disability benefits in first-episode psychosis. American Journal of Psychiatry, 174(9), 886-894.

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