

Early Psychosis Intervention Network: OnTrackNY EPINET Qualitative Research Group

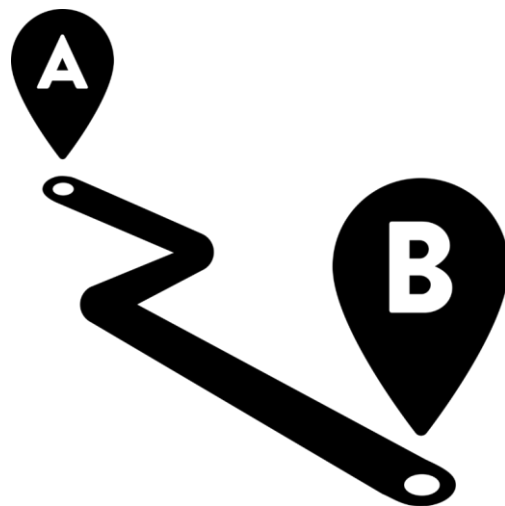
Amplify OnTrackNY Team

October 27, 2021

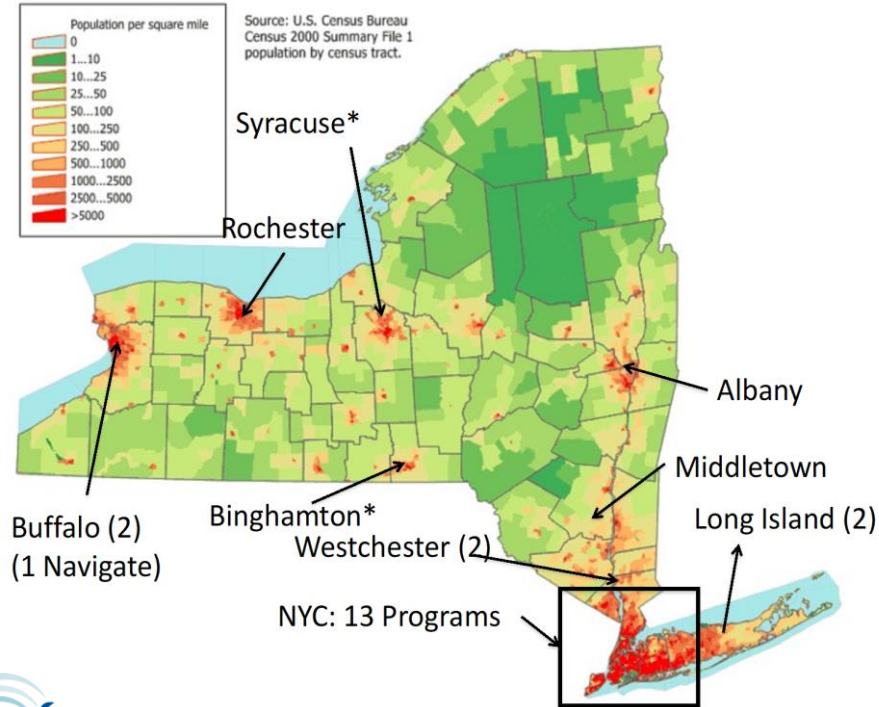


Today's Roadmap

- OnTrackNY Network
- EPINET: OnTrackNY
- Co-creation Partnership Model
- EPINET: Impact of COVID-19
- Rapid qualitative analysis
- Interim findings



OnTrackNY



There are currently 22 OnTrackNY teams throughout New York State.

OnTrackNY is a New York State Office of Mental Health program.

Each team is based at an agency or hospital-based clinic.

As of September 2021, data reports:

- ✓ Total slots = 925
- ✓ No. active clients = 838
- ✓ Total clients served = 2,398

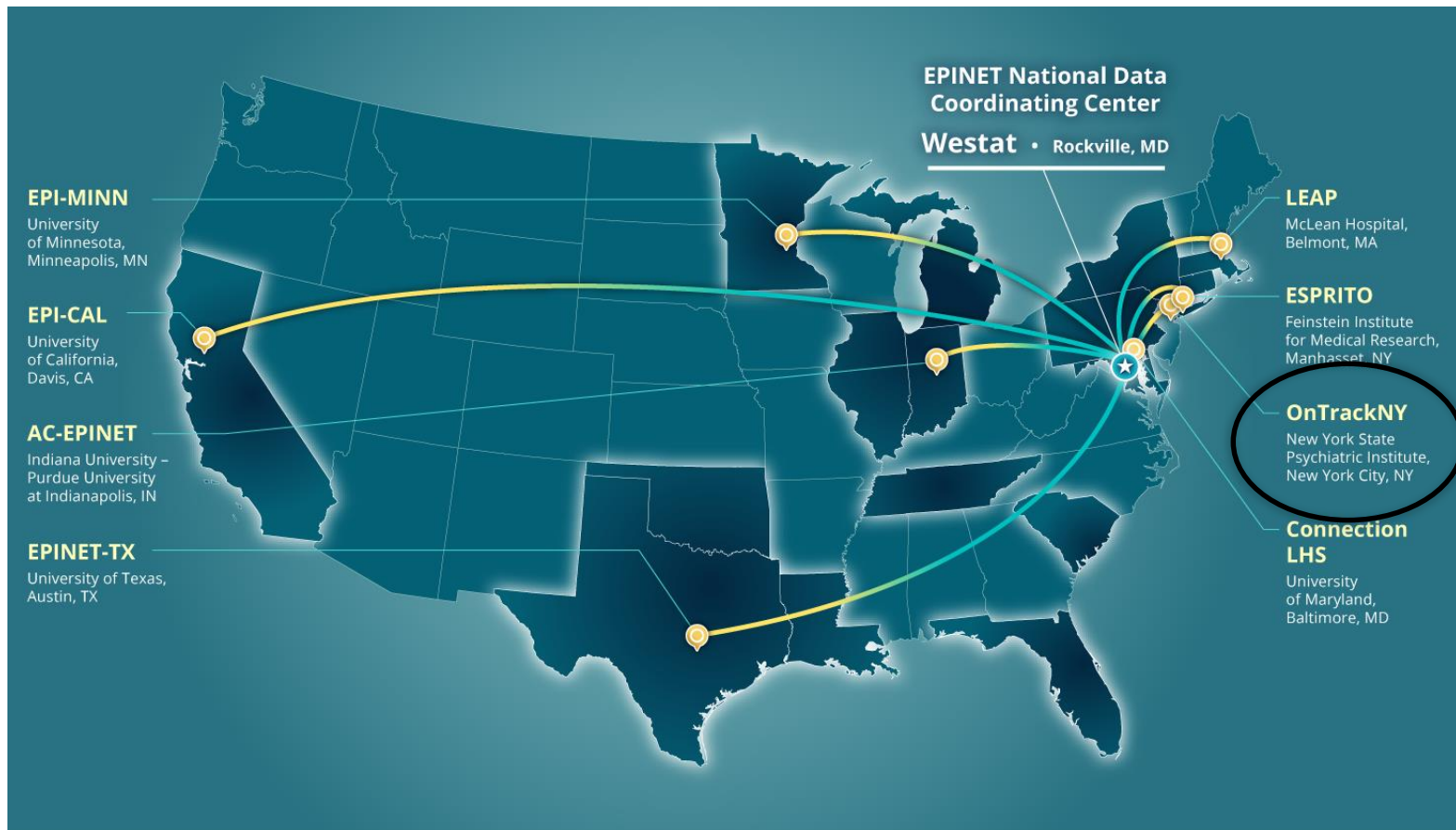


Aim 1: Implement systematic community-based participatory processes to ensure robust stakeholder involvement.

Aim 2: Enhancing the data collection and informatics system.

Aim 3: Developing practice-based research.

EPINET Includes a Data Coordinating Center, 8 Hubs, 101 CSC Clinics Across 16 States





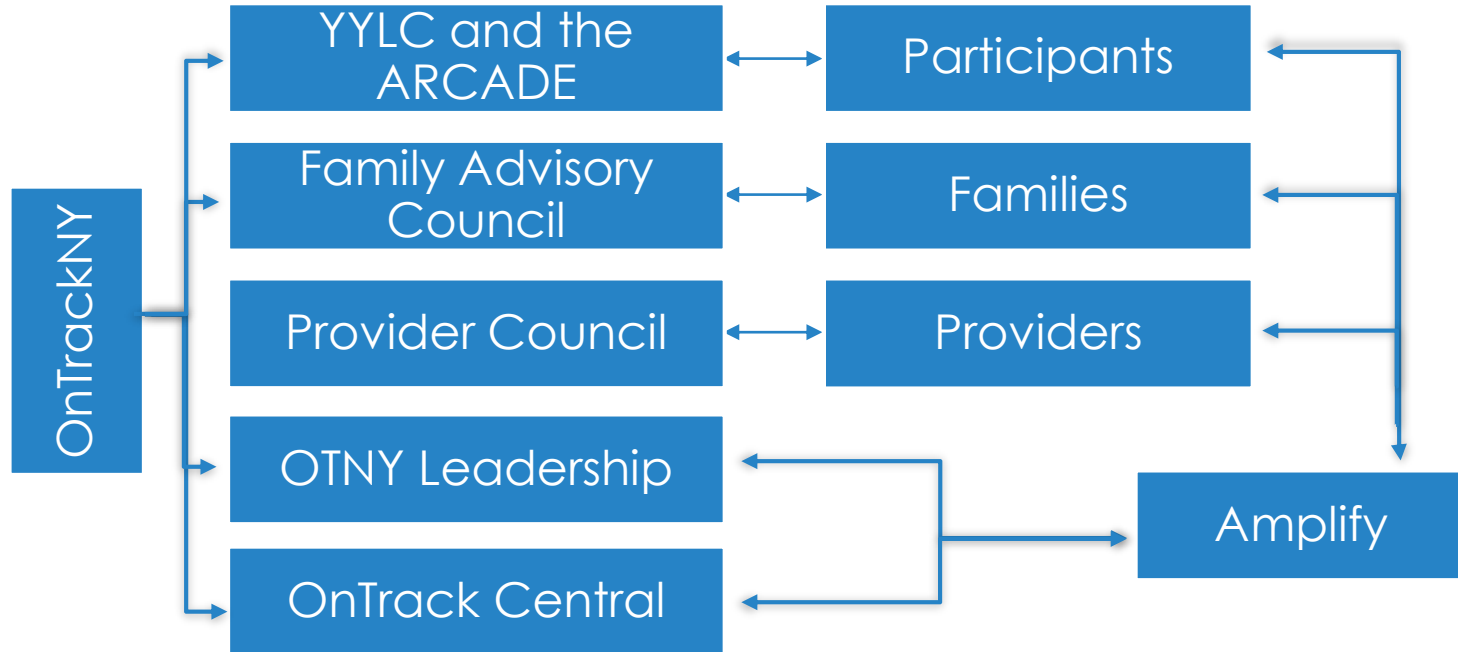
COVID-19 Supplement

Aim 1: Implications of policy changes and decision-making and impact OnTrackNY team staffing and functioning.

Aim 2: Implications for delivery of CSC services including assessment of needed adaptations by service component within the CSC model and impact on participants, families and teams

Aim 3: Impact on participant-level care processes and overall outcomes

OnTrackNY's Learning Healthcare System



Meet The Amplify Team

Sapana R. Patel, Ph.D.

Leopoldo J. Cabassa, Ph.D.

Ana Stefancic, Ph.D.

Iruma Bello, Ph.D.

Elaina Montague, Ph.D.

Nicholas Hakimi, M.A.

Reanne Rahim, M.A.

Shannon Pagdon, B.A.



Meet The YYLC & Youth Ambassadors

Chacku Mathai, CPRP

Denzel “DJ” Wilkerson, B.A.

Shannyl Baez, B.A.

Youth Ambassadors:

Yuki Iyamu, B.A.

Jamaitreya Lyn, B.A.



Co-Creation Partnership Model



Our team for this project was primarily experts with lived-experience, which is often an underrepresented group within research

EPINET COVID-19 Supplement

- **Aim 1:** Implications of policy changes and decision-making and impact OnTrackNY team staffing and functioning.
- **Aim 2:** Implications for delivery of CSC services including assessment of needed adaptations by service component within the CSC model and impact on participants, families and teams
- **Aim 3:** Impact on participant-level care processes and overall outcomes

COVID-19 Participant Focus Groups: Why did we choose this topic?

Everyone was impacted by COVID-19 over the past 2 years, we wanted to see how that impacted participants' experiences within OnTrackNY

It helped Amplify to better understand what participants want moving forward from their teams

COVID-19 Participant Focus Groups: Overview

1. Interview guide developed with project manager, youth ambassadors, peer research assistant (RA), and lived experience consultant Melody Reifer
2. Group facilitation training and three focus groups were conducted by rotating facilitators: Melody Reifer, Ambassadors, peer RA
3. Groups were conducted over zoom with interview guide
4. Data were analyzed, summarized and reviewed by the Amplify team and Ambassadors

Phase 1: Co-Planning Implementation



February

Warm welcome
Roles & responsibilities
Co-developing a support plan



April

Co-planning focus group
Providing training & support
Starting recruitment



June

Solidifying remote procedures
Running focus groups
Discussing next step



March

Full team welcome
Meeting consultants
Orientation to project

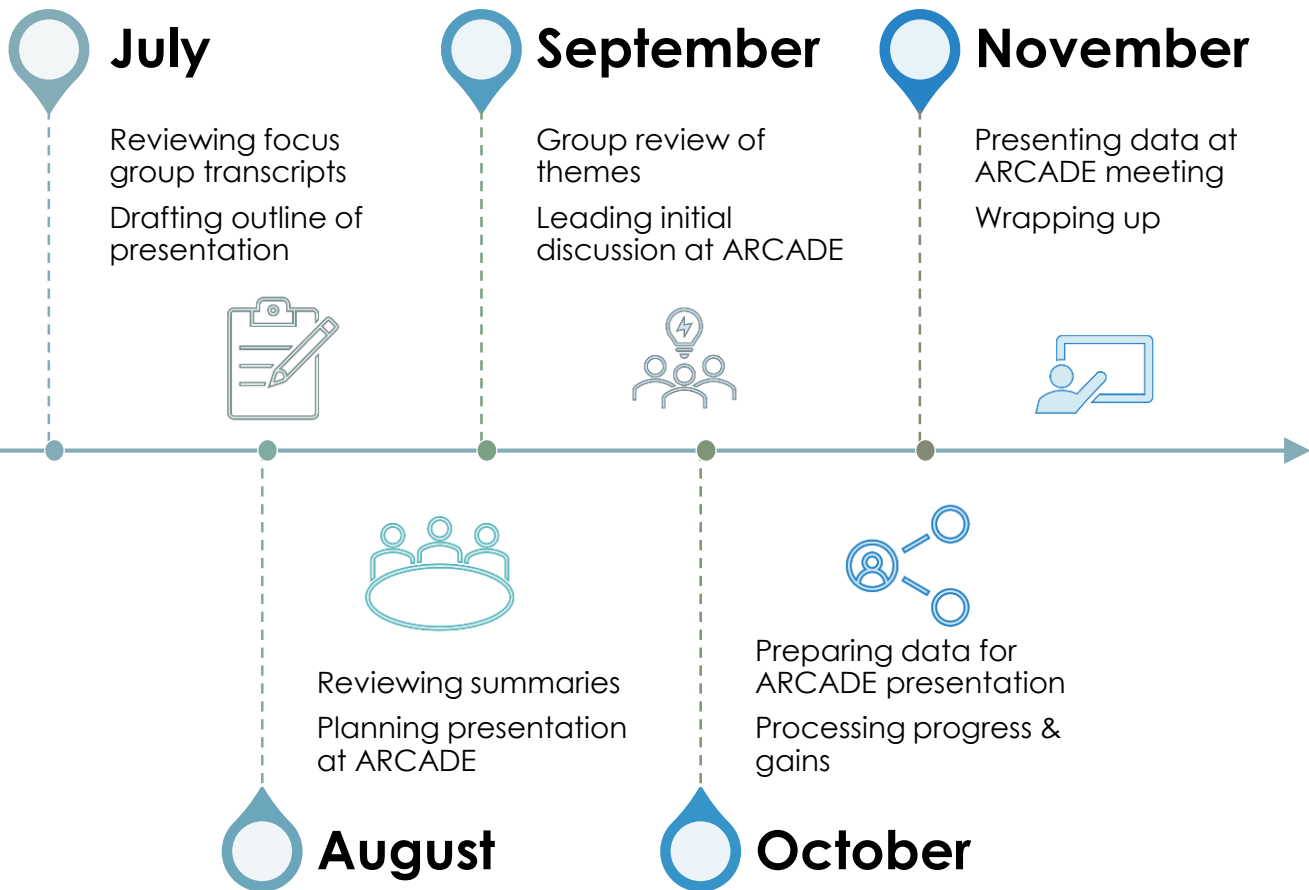


May

Mock run throughs
Dividing group roles



Phase 2: Interpretation Dissemination

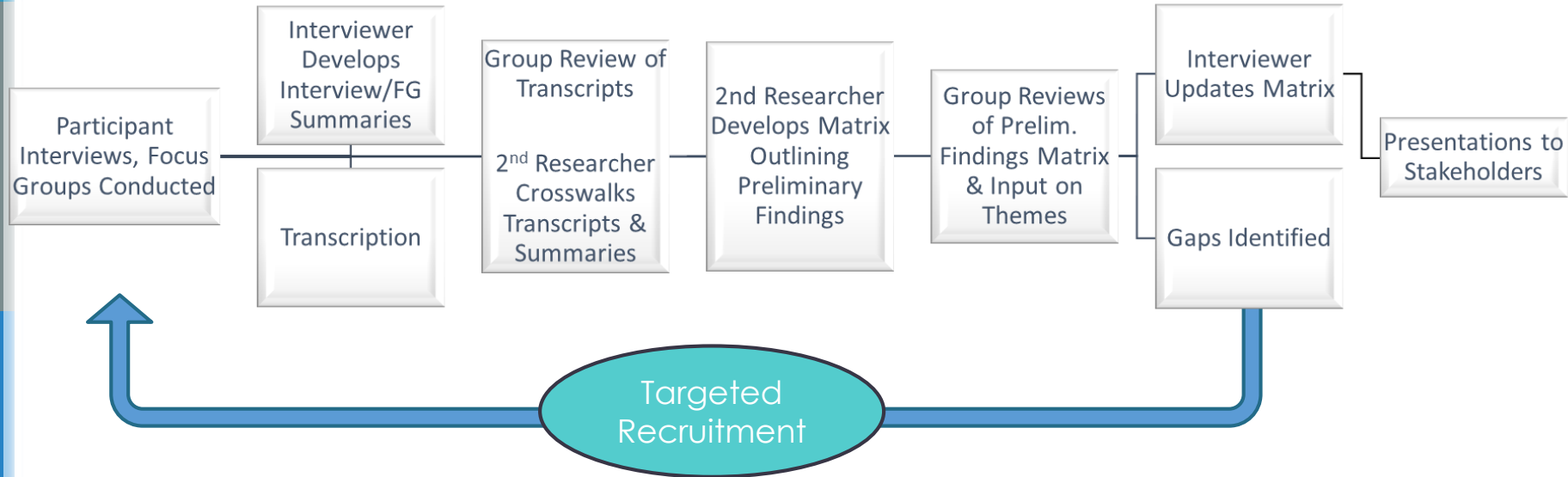


COVID-19 Participant Focus Groups

- Three focus groups with 11 participants total (average time in program 13.5 moths)

| Characteristic | Number of participants |
|--------------------------------|------------------------|
| Age | |
| 18-24 years old | 7 |
| 25-34 years old | 4 |
| Sex at birth | |
| Female | 5 |
| Male | 5 |
| Race/Ethnicity | |
| White | 3 |
| Black | 2 |
| Asian | 3 |
| Latinx | 2 |
| Education | |
| Some college-completed college | 8 |

Rapid Interim Qualitative Analysis



Interim Findings

Stressful Life Events

Some reported none, others reported:

- **Job loss:** “I lost my job since we couldn’t go outside, my job wasn’t one of those essential worker things, I lost a source of income” (FG3)
- **Remote Schooling:** “All my classes within grad school are online now...they don’t realize everyone doesn’t have the same testing environment...and I think it’s been more difficult due to a lot of the concentration difficulties that come with psychosis with having to study from home.” (FG1)
- **Increased Mental Health Struggles:** “a lot of things have stayed the same for most of the past 14 months now, largely because my episode knocked out a lot of my capability and my willingness to engage in a lot of activities.” (FG1)
- **COVID-19 illness**

Social Connections

Many reported improved friend and family relationships, increased connectedness

- **Stronger connections:** “I’ve been closer to my family and friends.” (FG2); “I’ve definitely connected with my mother more...” (FG2)
- **Figuring out who your friends are:** “I figured out the people who – if I haven’t talked to anyone during this phase...If I see them, I’ll make conversation, but I kinda know the people who I care about and the people who care enough to respond to reach out to me.” (FG1)
- **Challenges:** Some difficulty with spending more time with family during stay at home, increased isolation, connecting with peers remotely

Interim Findings

Health/Wellness

Diverse experiences with respect to time, focus, and engagement in health, wellness, self-care; weight gain/loss

- **Increased wellness activity:** “I feel relieved to have had the time to better reassess my life...it’s been a realization I just need to focus on myself and be a positive force, or person to the people around me, and just general health stuff, mental health, nutrition, sleep, mindfulness, the whole shebang, that’s what I’m focused on.” (FG1)
- **Decreased wellness activity:** “there was less movement going on, I was more sedentary than I used to be.”

School/Work

Diverse experiences with time, focus, and ability to engage

- **No change or increased:** “I’m in college right now; I’m doing pretty well...I have been looking around for some [work]...I’m actually just much more focused on my schoolwork at this point in time.” (FG2)
- **Decreased/More difficulty:** “even just being on Zoom for my job, it’s impacted my cognitive abilities and attention.” (FG1)

Interim Findings

| OTNY Telehealth Positives | OTNY Telehealth Challenges | Suggestions for OTNY |
|---|---|--|
| <ul style="list-style-type: none">• Less anxiety, pressure, triggering of paranoia• Less time burden, commute, cost, advanced scheduling• Easier, convenient• Preference for continuing telehealth within hybrid model | <ul style="list-style-type: none">• Comfort level for remote groups• Adjusting to telehealth and not seeing reactions in real-time | <ul style="list-style-type: none">• More support for those with limited tech access• More telehealth meetings with team• More social groups• More emphasis on positive psychology, belief in self, tailoring services, holistic/physical wellness |

COVID-19 Participant Focus Groups: What did we learn?

- Offering a hybrid model moving forward is important to OnTrack participants.
- Offering remote care had several mentioned benefits, including less financial burden, less paranoia and more desire to reach out to teams, as well as feeling like telehealth offered the same benefits as in-person visits.

COVID-19 Participant Focus Groups: Limitations

- Those who were willing to participate remotely were more likely to already be engaged with remote care, those who struggled with these changes are likely under-represented.
- Several participants received most of their care during the pandemic; therefore, examining pre/post-pandemic changes in the OnTrackNY model may be limited.

Acknowledgements

- Participant stakeholders
- Youth Ambassadors and YYLC
- Amplify OTNY
- OnTrack Central and Network
- New York State Office of Mental Health
- EPINET and National Institute of Mental Health

