



Understanding mental illness

The PIER Program:
"An Ounce of Prevention"

*Why is Early Intervention
so Important?*

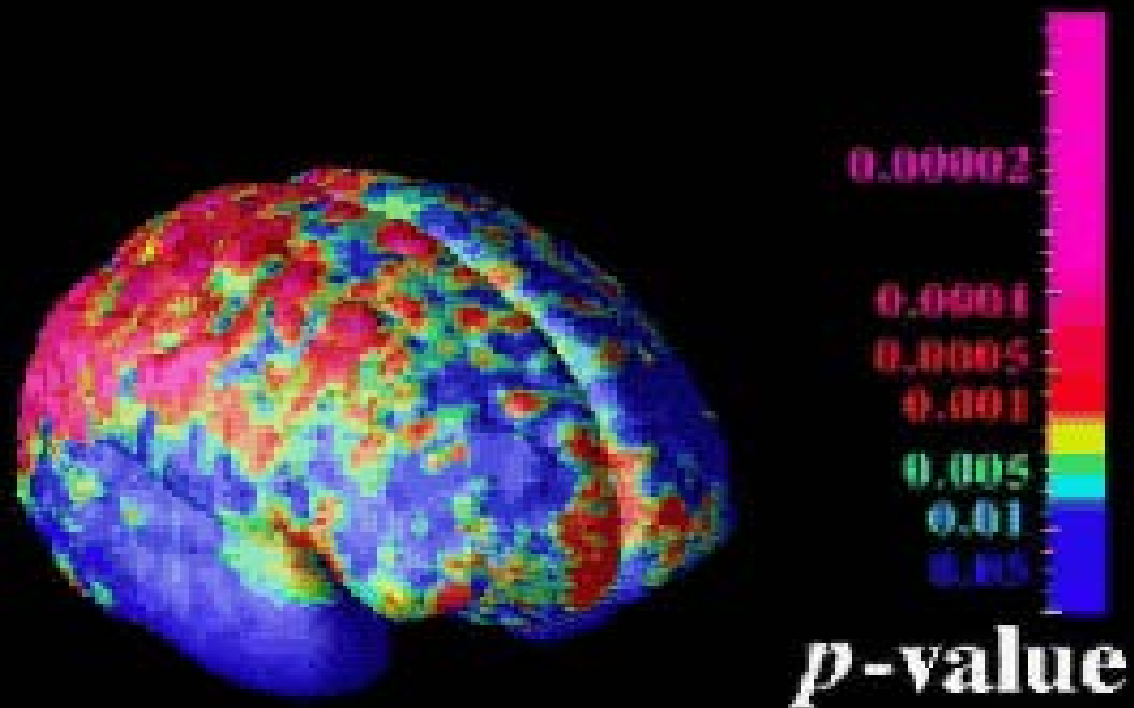
\$15 million

Lifetime costs for each new case of
schizophrenia

2-3%

Proportion of youth who develop
schizophrenia or a severe, psychotic
mood disorder

Cortical volume reduction, in childhood-onset schizophrenia, ages 14-19

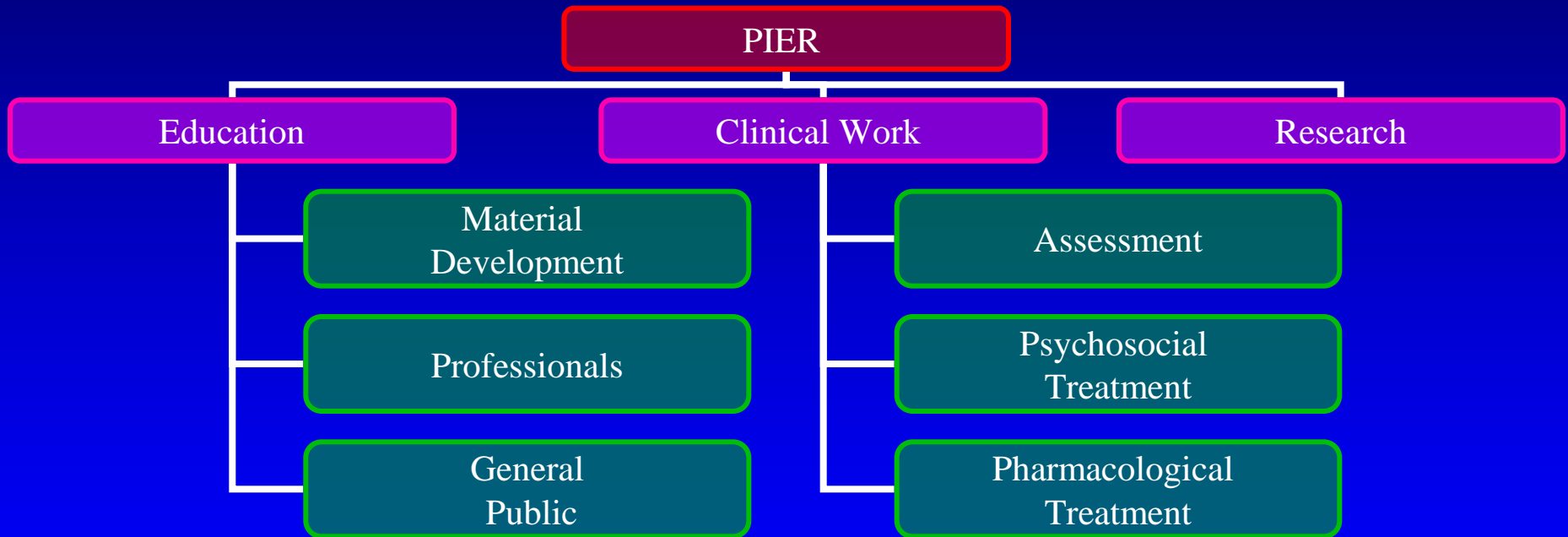


OUR MISSION

Reduce the incidence of mental illnesses
(such as schizophrenia and bipolar disorder)
in the Greater Portland area through
early intervention.

Portland Identification and Early Referral (PIER) is a treatment research program providing assessment and services for young people in the Greater Portland area.

Project Overview



**The PIER Program:
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**Getting the Message Out:
*The Importance of Public Education***

Youth Education

- Public service announcements by mainstream television and health information programs
- Interviews and spot announcements by youth television cable network
- 2-3 sessions on early warning signs as part of the obligatory 10th grade health curriculum
- Widespread distribution of bookmarks and posters throughout catchment area schools, colleges, bookstores
- Art and literature contest
- Major publicity events during Mental Illness Awareness Week
- Youth oriented website:

www.preventmentalillness.org

PREVENT MENTAL ILLNESS



Anyone can have a mental illness - a friend, a family member or even YOU!

877.680-3377
207.662-2004



PERSONAL STORIES
From Early Symptoms To Recovery



WHAT IS MENTAL ILLNESS?

HOPE WITH EARLY TREATMENT

EARLY DETECTION OF SYMPTOMS

MYTHS AND FACTS

The **PIER** Program
"an ounce of prevention"

Professional and Public Education

- Reducing stigma
- Information about modern concepts of psychotic disorders
- Increasing understanding of early stages of mental illness and prodromal symptoms
- How to get consultation, specialized assessments and treatment quickly
- Ongoing inter-professional collaboration



What if it's not "just a phase"?

Young people outgrow many things, but not severe mental illness. Most cases develop after 12 and begin with the following warning signs:

- A drop in performance at school, work, or home
- Increasing social withdrawal and isolation
- Significant changes in behavior or thinking
- A change in how one thinks, feels, hears, or experiences the world

If you or your child show most of these symptoms, seek help as soon as possible. Treatment is available, and early intervention may prevent an illness.

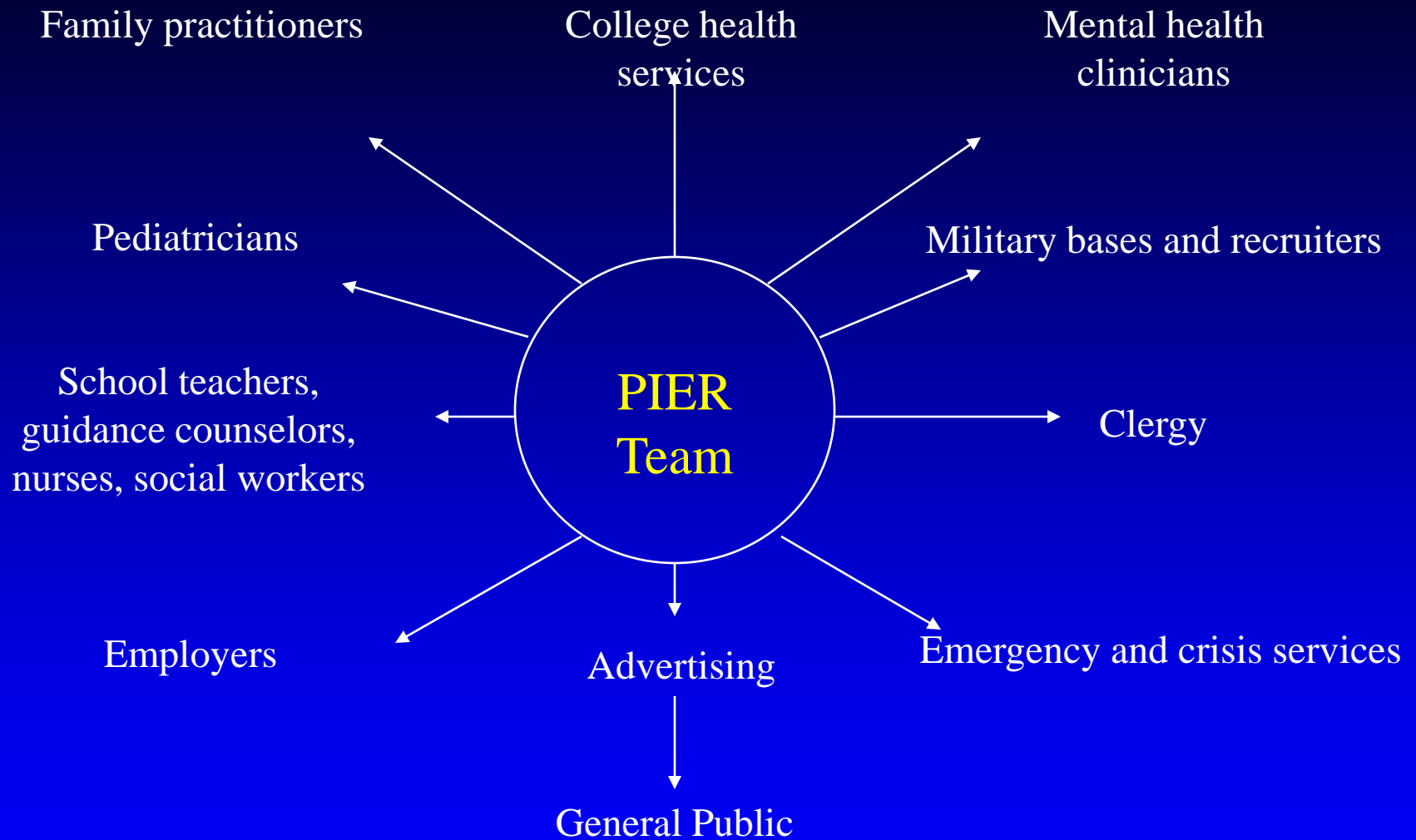
For more information,
call 1-877-880-3377.

The **PIED** Program

"an ounce of prevention"


Maine Medical Center

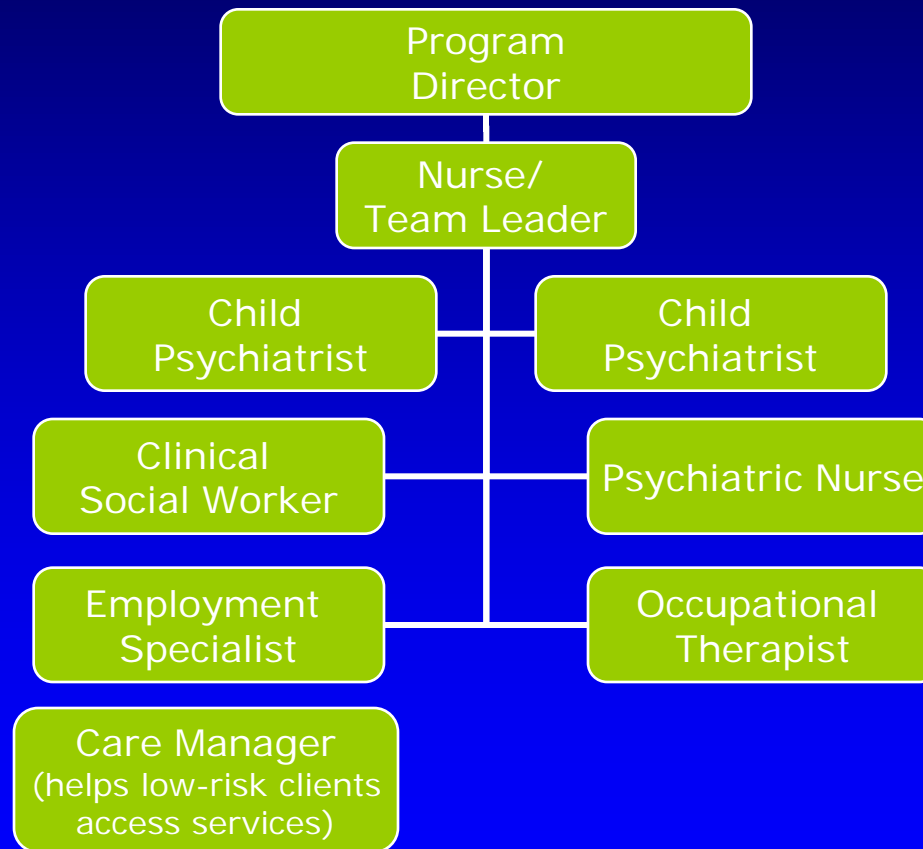
The MaineHealth® Family



**The PIER Program:
"An Ounce of Prevention"**

**Getting Help Early:
Providing Quality, Evidence-Based
Treatment**

PIER is a multi-disciplinary ACT Team



Family-aided Assertive Community Treatment (FACT): Clinical and functional intervention

- Rapid, crisis-oriented initiation of treatment
- Psychoeducational multifamily groups
- Case management using key Assertive Community Treatment methods
 - Integrated, multidisciplinary team; outreach PRN; rapid response; continuous case review
- Supported employment and education
 - Collaboration with schools, colleges and employers

Family-aided Assertive Community Treatment (FACT): Clinical and functional intervention

- Cognitive assessments used in school or job
- Low-dose atypical antipsychotic medication
 - 10-20 mg aripiprazole, 300-600 mg quetiapine, 2.5-7.5 mg olanzapine, 0.25-3 mg risperidone
- Mood stabilizers, as indicated by symptoms:
 - SSRIs, with caution, especially with aripiprazole and/or a family history of manic episodes
 - Mood stabilizing drugs: lamotrigine 50-150 mg, valproate, 500-1500mg, lithium by blood level

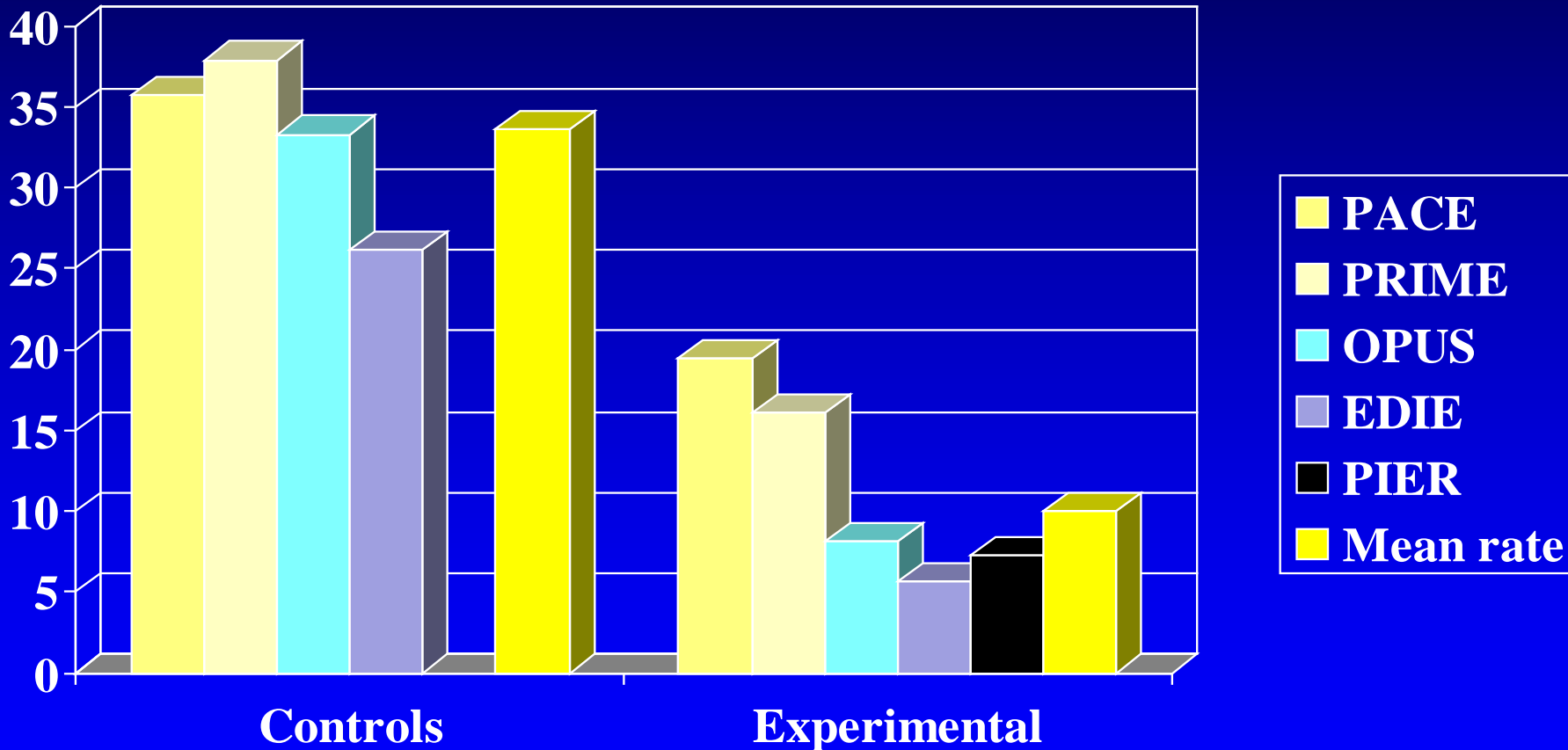
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Looking at Outcomes:
Evaluating our Work

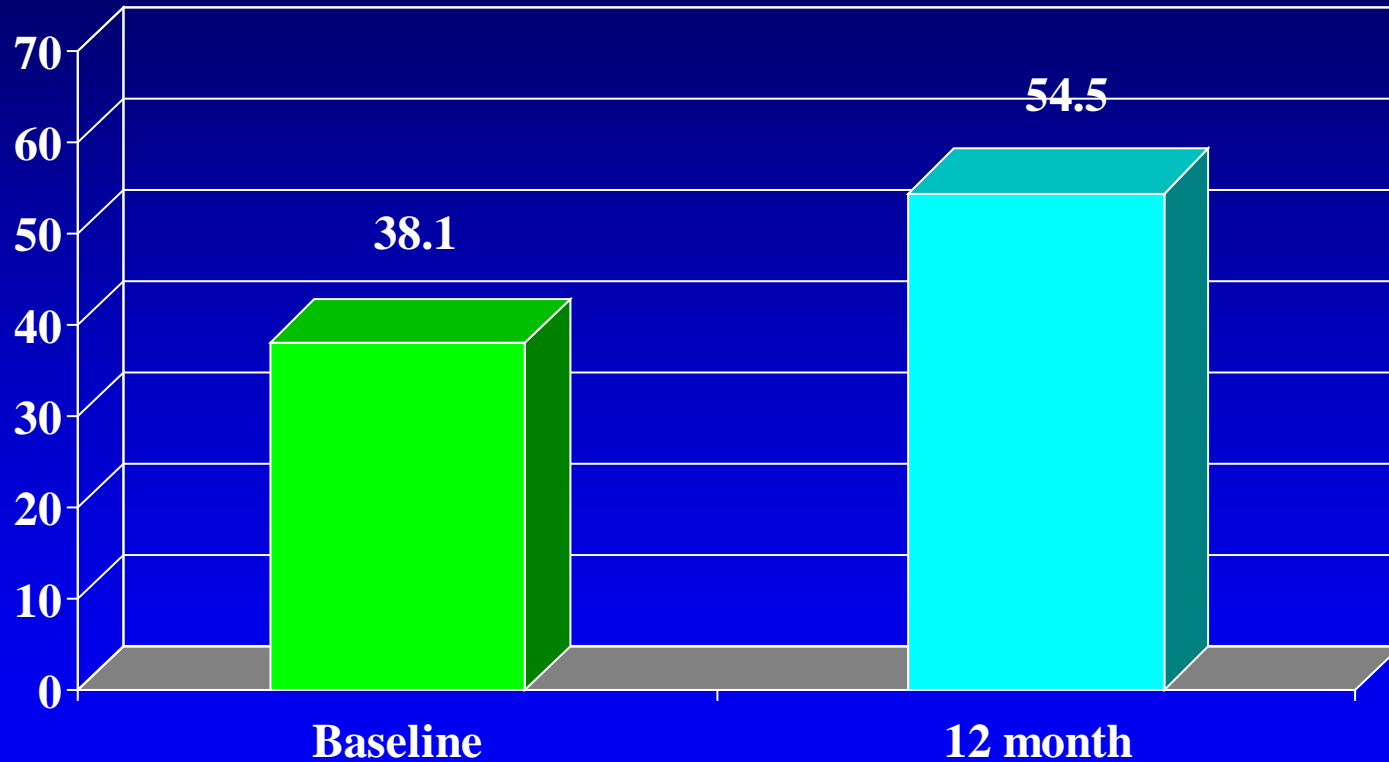
Psychosis prevention studies: One year rates for conversion to psychosis

	Control		Experimental	
	n	converted	n	converted
PACE	28	10	31	6
PRIME	29	11	31	5
OPUS	30	10	37	3
Manchester	23	6	35	2
PIER	0	0.10	93	9
Total	110	37	227	25
Conversion rate	33.6%		11.0%	

Psychosis prevention studies: One year rates for conversion to psychosis



Overall functioning: Baseline and 12 months



N=94; $p < .01$

Contact Information

**For More Information,
contact:**

1-877-880-3377

www.preventmentalillness.org

For alternative resources, contact Maine Medical Center at (207) 761-6644. If you are in crisis or need immediate attention, call 774-HELP (4357)

