

# Implementation of the RAISE protocol in Sweetwater County, WY



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## Hypothesis

Implementation of the RAISE national program that implements coordinated specialty care (CSC) in rural Sweetwater county can increase quality of life for patients with first episode psychosis.

## Background

- 27% of residents indicate mental health issues impact daily life
- One large challenge is the need to drive to Cheyenne or Utah to access specialized psychiatric care. Many patients report traveling more than 40 miles to reach the nearest healthcare provider
- One strength in Sweetwater County, is robust support for telehealth services
- The hospital for Sweetwater county already works with University of Utah to provide specialty telehealth care that could be expanded.

## Literature Review

- In a study encompassing 21 States, patients in CSC (coordinated specialty care) experienced significantly greater improvement over the two-year assessment period than those in Community Care. Mean change compared between groups was 5.902 points on the Heinrichs carpenter quality of life scale
- The risk of no psychiatric hospitalization was found to be 77% in CSC models vs. 56% in community care. This represents a 1.38 risk ratio with a 95 % confidence interval of 1.08-1.58.
- While rural specific studies are limited a meta study out of Britian found that beneficial outcomes were comparable to urban programs.

## Interventional Design

- RAISE initiative is a program that is designed to implement early coordinated specialty care in rural areas.
- This includes coordination of individual or group psychotherapy, family support and education programs, medication management, supported employment and education services and case management
- Intended outcomes in the first two years are often measured via changes in a quality-of-life scale such as Heinrichs-Carpenter Quality of Life (QLS) Total Score and PANSS Total Score

## Sustainability Considerations

- Using a hub and spoke model where management and specialist can be concentrated in an urban environment has been found to be substantiable in several rural communities, especially when paired with telehealth
- University of Utah, who already partners closely with the hospital in Rock Springs, may be the best candidate for the hub
- One major barrier is recruitment of patients. Quality commination with local primary care providers will be a necessity