

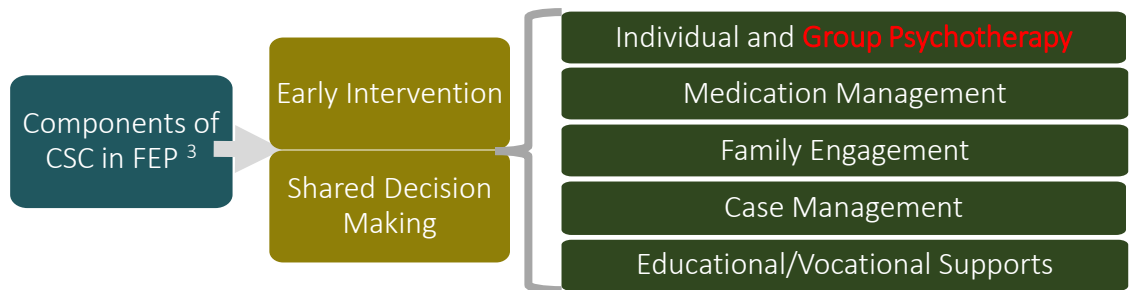
Feasibility of Multimodal Outpatient Psychopharmacological and Group Psychotherapy Interventions for Young Adults with Recent First-Episode Mania

Arya Shah, MD ¹; Andrew Melaragno, MD ¹; Amit Anand, MD ¹; Rachel Conrad, MD ¹;

¹Brigham and Women's Hospital/Harvard Medical School, Department of Psychiatry

Background

Despite its known efficacy in improving outcomes and treatment adherence among individuals with psychosis,^{1,2} coordinated specialty care (CSC) and early interventions have not been widely studied or implemented for first episode mania (FEM), representing a significant disparity in research and access to care.^{4,5}



First Episode Mania in Young Adults

The group interventions of CSC are important for young adults with FEM promoting functioning, individuation, self-esteem, and growth during a critical stage of development.

60-70% of individuals with bipolar disorder might be non-adherent with treatment ⁷

Young adults with FEM are at high risk of hospitalization, and recurrence ^{5,6}

Students with new diagnoses of bipolar disorder are 70% more likely to drop out of college ⁸

Group Intervention for Young Adults

Young adults with FEM can benefit from group interventions, in part given the complex identity and social dynamics influenced by a new diagnosis. ^{8,9,10,11,12}

Educational Trajectory

Work and Employment

Stigma and Distress

Social Functioning

References

The BWH Outpatient FE Mania Program

With the support of both the College Mental Health and Bipolar Disorder NNDC task forces, our group aims to implement a group-based intervention that:

- 1) Provides support for young adults with FEM
- 2) Utilizes principles of Acceptance and Commitment Therapy, including mindfulness, value-driven living, and psychological flexibility
- 3) Aims to improve daily functioning, treatment adherence, and sense-of-self, relationships
- 4) Contributes to the evidence related to early intervention for FEM and associated treatment outcomes

