

Appendix 13:

DIRECTOR PREPARATION LIST

Goal of the Director Preparation List: For new directors to learn as much as possible about NAVIGATE and the role of the Director when in-person training is not available.

MOST IMPORTANT WEBSITE AND READING ACTIVITIES

1. Familiarize yourself with NAVIGATE website and locate manuals:
www.navigateconsultants.org
2. Read the whole Team Members' Guide.
3. Read the whole Directors' Manual
4. Read the introduction to the Family Education manual. Read at least one module (handout and clinical guidelines) from the manual.
5. Read introductory chapter to IRT manual. Read at least one module (handout and clinical guidelines) from the manual. Watch at least one IRT demonstration video from the website.
6. Read introductory chapter to SEE manual. Read at least one chapter (handout and clinical guidelines) from the manual.
7. Read introduction to The Quick Guide to NAVIGATE Psychopharmacological Treatment manual.
8. Read article on predicting the size of the team needed for a location, depending on their general population:
<http://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201300186>

ADDITIONAL VIDEOS AND WEBINARS WHICH ARE HELPFUL TO NEW DIRECTORS:

1. First Episode Psychosis: A Primer. NASMHPD. Total of 6 webinars of 20 minutes each. See links below.
<https://www.nasmhpd.org/content/early-intervention-psychosis-primer-0>
<https://www.nasmhpd.org/content/demystifying-psychosis-family-members-0>
2. “Sometimes I’m Schizoaffective; All of the time I’m Human.” Johnny Benjamin. This is a 3 minute video featuring a young person who has schizoaffective disorder. It helps to dispel misconceptions.
https://www.youtube.com/watch?v=M3_hny4GFIY
3. Overview of NAVIGATE for Louisiana. Susan Gingerich. Some aspects of the presentation are specific to Louisiana, but many are general. 3 segments of about 55 minutes each.
Part1:
<https://www.youtube.com/watch?v=wH6CMKJczkl&feature=youtu.be>
Part 2:
<https://www.youtube.com/watch?v=2NwImSXeGZ8&feature=youtu.be>
Part 3
<https://www.youtube.com/watch?v=z2OWkjVY2tk&feature=youtu.be>
4. NASHPD webinar on working with families: **(1 hour 15 minutes)**
[Promoting Meaningful Family Involvement in Coordinated Specialty Care Programming for Persons with a First Episode of Psychosis](https://www.youtube.com/watch?v=2NwImSXeGZ8&feature=youtu.be)
5. Family experience videos from OnTrack website. Each about 4 minutes
<https://vimeopro.com/user23094934/voices-of-recovery/video/85834900>
<https://vimeopro.com/user23094934/voices-of-recovery/video/85835336>
<https://vimeopro.com/user23094934/voices-of-recovery/video/85846092>
<https://vimeopro.com/user23094934/voices-of-recovery/video/85846322>
6. IRT Videos on NAVIGATE Website. Piper Meyer and David Penn. 15-20 minutes each. Review a few.

7. Review the Patient and Clinician questionnaires in the Prescriber manual.
8. Supported Education webinar. NASMHPD. 1 hour 25 minutes. See link below.
[Supported Education as a Component of Coordinated Specialty Care for Persons with First Episode Psychosis](#)

9. *Mindmap.ct*
<http://mindmapct.org>

Is the website from a first episode treatment program in CT using a model called STEP. Their sites has some good information about symptoms of psychosis and the elements of treatment, which includes user-friendly language. Their site includes an on-line quiz that individuals can take to see if they might be experiencing psychosis.

They have several short videos (about 7 minutes) including

One from the point of view of clients:

<https://www.youtube.com/watch?v=OS6nLL0engk>

One from the point of view of a parent:

<https://www.youtube.com/watch?v=QrtLtKZvJRE>

One animated video that's educational about psychosis and treatment

<https://www.youtube.com/watch?v=VzqU3JiThXI&t=232s>

10. Recovery Stories on OnTrack website with examples of young people who are working
<https://vimeopro.com/user23094934/voices-of-recovery/video/85828609>
<https://vimeopro.com/user23094934/voices-of-recovery/video/85834373>
<https://vimeopro.com/user23094934/voices-of-recovery/video/85834646>
11. Recovery stories on OnTrack website with examples of individual who completed their education. Each about 4 minutes.
<https://vimeopro.com/user23094934/voices-of-recovery/video/85740602>
<https://vimeopro.com/user23094934/voices-of-recovery/video/85739637>
<https://vimeopro.com/user23094934/voices-of-recovery/video/85741132>

12. Examples of young people with first episode psychosis who are going to school or have completed school. Partners4StrongMinds. About 15 minutes total.

<https://www.youtube.com/channel/UCrM8Kxbl3OQaGVILepFOtUg>