

BEHAVIORAL HEALTH ADVISORY BOARD
YOUTH & FAMILY COMMITTEE
MINUTES ▪ Wednesday, March 8, 2017

<p>Present Denise Nielsen, Chair Karyn Bates, BHAB Aliya Maki, Aspiranet Beau Godtel, Casa Pacifica Kimberly Bennet, Casa Pacifica Laura Gutierrez Woolridge, Interface Daisy Polido, New Dawn Laurie Jordan, Rainbow Connection Regina Reed, SELPA Tyler Baker-Wilkinson, Seneca Ari Bulger, Seneca Lori Litel, United Parents Sheri Long, Vista Real Charter High School</p>	<p>VCBH Managers/Staff Present Jennifer Dougherty, Youth & Family Division Manager Dr. Deborah Thurber, Y&F Division Medical Director Pam Roach, Transformational Liaison Erick Elhard, Clinic Administrator Edith Pham, BHAB Assistant</p> <p>NEXT MEETING: Wednesday, April 12, 2017, 10:00 a.m. – 12:00 pm</p> <p>Ventura County Behavioral Health 1911 Williams Drive, Training Room (first floor), Oxnard</p>
<p>Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.</p>	

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	Call to Order Chair Nielsen called the meeting to order at 10:05.		
II.	Approval of the Agenda Ms. Nielsen asked the Committee to review and approve today's agenda.	The agenda was approved as written. M/S/C	
III.	Approval of the Minutes Ms. Nielsen asked the committee to review and approve the minutes of the February meeting.	The minutes were approved as written. M/S/C	
IV.	Welcome and Introductions Ms. Nielsen welcomed everyone and asked for introductions.		
V.	Chair Announcements Ms. Nielsen has invited BHAB Member Irene Pinkard to participate in this committee's meeting. Ms. Pinkard shared that the minister of her church might be interested in this committee. Ms. Nielsen suggested to hold a meeting at that church and invite the congregation and the community and inform them of the services available.		
VI.	Public Comments None.		
VII.	Presentation: Children's Crisis Stabilization Unit – Tyler Baker-Wilkinson, LMFT, Assistant Director Seneca is contracted with VCBH to run the Children's Crisis Stabilization Unit and the Compass programs. The Crisis Stabilization Unit (CSU) has four beds. It opened in December 2016. Children and youth ages 6-17 experiencing a psychiatric emergency or placed on a 5585 hold or at risk of such can stay for up to 23 hours 59 minutes. The facility is staffed 24/7. The referring parties include VCBH Crisis Team and clinicians, law enforcement, and emergency departments. When brought to the CSU, the youth are medically cleared, then are admitted for triage and to decide whether the needs of the youth can be met at the CSU. If so, the team engages in	Information	

	<p>activities to stabilize the youth, who receives a psychiatric assessment, prepares a safety plan, and works on a discharge plan. Seneca works closely with RISE for aftercare.</p> <p>If the youth need inpatient treatment, the CSU staff secure appropriate placement.</p> <p>From its opening in December 2016 through the end of February, the CSU served 71 youth, with a diversion rate of 66%. Fewer than five youth have been readmitted. The youngest child so far was 8, and most are 13 or 14 years old.</p> <p>Compass is a two-bed children’s crisis residential program. It is in the process of being licensed. The youth can stay for up to 30 days, although it is anticipated that stays will average 7 to 10 days. Compass will only admit youth who need further care upon discharge from the CSU. These youth will be ages 12 to 17 and have Medi-Cal. The program will be staffed 24/7.</p> <p>Laurie Jordan suggested that parents and others speak at the Board of Supervisors to thank them for funding this program.</p> <p>Please see attached presentation for further details.</p>		
<p>VIII.</p>	<p>New Business</p> <p>A. Youth & Family Support and Safety Plan – Pam Roach The Safety Plan has been updated, and a thousand copies are being printed. Ms. Roach is working on the business card version; she will bring copies at the next meeting.</p>	<p>Business card version of the Safety Plan</p>	<p>P. Roach</p>
<p>IX.</p>	<p>Old Business</p> <p>A. Suicide Prevention workgroup – Kiran Sahota Ms. Sahota was not in attendance. Mr. Baker-Wilkinson noted that the Crisis Team and CSU were presented at the workgroup’s last meeting. There was a highlight on suicide survivors.</p> <p>B. Parent workgroup – Lori Litel The next Parent Partner training will be on April 11-13. The curriculum is designed for parent partners. This training, approved through VCBH, provides extensive education. The class can accommodate ten to 15 participants, who fill out a survey at the end of the training.</p> <p>C. VCBH update – Jennifer Dougherty</p> <ul style="list-style-type: none"> • The annual EQRO (External Quality Review Organization) audit is completed. This organization reviews VCBH programs and services. It will send its report in about two months. • VCBH is preparing for the triennial Medi-Cal audit. • A 30-day public comment period has opened for an Innovations proposal for the Continuum of Care Reform (CCR). Four specialty assessors would assess children within 15 days of entering the foster care system, and one LVN would help monitor prescription medication for those foster care children. • Pete Pringle will meet on March 9 with Ms. Nielsen and few others to discuss the development of a resources app. • A few VCBH staff, including Ms. Dougherty, have been trained to provide Mental Health First Aid (MHFA) training to adults and youth in the community. The eight hours of training can be broken in different ways. Those interested in scheduling this free training should contact Carla Cross at Carla.Cross@ventura.org 		

	<p>D. VCBH Youth & Family Division Medical Director's update – Dr. Thurber Dr. Thurber noted that she was asked about the CSU while at a conference in New York. At that conference, one presenter is a former senator whose son suffered from a mental illness. Another presenter is a child psychiatrist who has developed a training for law enforcement personnel to help them interact with teenagers. There was also a discussion regarding issues specific to foster children, and a very moving clip called Removed was shown. To view, go to www.removedfilm.com</p>		
<p>X.</p>	<p>Committee Members' Comments, Activities, updates, items of interest</p> <p>A. Erick Elhard stated that since July 1st, 2016, the medium response time of the Crisis Team is 37 minutes. The volume of calls has gone up 90% due to the addition of calls regarding children and youth. Since July 1, 2016 the Crisis Team has received over 1,000 calls related to children. The number of holds has decreased due to efforts to stabilize the children in the community. The Crisis Team has access to electronic records and can see where children are enrolled, which is very helpful to communicate with the providers. Seneca is piloting having direct access to electronic health records from VCBH. Beau Godtel noted that it would be helpful for Casa Pacifica to have access to these electronic records. Dr. Thurber noted that some parents take their children in crisis directly to Vista del Mar rather than calling the Crisis Team. She encouraged all to disseminate the information about the Crisis Team.</p> <p>B. Regina Reed reminded all that Carpe Diem will be on March 10. Over 190 people have registered. Ms. Reed also noted that a transitions fair will be on March 11.</p> <p>C. Karyn Bates distributed an article called Efficacy and cost of micronutrient treatment of childhood psychosis. Ms. Bates stated that she recently attended the orientation for potential foster parents. She was impressed with the services available to support foster parents.</p>		
<p>XI.</p>	<p>Items for the Next Meeting Agenda The Committee would like to receive a presentation on the RISE program as it relates to the Children's CSU and to school referrals.</p>	<p>Invite RISE clinic administrator</p>	<p>E. Pham</p>
<p>XII.</p>	<p>Adjourn The meeting adjourned at 11:20.</p>		



Ventura County Crisis Stabilization Unit/COMPASS Programs



- Founded in 1985
- Throughout California and parts of Washington
- Guided by model of Unconditional Care- Whatever it takes!
- 1,200 Employees
- Over 18,000 children and families served each year

Some of SFOA Services:

- In-home wraparound
- Foster family-based treatment
- Adoption and foster care
- Mobile crisis response
- Kinship care
- Nonpublic Schools
- Integrated day treatment and special education services
- Crisis Services (CSU/STEP/COMPASS)
- After-school therapeutic recreation programming
- Public school-based mental health and special education services
- Therapeutic mental health services -including pet assisted psychotherapy
- Intensive and preventive treatment for at-risk children and families
- Family finding for foster children
- National family finding institute
- National training institute (Seneca Institute of Advanced Practice)

Crisis Stabilization Unit

- 23 hour and 59 minute Crisis Stabilization Unit (CSU) (4-beds)
- Serves Ventura County youth ages 6 to 17
- Serves youth placed on 5585 hold or at risk of being placed on 5585 hold
- Staffed 24/7 by Clinicians, RNs, Telepsychiatrists, Mental Health Counselors
- Referring parties include VC Crisis Team, VCBH clinicians, Law Enforcement, and Emergency Departments



Crisis Stabilization Unit

Clinician and RN complete Comprehensive Risk Assessment at triage

Moving toward stabilization and discharge?

- Safety Planning
- Psychiatric Assessment
- Aftercare Planning
- Linkage to Resources
 - Collaboration with RISE & United Parents



Crisis Stabilization Unit



Youth requires higher level of care?

- Staff work to secure appropriate placement at Inpatient Psychiatric Unit
- Youth transfers from CSU to IPU

Crisis Stabilization Unit



- Open since December 7, 2016
- From December 7, 2016 to February 28, 2017
 - CSU served 71 youth
 - Diversion rate: 66%



Crisis Stabilization Unit

- Youth in crisis in our community?
- Referrals to CSU...
 - CSU 805-289-8000 option 1 for CSU
- CSU obtains needed information
- If accepted -> Transportation

COMPASS

- Comprehensive Assessment and Stabilization Services
- 2 Bed Crisis Residential Program
- Youth are referred to the Ventura COMPASS program through the Ventura Crisis Stabilization Unit after a multidisciplinary assessment
- Once enrolled in the COMPASS program, youth will stay in the short term residential COMPASS program supported by mental health professionals 24 hours a day
- Services provided: Individual and Family Therapy, Case Management, and Psychiatric Assessment



Questions?



Contacts

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Crisis Stabilization Unit and COMPASS Residential

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Helping children and families succeed through the most difficult times of their lives



Services Provided

- Comprehensive Risk Assessment
- Crisis Stabilization
- Safety Planning
- Discharge & Aftercare Planning



Treatment Team



- Psychiatrists
- Registered Nurses
- Crisis Clinicians
- Mental Health Crisis Counselors

What to Expect



The Ventura County Crisis Stabilization Unit (CSU) serves Ventura County youth ages 6 to 17, experiencing a mental health crisis, whose needs may be met in under 24 hours. The CSU is an unlocked program designed to serve medically stable youth at risk of or placed on a 72 hour psychiatric hold, regardless of ability to pay.

Youth admitted to the CSU are provided a comprehensive multidisciplinary risk assessment to evaluate their level of care needs. While at the CSU, youth engage in assessment and stabilization activities with trained crisis counselors, clinicians, and nurses. Youth who are stabilized engage in a psychiatric assessment, complete a collaborative safety plan, and participate in a clinician facilitated aftercare planning meeting with caregivers. Youth whose needs exceed those that can be met in under 24 hours, engage in therapeutic activities while our staff locate appropriate placement and transfer to an inpatient psychiatric unit.

Ventura County CRISIS STABILIZATION UNIT



The Ventura County Crisis Stabilization Unit (CSU) serves Ventura County youth who are experiencing a psychiatric emergency and/or placed on a civil commitment hold. The CSU was created for assessment and crisis stabilization with the goal of discharge to the community or transfer to an acute inpatient psychiatric facility in less than 24 hours.

• PHONE: (805) 289-8000 • WWW.SENECAFOA.ORG •



United Parents Presents Parent Partner Training

Dates

April 11, 2017 9:00 am - 5:00 pm (day 1)

April 12, 2017 9:00 am - 5:00 pm (day 2)

April 13, 2017 9:00 am - 5:00 pm (day 3)



Location

To Be Determined

The price is \$350.00 which will include materials, morning and afternoon snacks and refreshments. Lunch not included. Certificates provided upon completion.

Topics include:

- Roles, Duties and Responsibilities of a Parent Partner
- Boundaries and Ethics of being a Parent Partner
- Safety and Well-being for Parent Partners
- Individualized Education Plan Basics
- Cultural Competency and Cultural Humility
- The Five Protective Factors and Trauma Informed Care
- Bullying
- Common Mental Health Disorders



Registration Form

Name: _____

Address: _____

Phone Number/Email: _____

Agency/Organization: _____

Please make checks payable to United Parents and mail with registration form to

United Parents
391 S. Dawson Drive STE 1A
Camarillo, CA 93012

or if paying with credit card please email Shelly Williamson at
swilliamson@unitedparents.org or call (805) 384-1555.

Findings that shed new light on the possible pathogenesis of a disease
or an adverse effect

Efficacy and cost of micronutrient treatment of childhood psychosis

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Summary

Psychosis is difficult to treat effectively with conventional pharmaceuticals, many of which have adverse long-term health consequences. In contrast, there are promising reports from several research groups of micronutrient treatment (vitamins, minerals, amino acids and essential fatty acids) of mood, anxiety and psychosis symptoms using a complex formula that appears to be safe and tolerable. We review previous studies using this formula to treat mental symptoms, and present an 11-year-old boy with a 3-year history of mental illness whose parents chose to transition him from medication to micronutrients. Symptom severity was monitored in three clusters: anxiety, obsessive compulsive disorder and psychosis. Complete remission of psychosis occurred, and severity of anxiety and obsessional symptoms decreased significantly ($p < 0.001$); the improvements are sustained at 4-year follow-up. A cost comparison revealed that micronutrient treatment was <1% of his inpatient mental healthcare. Additional research on broad-spectrum micronutrient treatment is warranted.

BACKGROUND

Conventional treatment of hallucinations and delusions usually involves antipsychotic medications. Particularly in children, these substances have been associated with significant adverse events in the short-term (drowsiness, rigidity, constipation, weight gain, etc) as well as long-term increased risk for serious health consequences (diabetes, cardiovascular changes, etc).¹ The possibility of using nutrients instead of medication in childhood psychosis has been supported with one case report of a child with an extensive 6-year history of unsuccessful treatment with conventional pharmaceuticals,² after which symptom remission occurred with a complex nutrient formula. Though lacking numerical data, this report suggested that further exploration of this application was worthwhile, particularly as the nutrient formula is associated with few adverse events,³ and also appears to be generally safe.⁴

Traditional scientific methodology requires the manipulation of only one independent variable at a time, but treatment research with nutrients has begun to make much progress by employing complex independent variables, typically formulas containing balanced amounts of micronutrients (generally defined as vitamins, minerals, amino acids and essential fatty acids).

The broad-spectrum approach is an example of biomimicry, emulating nature to solve human problems, as the usual way in which we ingest nutrients is in balanced combinations provided naturally by foods. In physical health, the study of complex formulas has a long track record, showing improved immune function,⁵ increased resistance to communicable diseases,⁶ decreased

readmission to hospital⁷ and prevention of hip fractures.⁸ In the realm of mental function, complex formulas have been shown to benefit patients with dementia,^{9 10} to decrease aggression in schoolchildren,¹¹ and to decrease the levels of violence in incarcerated populations.^{12 13} Each of these studies has employed a unique combination of 3–20 ingredients, with the exception of the work on dementia, where a six-ingredient formula has been evaluated more than once in samples of geriatric patients.^{9 10}

We are aware of only one complex micronutrient formula for which extensive replication exists from multiple independent research teams, and the research happens to be focused on mental health. The 36-ingredient formula is called EMPowerplus (EMP+)¹ and consists of primarily vitamins, minerals, amino acids and antioxidants. There are currently 17 mental health publications on EMP+, involving replications by scientists at several academic institutions plus clinicians in private practice. Using many designs (within-subject case studies, case-control studies, open-label case series, case reports with extensive historical treatment information and large database analyses), the researchers have reported benefit in three countries for the treatment of mood and anxiety symptoms in children and adults.^{2 3 14–28} A compilation of safety and tolerability data from eight different research projects has also been

¹The ingredients of this formula are listed on the developer's website (Truehope.com): they consist of 14 vitamins, 16 minerals, 3 amino acids and 3 antioxidants. A typical therapeutic dose for significant mental disturbance is 15 capsules/day. No author of this or any other publication on this formula is financially affiliated with the company.

published.⁴ As the formula with the largest amount of published and ongoing research, and which is being used primarily in mental health, there is special interest in all facets of therapeutic use of EMP+. The case presented here is the first to provide a cost analysis of this treatment, only the second to show benefit for symptoms of psychosis,² and most importantly the first to provide empirical data documenting symptom response in the case of psychosis. As with a number of the other reports on the same formula,^{2 22 24} the child in this current report has been followed for a lengthy period of time, beyond the point at which expectancy effects would likely be influential.

The importance of this research is relevant not only because of the potential for treatment benefits to people with psychiatric symptoms, but even more so for understanding the possible pathogenesis of some forms of mental illness. Much has been written lately about the role of proinflammatory effects and impaired mitochondrial function in fostering neurological and mental impairments.^{29 30} Enhancement of micronutrient intake would be expected to augment mitochondrial function; as well, many nutrients are powerful antioxidants and exert anti-inflammatory effects.

CASE PRESENTATION

'Andrew' is the middle of three sons, the other two of whom apparently function normally both cognitively and emotionally. At age 8, Andrew was thoroughly investigated for a pervasive developmental disorder, which was ruled out. Instead, the diagnosis of anxiety disorder—NOS (not otherwise specified) was applied. By 10 years of age, he was feeling increasingly 'stressed' and 'overwhelmed'. He had initial and middle insomnia, restless sleep, fatigue, inattention, distractibility, difficulties completing school work and a growing inability to complete activities of daily living (such as eating and bathing). He vacillated between constant movement and standing motionless, with odd postures noted in his hands and head. He also engaged in self-injurious behaviour, such as punching his head with his closed fist or pulling at the hair on his arms. He had auditory hallucinations, including command hallucinations around harming himself. His thoughts were increasingly disorganised and he talked non-sensically to himself. He had frequent, intrusive and upsetting images of a violent and/or sexual nature, followed by ritualistic prayer and excessive apology. He refused food as he began to believe it was poisoned, and he lost weight.

INVESTIGATIONS

When he was an inpatient, initial investigations were all within normal limits: complete blood count, erythrocyte sedimentation rate, blood urea nitrogen, creatinine, thyroid-stimulating hormone, electrolytes, liver function tests, fasting blood sugar, ammonia, lactate, Mg, Ca, lactate dehydrogenase, antinuclear antibodies, urine drug screen, amino acid analyses of urine and plasma, EEG, cranial CT and cranial MRI. One month later, a nasal (but not throat) swab was found to be positive for Strep A, his ASO titre was elevated (at 687, with 0–200 IU/ml being the normal range) and his anti-DNAse B titre went from 1:1360 to 1:960 over the course of the next 3 months (with normal limits for his age falling at 1:170).

DIFFERENTIAL DIAGNOSIS

At the time of his admission to hospital, he had a provisional diagnosis of psychosis—NOS/obsessive compulsive disorder (OCD)/borderline intellectual functioning. When he was an inpatient, pediatric autoimmune neuropsychiatric disorders associated with Strep was added to his list of diagnoses, along with generalised anxiety disorder (GAD) and social anxiety disorder.

TREATMENT

Conventional treatment

Andrew was admitted to the mental health inpatient service in a paediatric hospital from February to June/2008, with a provisional diagnosis of psychosis—NOS/OCD/borderline intellectual functioning. At that time, his score on the Children's Global Assessment Scale (CGAS) was 35. During his time as an inpatient, he could eat only small amounts and with persistent coaxing, because he had developed the delusion that the food had been poisoned. In addition, he frequently claimed that he was a murderer or an adulterer, and felt very guilty, which was associated with obsessive prayer. He was also unable to focus his attention on tasks such as reading. His walk was described as a shuffle, and he often exhibited tremors.

Andrew remained an inpatient for 6 months, receiving individual and family psychotherapy. Various medications were tried, alone and in combination, including quetiapine, risperidone, fluoxetine, fluvoxamine and clonazepam. Medication changes were due to intolerable side effects and/or inadequate treatment response. He was discharged in June 2008 on a regimen of risperidone (0.5 mg twice daily) and fluvoxamine (150 mg daily in divided doses). Although he had received some form of assessment and/or treatment from no fewer than four different child and adolescent psychiatrists over 6 months, plus consultation from a paediatric neurologist, there had been no apparent treatment benefit and his discharge CGAS score was still 35, identical to the score at admission.

Transition to micronutrients

The family decided to try micronutrient treatment on 20 September 2008, when Andrew was 11 years old, and they asked the outpatient mental health staff to continue their involvement with their son's mental health. The parents' decision was neither supported nor condemned by the follow-up outpatient team (MR, AV and AW), which continued to monitor his progress over the subsequent 14 months. The family was assisted in the treatment transition by the support staff at Truehope Nutritional Support Ltd (the formula's developer), who directed them in a cross-taper, gradually increasing his EMP+ while decreasing his psychiatric medications. Truehope staff members routinely ask clients to monitor symptoms so that treatment/dosage can be modified appropriately. For Andrew, anxiety, OCD and symptoms of psychosis were systematically monitored by home (daily) and school (usually weekly) with a list of symptoms approximating standard diagnostic criteria, but modified for this child's symptom expression (table 1). Each symptom was scored from 0 (not at all) to 3 (very much).

Table 1 Symptoms monitored

Anxiety-panic symptoms	Symptoms of obsessive compulsive disorder	Symptoms of psychosis
Shaking or trembling	Has recurrent or persistent and unwelcome thoughts or images	Hallucinations or delusions
Experiencing terror or fear of dying	Has worries that are excessive/beyond real life concerns	Extremely disorganised thoughts
A feeling of being out of control	Attempts to ignore, suppress or neutralise the above symptoms with some other thought or action	Inappropriate emotional response
Sweating	Suffers anxiety/feelings of distress	Abandonment of personal hygiene
Avoidance of normal activities because of a panic attack	Repetitive behaviours: sorting	Social withdrawal
Intense concern in a relatively relaxed situation	Repetitive behaviours: hand washing	Intense depression
Irritability	Repetitive behaviours: checking	Inability to concentrate
Lack of concentration, feeling of unreality or 'brain fog'	Repetitive behaviours: praying	Avoiding activities or hobbies
Shortness of breath, or a feeling of smothering, choking, tingling or numbness	Repetitive behaviours: counting	Thoughts of death or suicide
Heart racing or pounding, and or chest pains	Extreme religiousness or occupation with the occult	Forgetfulness
Inability to relax, trouble falling asleep		Unusual sensitivity to stimuli
Lightheadedness or dizziness		Rigid stubbornness
Excessive worry		Hyperactivity or inactivity
Frequent bathroom visits, and or nausea or stomach problems		

OUTCOME AND FOLLOW-UP

During the cross-taper, medications were reduced gradually, one-eighth at a time. After 1 month, he was medication free and taking 15–20 capsules of EMP+ per day (divided into three doses). His parents reported some difficult withdrawal symptoms (irritability and anger) until mid-December. Throughout the 4-week cross-taper, Andrew remained agitated, with, if anything, an increase in some self-injurious behaviours. However, between the fourth and sixth week of EMP+, which included the addition of 6–12 capsules of a solution of free amino acids that is used by the Truehope support staff to minimise withdrawal symptoms for individuals reducing psychiatric medications, both home and school noticed amelioration of obsessions and compulsions. For example, he no longer believed that his food was poisoned or that he was a 'bad' person. He ate a wider range of foods and in a shorter amount of time. He became more engaged with others (making some eye contact, initiating short conversations, asking developmentally appropriate questions and even smiling/laughing). His independence was also increasing (eg, initiating assignments on his own at school, without 1:1 assistance). The use of amino acids on an *ad lib* basis is well-supported by several decades of research demonstrating that multiple amino acids can reduce agitation and withdrawal symptoms in people struggling with drug dependence or addiction (see Chen *et al*⁸¹ for a review). There is no evidence, however, either in this child or in the scientific literature, that amino acids alone ameliorate symptoms of mood disorders or psychosis. The child described in this case continues to take a few *ad lib*; however, he takes EMP+ on a regular, daily basis.

Andrew's anxiety-related symptoms slowly abated over the course of the next 6–8 months, during which time he experienced more restorative sleep, less fatigue, improved concentration and diminished restlessness. His symptoms of psychosis also resolved after initiation of EMP+. He had four sessions of cognitive behaviour therapy during this time, consisting of gradual exposure/response prevention to help reduce a few rituals, cognitive restructuring to address unrealistic thinking, and breathing and visualisation exercises to promote self-calming. By 14 months, all diagnoses (except for borderline intellectual functioning and moderate-to-severe mixed receptive/expressive

language disorder) had fully remitted. He was discharged from the outpatient clinic with a CGAS of 70.

At the final outpatient case conference in June 2009, Andrew's parents spontaneously reported that he was better psychologically than he had been as a small child, even before coming to the attention of mental health services. For instance, he did not need as much reassurance around his safety and self-worth. The parents also reported cessation of all hallucinations, delusions (eg, food being poisoned), breath holding, excessive religiosity and tremors. Improvements were reported in his ability to concentrate (reading and doing his school work), socialisation, humour (joking with his brothers) and self-esteem. He has not needed any further mental health treatment for over 3 years.

Changes in symptom scores

Changes over time for the three symptom cluster scores were examined: Anxiety-panic, OCD and psychosis (figures 1–3). The anxiety and OCD symptoms were recorded for the entire 430-day study period. The family did not monitor the psychosis symptoms for the first 114 days, and the missing values were not replaced. All three symptom clusters had 14 days of missing data (3.3%) scattered over the study period, which were replaced by means of linear interpolation.

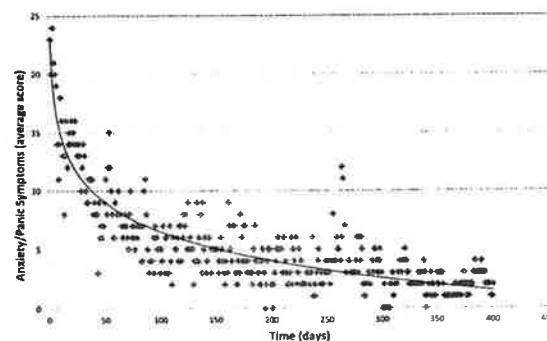


Figure 1 Symptoms of anxiety/panic.

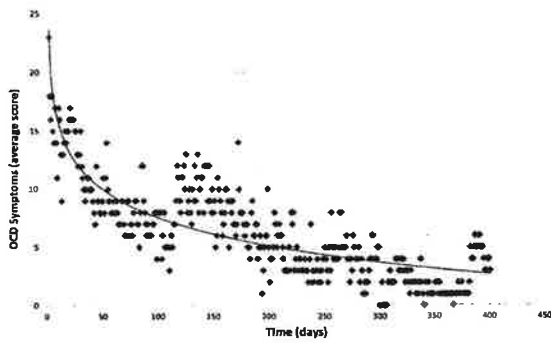


Figure 2 Symptoms of obsessive compulsive disorder.

Regular ordinary least squares regression analysis assumes error terms to be independent. To account for the fact that data points taken over time tend to be correlated, time-series regression analyses were used to examine symptom changes.³² When residual autocorrelation is not accounted for, F and t tests can be seriously biased. In time-series regression, the series are adjusted for autocorrelation by fitting autoregressive-moving average (ARMA) models to the residuals.

The regression models included time as the independent variable to assess the rate of change. Time was centred at the first observation. Residual autocorrelation was detected using (partial) autocorrelation functions (ACFs and PACFs). ARMA parameters were estimated and included in each regression model. The residuals of the final models examined using ACFs and Ljung-Box tests to ensure they represented 'white noise'.³³ Series that showed heteroskedasticity were stabilised by using the natural log of the scores. Model selection was based on the normalised Bayesian Information Criterion (nBIC). Models were implemented using the SPSS V.17 Forecasting module. The significance level was 0.05.

Symptoms in all three clusters decreased over time. Table 2 shows the results for the final models of the time series analyses. All three models were fitted on the natural logs of the values, as all series showed heteroskedasticity. In all three regression models, the parameter for the linear trend ('Time') was highly significant ($p < 0.001$). The models explain up to 86% of the variance in the symptom scores. The regression coefficient for the linear decrease in anxiety symptoms and the one for OCD symptoms in the log-transformed models were about equal (coefficient

Table 2 Results of time-series regression models

Symptom cluster (log-transformed scores)	Model	Estimate	p Value	Model R ²
Anxiety-panic	Intercept	2.403	0.000	
	Time	-0.0037	0.000	
	AR(lag 1)	0.445	0.000	0.728
	AR(lag 2)	0.146	0.003	
Obsessive compulsive disorder	Intercept	2.716	0.000	
	Time	-0.0041	0.000	
	AR(lag 1)	0.515	0.000	0.848
	AR(lag 2)	0.348	0.000	
	MA(lag 2)	0.226	0.001	
Symptoms of psychosis	Intercept	2.594	0.000	
	Time	-0.0068	0.000	
	AR(lag 1)	0.475	0.000	0.861
	AR(lag 2)	0.172	0.001	

for anxiety = -0.0037; for OCD = -0.0041), suggesting that OCD symptoms decreased at a slightly higher rate than anxiety symptoms. This, however, may be a reflection of the fact that the child began with more OCD than anxiety symptoms. The linear trend for the logs of the psychosis symptoms was -0.0068, suggesting they declined at the highest rate. This, however, can probably be explained by the fact that psychosis symptoms were recorded for a shorter period of time.

A secondary question was whether changes in the different variables were related to each other and, if so, what the time lag for this relationship was. Cross-correlation functions (CCFs) for the different combinations of the symptom clusters were calculated for the double-prewhitened series of the log-transformed data, providing correlations adjusted for internal dependences. CCFs show contemporaneous correlations (lag 0) and lagged correlations between changes in pairs of variables, thus revealing the temporal order of the relationship. Prewhitening removes trends and serial dependency from the individual series so that the relationships can be examined without these influences, thus preventing spurious correlations.³⁴ Double prewhitening means that each of the two series is prewhitened.³⁵ The prewhitening process is necessary as CCFs of unprewhitened series tend to produce spurious correlations. The CCFs revealed significant correlations at lag 0 for all pairs of variables, and none of the lagged correlations reached significance. Thus, the relationships between the changes in the symptom scores were mainly concurrent. The contemporaneous correlations were quite large, especially between changes in anxiety and OCD symptoms ($r = 0.629$), as well as between changes in anxiety and psychosis symptoms ($r = 0.502$). The correlation between changes in OCD and psychosis symptoms

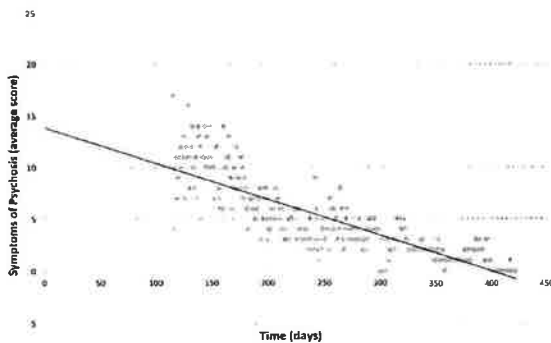


Figure 3 Symptoms of psychosis.

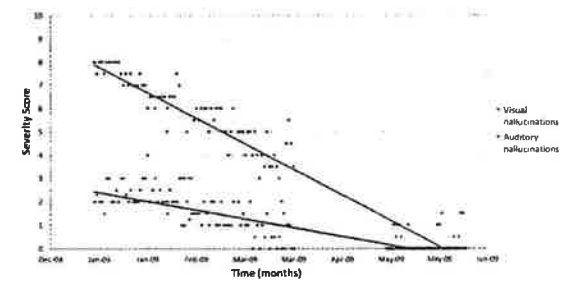


Figure 4 The child's self-reported hallucinations.

was somewhat smaller ($r=0.334$). Thus, changes in the different symptom clusters seem to co-vary over time, but temporal primacy of one variable over the others could not be established.

Initially, Andrew was unable to self-assess his visual and auditory hallucinations, but after being on EMP+ for about 2 months he spontaneously offered to do so. He scored each on a scale of 1–10 for 6 months beginning in January 2009 (see figure 4). A decreasing trend was observed also for these symptoms. School staff members also provided some records of symptom severity. Staff changes and school holidays are normal threats to the reliability of such measures, but in general they were confirmatory of the more consistent home-based reports.

Psychological assessments

Various assessments were available for Andrew from 2005 to 2009, but only two (WISC-IV and Adaptive Behavior Assessment System 2nd Edition (ABAS-II)) were administered both preintervention and postintervention (table 3). His IQ on the WISC-IV did not change: it remained in the fifth percentile. Andrew functions in the borderline range of cognitive ability with a moderate to severe expressive and receptive language impairment. There were some improvements on the ABAS-II, primarily at school, most notably in social behaviour and general adaptive functioning.

Cost analysis

With the parents' permission, a health economist (HL) requested Andrew's healthcare costs from the local health authority. All costs are presented in 2008 Canadian dollars. Data accessibility did not permit the capture of all costs: many physician costs for both inpatient admissions and outpatient services were not available. From 1 April 2008 to 19 September 2008 (pre-EMP+ period), his total healthcare cost \$158 829.53, excluding most physician fees (table 4). From 20 September 2008 to 31 March 2009,

Table 4 Costs of 6 months of conventional inpatient treatment compared to 6 months of outpatient follow-up with micronutrient treatment

Types of services	Frequency	Costs (in 2008 CDN \$)
A. Inpatient treatment		
Inpatient admission (75 days)	1	148792.64
Emergency visit	2	250.20
Mental health day treatments	51	5379.41
Social work	1	155.28
Ambulatory services	3	616.76
Neurophysiology lab	1	272.34
Mental health specialty clinics	13	3108.77
Speech-language pathology	1	254.14
Total		158829.53
B. Outpatient, nutrient treatment		
Mental health outpatient specialty clinics	4	910.09
Allied health outpatient clinical support	4	899.74
Approximate cost of micronutrients		1040
Total		2849.83

with the outpatient team monitoring the family as they transitioned to micronutrients, providing support and some sessions in cognitive behaviour therapy, the costs were \$2 849.83, of which \$1 040 was the actual cost of the micronutrients. In other words, 6 months of professional inpatient time which did not result in symptom improvement cost approximately 150 times the cost of micronutrient treatment.

Safety and tolerability

Results from blood tests were followed for about 2 years and remained within normal limits. No adverse events have been noted.

Extended follow-up information

After 4 years on EMP+, Andrew continues to take 15–20 capsules a day plus some amino acids. The current cost of his treatment is about \$150/month, which the parents must pay themselves as natural health products are not covered by any insurance. He has no symptoms of psychosis.

DISCUSSION

Most of the reports using EMP+ have focused on mood and anxiety symptoms, but in one article, its efficacy was documented for a young boy who experienced some symptoms of psychosis.² That child was initially diagnosed with bipolar disorder-NOS, then later with bipolar disorder-I with psychotic features, as well as GAD, and OCD. From 6–12 years, he exhibited symptoms of anxiety, obsessions, self-injurious behaviour and mood instability, plus auditory hallucinations at least 100 times per week, consisting of voices instructing him to carry out obsession-related acts. Extensive documentation of the boy's treatment with conventional pharmaceuticals from the ages of 6–12 was also reported: medications from 2001 to 2008 included lithium, risperidone, clonidine, trazodone, gabapentin, divalproex, aripiprazole, lorazepam, lamotrigine, among others. The authors reported that no combination of medications ever resulted in

Table 3 Performance on intelligence scales and a measure of adaptive behaviour, before and after micronutrient treatment

	February 2005 (premicronutrients)	July 2009	January 2010
WISC-IV	Full scale=5%ile	Full scale=5%ile	
	VC=5%ile	VC=4%ile	
	PR=10%ile	PR=23%ile	
	WM=13%ile	WM=6%ile	
	PS=13%ile	PS=13%ile	
ABAS-II	Parent report		Parent report
	GAC=11%ile		GAC=13%ile
	CC=21%ile		CC=7%ile
	SC=1%ile		SC=10%ile
	PC=25%ile		PC=32%ile
	Teacher report		Teacher report
	GAC=17%ile		GAC=34%ile
	CC=23%ile		CC=32%ile
	SC=21%ile		SC=50%ile
	PC=23%ile		PC=32%ile

ABAS-II, Adaptive Behavior Assessment System, 2nd edition; CC, conceptual composite; GAC, general adaptive functioning; PC, practical composite; PR, perceptual reasoning; PS, processing speed; SC, social composite; WISC-IV, Wechsler Intelligence Scale for Children 4th edition; WM, working memory; VC, verbal comprehension.

consistent improvement. In January 2008 the family transitioned him from medications to EMP+ over the course of 19 days, at which point his behaviour normalised and all diagnoses remitted. At 14 months follow-up, he continued to enjoy good mental health, taking a daily therapeutic dose of EMP+, sometimes supplemented with an amino acid solution (whey protein).

Psychosis is difficult to treat and unlikely to remit on its own. Important predictors of the maintenance of minimally symptomatic status are being young and having low baseline symptom severity.³⁶ In the current report the child was young, but symptom severity was very high. After 6 months in which intensive inpatient treatment resulted in no improvement, the family transitioned him from medication to a complex micronutrient formula. The child was off all psychotropic medications in about 4 weeks, and taking only micronutrients. These results are consistent with the report by Frazier *et al*² in which complete symptom remission followed 19 days of transition to EMP+ in a child whose illness had been very severe for the previous 6 years. In that case study, however, in spite of the richness of the clinical history, there were no quantitative data to demonstrate the symptom improvement.

Although the literature on micronutrients for the treatment of unstable mood is rather extensive,³⁷ there is much less published information on OCD or symptoms of psychosis. One child with atypical OCD (obsessions, but no compulsions) was reported in 2002²⁴: treated in a within-subject crossover design with an earlier version of EMP+, his obsessions completely remitted while taking the formula, returned when the formula was removed, and remitted again when treatment was reinstated. In a young man studied in another within-subject crossover design with the current version of EMP+, Rucklidge²¹ demonstrated on-off control of the intense OCD symptoms. This case was particularly interesting for other reasons: there was a 1-year history of historical data recorded from prior treatment with cognitive behavioural therapy, the youth himself had no positive expectation of benefit from EMP+, and each treatment reversal was associated with psychological assessments confirming improvements in depression, anxiety and OCD.

There are other promising nutrient interventions for psychosis, such as *N*-acetyl cysteine,³⁸ but the single-nutrient therapies tend to be adjuncts. Broad-spectrum micronutrient treatments such as the one described here are primary treatments, and possibly not safe to use in a supplementary manner because micronutrients can amplify the effect of psychiatric medications.^{28 39 40}

There are a number of limitations inherent in a case study of this type. Andrew's treatment was not designed *a priori* as research, so assessments were not blinded, and pre-post measures of cognitive and mental function were limited. Most of the data were dependent on parent report, although confirmatory information was provided from school reports, Andrew's self-reported score for hallucinations, and observations from the outpatient mental health team.

One interesting question is whether there were any clues that nutrition might be relevant for this particular child. We offer as a speculative comment the idea that

breath-holding may have been such a clue. His parents reported that breath-holding was a frequent occurrence for Andrew from birth, especially in moments of fatigue, stress, or illness. As recently shown in a Cochrane review,⁴¹ iron supplementation effectively treats this problem. Whether Andrew has some broader metabolic dysfunctions affecting micronutrient needs is not known at this time.

Learning points

- ▶ **Broad-spectrum formulas of vitamins and minerals (micronutrients) are showing benefit for the treatment of both physical and mental symptoms.**
- ▶ **One case study has previously reported the efficacy of this treatment in a child with severe psychosis; the current case found similar results, supported by quantitative measures.**
- ▶ **Psychosis is difficult to treat, and conventional treatments often have adverse long-term health effects; these facts lend impetus to the importance of carrying out further research with broad spectrum nutrient formulas.**

Competing interests None.

Patient consent Obtained.

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