

First Episode Psychosis (FEP)

El Dorado County Behavioral Health

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- ▶ El Dorado County Behavioral Health's FEP Program is funded through a Mental Health Block Grant from *SAMSHA* (Substance Abuse and Mental Health Services Administration).
- ▶ The purpose of the program is to identify and treat early psychosis (ages 16–25).

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What is Psychosis?

- ▶ The word psychosis is used to describe conditions that affect the mind, where there has been some loss of contact with reality; not during drug use.



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During a period of psychosis, a person's thoughts and perceptions are disturbed and the individual may have difficulty understanding what is real and what is not.



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- ▶ The experience of psychosis varies greatly from person to person. Each person may have very different symptoms.
- ▶ Psychosis usually develops in young people aged 16–25.

➡ Early and appropriate treatment leads to the best outcomes!

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What are the Early Signs and Symptoms of Psychosis?

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- ▶ **Memory and concentration problems**
- ▶ **Odd or bizarre beliefs or behaviors**
- ▶ **Hallucinations (visual, auditory or sensory)**



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- ▶ **Paranoia (being watched, being poisoned)**
- ▶ **Social Isolation/Withdrawal from family and friends**
- ▶ **Sleep Disturbances**



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- ▶ Drug and/or alcohol use
- ▶ Disorganized speech or thinking
- ▶ Changes in self-care (not showering or showering too often)



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- ▶ Delusions (usually organized around a coherent theme)
- ▶ Decline in functioning at school, work or home

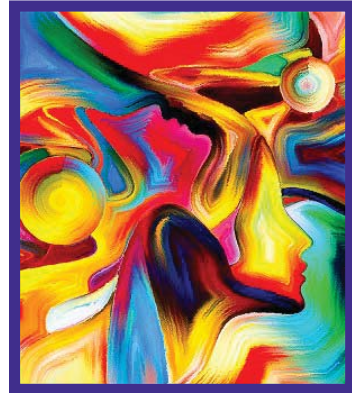


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Maybe things just don't seem right to you...

Maybe someone you know is not acting like they used to...

It may be Psychosis ... ?



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“...I think I’m being followed or watched....”

“...I hear voices that other people don’t hear...”

“...I find hidden messages aimed at me on TV, the radio and internet...”

“...I think there’s a plot against me...”

“...I believe I have special abilities or powers...”

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***Early and appropriate treatment
leads to the best outcomes!***



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**According to the terms
of the MH Block Grant
the program funding must be
used to deliver a
CSC (Coordinated Specialty Care)
model of treatment.**

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The Coordinated Specialty Care (CSC)
Model EDC Behavioral Health follows is
called, Navigate

What is *NAVIGATE*?



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NAVIGATE is a comprehensive program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. It was developed with support from NIMH and has been implemented at 20 sites throughout the U.S. and one in Canada, including urban, suburban, and rural settings, and has provided treatment to people from diverse ethnic and cultural backgrounds. NAVIGATE is one of the options for implementing Coordinated Specialty Care (CSC) for early psychosis, as described by [SAMHSA's website](#).



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Navigate consists of 5 Modules:

1) DBT Therapy and Psycho-Education for Helping individuals identify and enhance their strengths and resiliency factors, increase their illness management skills, and learn skills to increase their success in achieving personal goals, such as employment, education, and positive relationships

2) Employment/Educational Specialist (ES)
Primary function is to assist Client in either staying in school and or employed or pursue one of these avenues – Work with schools and/or job developers and coaches



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3) Family Therapy – To improve family dynamics and support for Client. Assisting families to understand and recognize progress, increase their awareness about how they can support the client to reach their goals, and being aware of the possibility that Client might decompensate and ways they can proactively respond.

4) Psychopharmacology – Written specifically for the Psychiatrist and/or Medication Staff on board to treat the illness with a conservative approach.

5) Treatment Team Meetings – Regular team meetings with: the Clinician on the case, the Employment/Education Specialist, the Supervisor, and Psychiatry to track and monitor progress.



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Who Qualifies for the FEP Program ?

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> Any person between the ages of 16–25 who is experiencing a “First Episode” of Psychosis.

Note: First Episode can also include Clients who have had a previous episode of psychosis and did not receive treatment for it, or the Client did not adhere to the medical recommendations made, thus they remain, “Untreated.”

>> Because this Program is funded through a Block Grant, Participants are not required to have Medical Insurance.

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Questions ???

