



2020

**SOUTHWEST
FIRST EPISODE
PSYCHOSIS
CONFERENCE**

EXHIBITORS

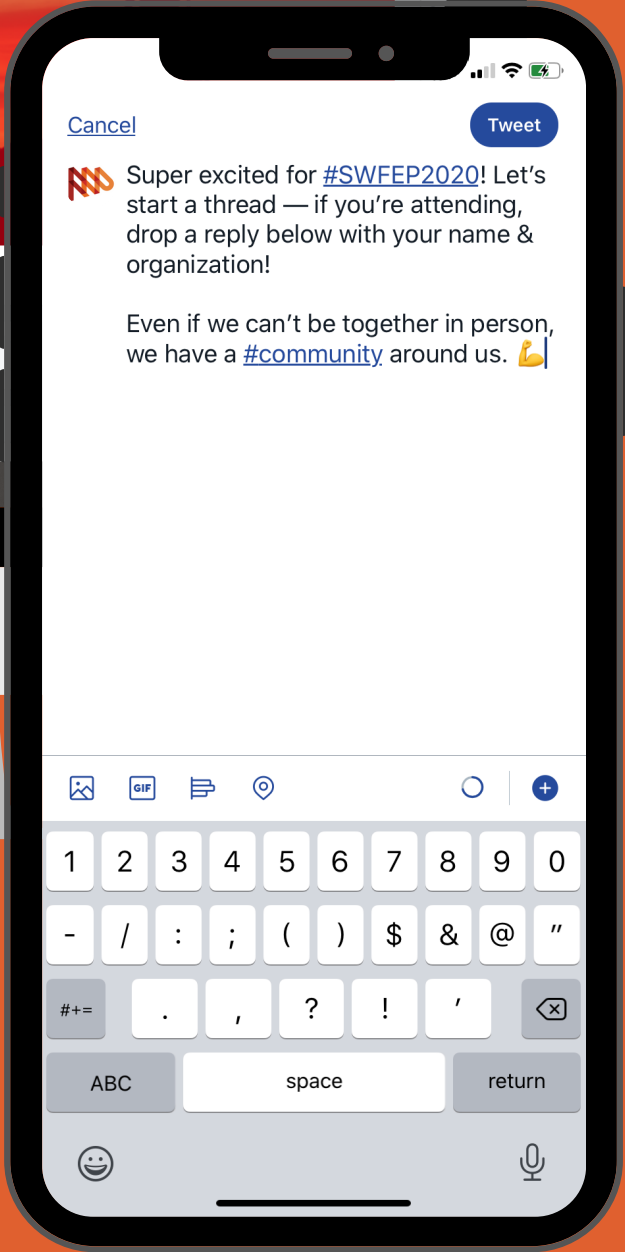
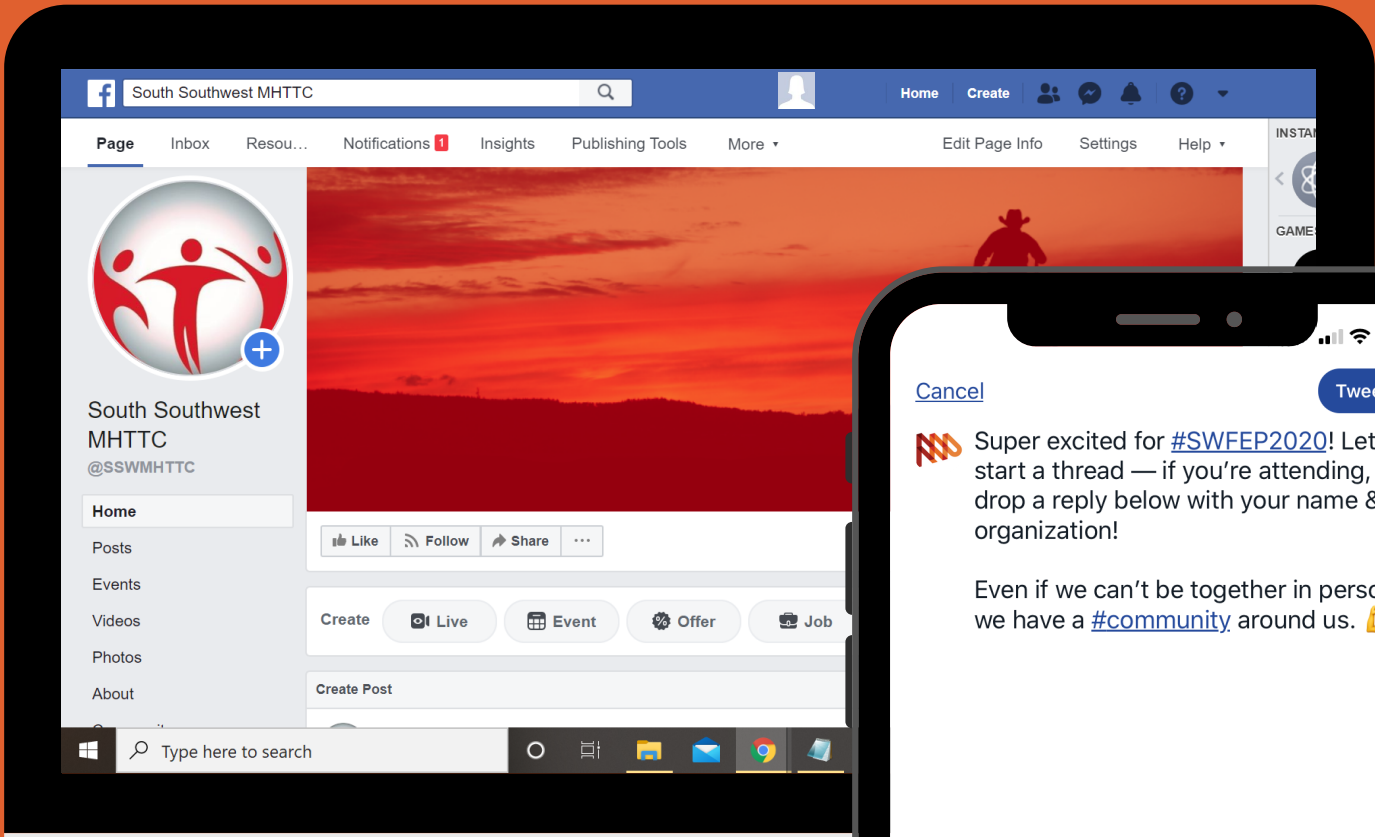


NOTE:

Welcome to our Exhibitor Hall! Take a moment to leaf through these pages and learn about the some of the early psychosis programs and mental health organizations within our South Southwest Region 6 area. What's a conference without having the richness of exhibitors to learn from? This virtual Exhibitor Hall experience will allow you the opportunity to network together-while-apart, gain knowledge of other programs, and celebrate success stories.



**2020 Southwest First
Episode Psychosis
Conference**



**let's stay
connected,
no matter the
distance.**

#SWFEP2020





COMPASS Denton County MHMR

Collective Opportunities to Manage Psychosis by Adapting, Sustaining and Succeeding (COMPASS) operates under the Denton County MHMR system in Texas.

We are a small but determined group of staff united by our excitement for new undertakings and relentless pursuit of the best evidenced based practices.

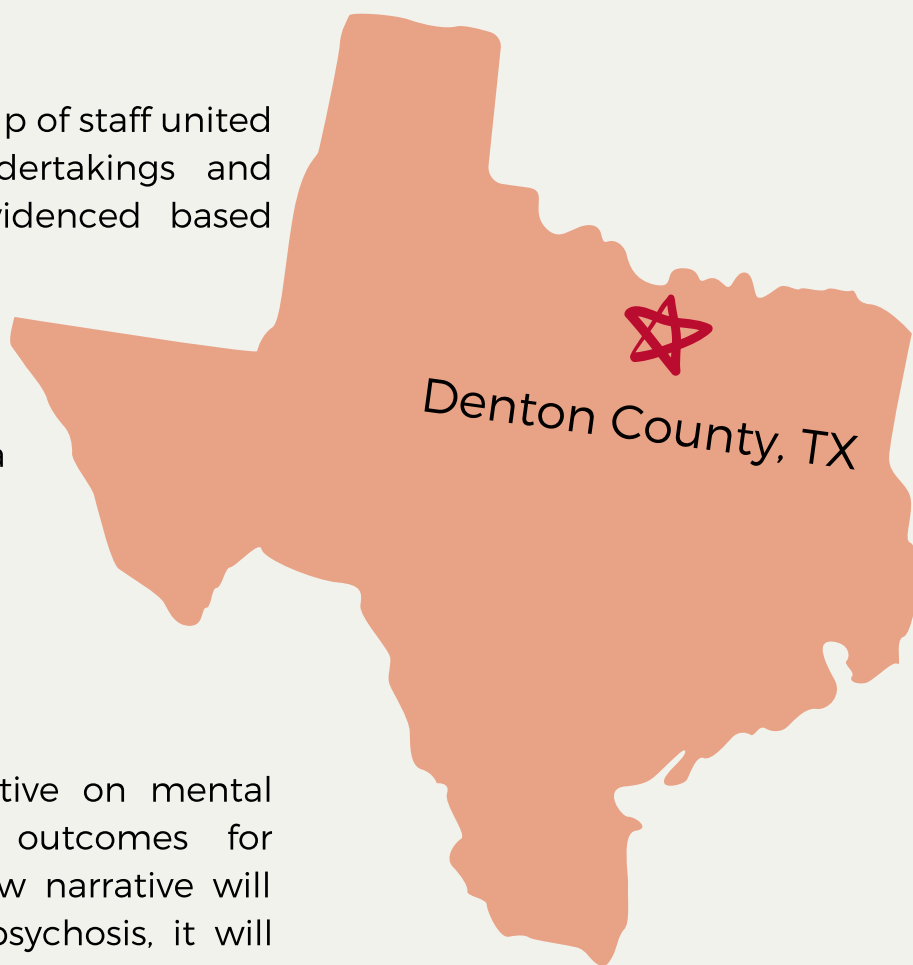
Our team is diverse in personal backgrounds as well as in work experience. This diversity allows for a myriad of perspectives and ideas which we embrace to the fullest potential! From the beginning, we decided that our team was going to focus on strengths.

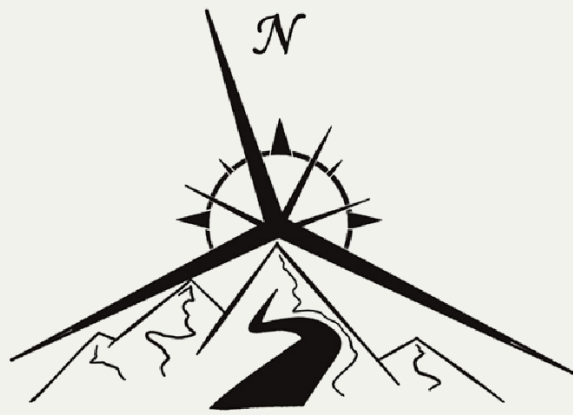
We aim to rewrite the old narrative on mental health treatment delivery and outcomes for individuals with psychosis. This new narrative will see the individual first, then the psychosis, it will take into account life goals as well as treatment objectives, and it will support its Prosumers as fully integrated community members.

We feel that FEP programs can be the future of and a role model for mental health treatment and are excited to be a part of this future.

our team

Our team consists of two Certified Peer Support Specialists, Certified Family Partner, Skills Training Case Manager, Supported Employment and Education Specialist, Registered Nurse, Advance Practice Registered Nurse, and Team Lead, with oversight from the Director and the Administrator of Mental Health services.





COMPASS

IN THE RIGHT DIRECTION:

Over the past 15 months that we have been operating COMPASS, our greatest success might just be our dedication to meeting our Prosumers where they are. Our team does a wonderful job of taking genuine interest in our Prosumer's interest and goals. We are willing to try new experiences with them and accept that they may not always like those experiences. Some examples include playing soccer, learning K-pop dance moves, volunteering at soup kitchens alongside them, offering walk and talk counseling sessions, demonstrating nutritional choices, cooking recipes, practicing appropriate physical boundary drills, doing art, tasting new foods, and sharing our personal stories of struggle and recovery.

Services include:

- psychiatric evaluations
- medication management
 - case management
 - skills training
- peer support, family support and education
- supported employment and education services
- CBT individual counseling
 - substance abuse counseling
 - transportation



***VISIT OUR WEBSITE
FOR MORE
INFORMATION!***

www.dentonmhmr.org/





DALLAS METROCARE SERVICES

ENHANCED PROGRAM FOR EARLY ONSET PSYCHOSIS

Metrocare is the largest provider of mental health services in North Texas, serving over 60,000 adults and children annually. For over 50 years, Metrocare has provided a broad array of services to people with mental health challenges and developmental disabilities. In addition to behavioral health care, Metrocare provides primary care centers for adults and children, services for veterans and their families, accessible pharmacies, housing and supportive social services.

ePEP (Enhanced Program for Early onset Psychosis) is one of the programs under Metrocare Services, and targets individuals who 1) reside in Dallas County; 2) are age 16-30 years old; and 3) currently show symptoms of psychosis. Our care model uses a team approach and is community-based. One team has therapist, case manager, job specialist & educational specialist, and peer support. All services are delivered in the community, including home, library, school, work place, restaurant or even in a staff's vehicle!

fun fact

ePEP team is diverse! We have a male and female therapist and have 4 bilingual staff members!



DALLAS METROCARE SERVICES

ENHANCED PROGRAM FOR EARLY ONSET PSYCHOSIS

success

We have lots of success stories including individuals finishing college, being employed at one position over 3 years, family reunion with family therapy, and developing their social skills through weekly group sessions.

One of individuals who was discharged from our program and referred to another county due to his relocation wrote a nice comment on our website "I've gotten a lot of great help from here over the past few years in counseling and psychiatry. I've learned a lot of great things in my life here."

services

Therapy

assist individuals to probe their irrational inner thoughts & feelings. Individual will identify & adjust their thinking errors and irrational thinking filters.

Case Management

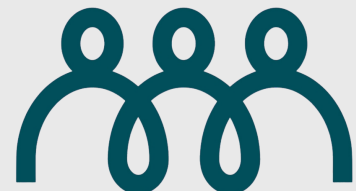
assist individual to apply social benefits including SSI, SNOP, and etc. Also helps individuals to develop their functional coping skills to deal with his/her psychotic symptoms.

SEES (Special Employment & Education Specialist)

assist individuals to get employment opportunities & go back to school based on individuals' interests. Can be a mediator between individuals & employer/school to communicate.

Peer Support

link individuals to community resources to apply the skills they learned from clinical staff. Also provides weekly group sessions in which individuals can develop their social skills & coping skills.



EARLY

FIRST EPISODE PROGRAM
THERE IS HELP

UNIVERSITY OF
NEW MEXICO
ALBUQUERQUE, NM

Program Contact:

Dawn Halperin

Phone:

+1(888) 663-2759

Email:

dhalperin@salud.unm.edu

[visit our site for](#)
[more information](#)



our story

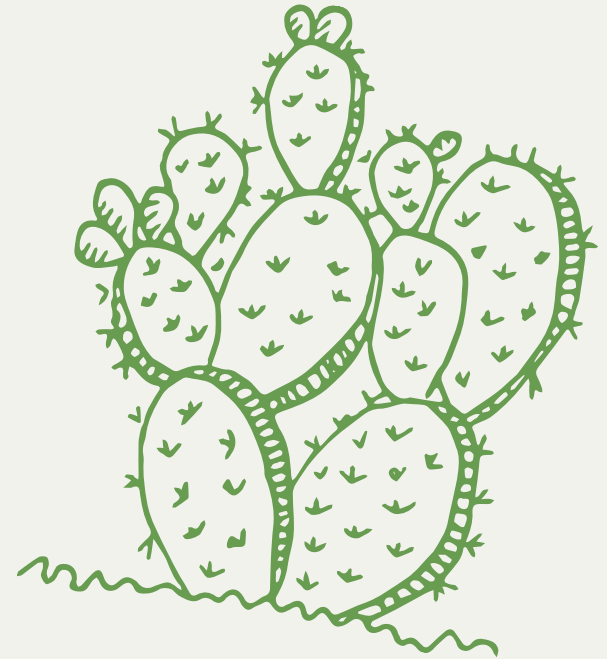
As a rural state with a small behavioral health workforce, New Mexico has faced ongoing challenges to the provision of and access to behavioral health services. Despite these challenges, The Dept. of Psychiatry and Behavioral Sciences, Health Sciences Center, University of New Mexico, has continued to offer the only specialized services for individuals experiencing early symptoms of psychosis in the state for the past decade.

The EARLY program provides Coordinated Specialty Care (CSC) to residents across New Mexico, aged 15-30, who have experienced a first episode of psychosis within the past year. Psychiatric diagnoses may include but are not limited to schizophrenia spectrum disorders, affective psychoses and bipolar disorder. We provide wrap around services from a specially trained multidisciplinary team with a focus on recovery, resiliency and shared decision making.

success

A graduate student in her late twenties was referred after seeking services to work through past traumas.

During initial meetings with program staff, she disclosed additional details about her thought processes and recent experiences, resulting in a diagnosis of Schizophrenia. She also endorsed long term suicidal ideation, due to the degree of distressing symptoms and subsequent social isolation. She was clear that she did not want to take medications but continued to see the psychiatrist for check-ins. For two years, she worked closely with the therapist developing coping skills to manage symptoms such as amplifying/de-amplifying, negotiating and compartmentalizing. She explored her experiences, increasing her insight and self-care and reducing self-stigma. During her time in the program, she developed close friendships and continued her research. She is now completing her PhD and has been exploring long-term goals, something she has not done in years.



fun fact

The Early Program team has among its staff a:
cheese monger
ballerina
doctor of oriental medicine
and acupuncturist
& birth doula

EPIC-NOLA



Early Psychosis Intervention Clinic, New Orleans, team-based approach is predicated on meeting people where they are to provide individualized treatment. In an ever-evolving clinical setting with providers, peers, families and friends, we aim to cultivate self-compassion, wellness, and empowerment.

fun fact

EPIC-NOLA infuses the culture of New Orleans into its clinical care at all points. Prior to COVID-19, staff cooked and served local delicacies, including freshly caught seafood, before weekly social cognition groups; threw psychosis awareness paraphernalia from atop Mardi Gras floats; and wore glittered t-shirts to reduce stigma around psychosis.



EPI C-NOLA

EARLY PSYCHOSIS INTERVENTION CLINIC

services

EPIC-NOLA turns 5 this August! We started as a three person team embedded in a social service agency working on borrowed time and have evolved into a multidisciplinary team of 12 people including interns and resident psychiatrists and fellows. We now have our own specialty psychiatry clinic and have trained providers, clinicians and peers around Louisiana in early psychosis intervention.

~

From music to food, which sits alongside strong spiritual beliefs ranging from Catholicism to Voodoo, there is a uniqueness about our city that shapes day to day life. However, this richness runs parallel with pervasive violence, severe community-level trauma, but a profound resilience. This complicated and textured tapestry of New Orleans is woven into the approach we have taken as an early intervention program as well as our development of our community education program.

Psychiatry

Individual therapy

Family psycho-
education

Group therapy
interventions

Social engagement,
peer work

Wellness coaching

Meditation

Community education
and advocacy





THE HARRIS CENTER FOR MENTAL HEALTH AND IDD

The Early Onset Psychosis Program within The Harris Center for MH & IDD has been successful in treating Harris County residents experiencing first episodes of psychosis for 6 years. The team consists of multi-disciplinary providers that collaborate to deliver exceptional wraparound services and include a Psychiatrist, Physician Assistant, Certified Peer Provider, Supported Employment/Education (IPS), Care Coordinators, and Licensed Therapists.

All services are catered and personalized for the individuals we serve and their support systems and last approximately 3 years for interested participants. Transitional services are provided to encourage continuity of care after participants complete the program.

THE HARRIS CENTER FOR MENTAL HEALTH AND IDD

success

One of our success stories will be sharing her story at this conference- Miss Trinity Blue. She has been a true joy and motivational participant in our program and her treatment team couldn't be more proud and excited for the work she has done for herself. Trinity demonstrates the resiliency and commitment needed to succeed in recovering from any obstacles and is open to sharing her experiences within our own program and now with all of you!



services

Care Coordinators

provide skills training, psycho-education, case management and medication/training and support services

Licensed Therapists

provide personalized CBT for Psychosis services, as well as Cognitive Processing Therapy, Trauma Focused CBT and Dialectical Behavioral Therapy

The Center is also a recognized Substance Use Treatment Center and provides LCDC services to our participants that qualify.

Peer Support is provided to each participant in the program, along with **IPS - Individual Placement and Support Services** which focuses on rapid employment/job searches and education support services.





Texas

The National Alliance on Mental Illness of Texas (NAMI Texas) is a 501(c)3 nonprofit organization founded by volunteers in 1984. NAMI Texas is affiliated with the National Alliance on Mental Illness (NAMI) and has 27 local affiliates throughout Texas. NAMI Texas has nearly 2,000 members made up of individuals living with mental illness, family members, friends, and professionals. Its purpose is to help improve the lives of people affected by mental illness through education, support, and advocacy.

NAMI Texas offers a variety of education and support programs addressing the mental health needs of Texans and designed for individuals living with mental illness, family members, friends, professionals, other stake holders, and the community at large.

fun fact

NAMI Texas led a group advocating for state funding from the Legislature for First Episode Psychosis programs.



NAMI Texas is based in Austin but covers all of Texas.

We have 27 local NAMI Affiliate organizations across Texas.





services

The no-cost support groups and mental health education that we offer to individuals and family members are perhaps what we are best known for. By joining these programs, a person can gain hope and develop supportive relationships. They can gain practical tools and tip for addressing mental health from a person who has been there before. Last year, we facilitated access to support groups for over 8,000 Texans whose lives have been impacted by mental health conditions. We offered no-cost training to over 300 volunteers statewide so they could offer NAMI signature programs in their communities. When COVID-19 hit, it was clear that we needed to move these programs online to provide a safety net while in-person services cannot occur. There are now online programs being offered by NAMI Texas at least weekly. Many of these programs have filled up quickly, indicating the need to add additional capacity. By the end of the year, we intend to have online programs at least 6 days out of every week.

Contact: Greg Hansch ☎ (512) 693-2000 ✉ executive.director@namitexas.org



POWER Program

The Center for Health Care Services

The Center for Health Care Services (CHCS) is the local mental health authority in Bexar County, Texas (San Antonio). A program within CHCS is the POWER Program, a Coordinated Specialty Care program providing wraparound services at an intensive level-meaning once a week and then less often once stabilized though still multiple times per month.

The team includes a Psychiatric provider, Therapist, Care Manager, Supported Education and Employment Specialist, Peer Support Specialist, and Certified Family Partner.

fun fact

We have been in operation since 2017 and have served over 110 individuals in Coordinated Specialty Care.



**You can find us
around San
Antonio!**



POWER

success

A success story the team often refers to when discussing the benefits of our program is a 25-year-old male, who came to the POWER program with significant challenges in his social and educational functioning due to intrusive symptoms, including psychosis, anxiety, and depression. As a result, he felt hopeless and uncertain if he could trust the treatment team or himself in forging ahead in his life as an undergraduate college student. After a period of engagement by the CSC team, his sense of trust and ability to collaborate with the team in developing recovery strategies slowly grew. This increased over time and has come to include a wide range of recovery strategies based on his preferences, like medication, weekly case management/care coordination, weekly individual psychotherapy, and weekly supported education services. During his time with the CSC program, this individual developed increased efficacy in the school setting, being the first in his family to graduate college, on to working in a school setting as a teacher. He has become more adept at accessing resources and social support in the community and has improved in his self-care and independent decision-making. He has not had a psychiatric crisis or hospitalization since enrolling in the program. He developed insight into his symptoms and developed both cognitive and behavioral strategies to help manage the symptoms and stressors he faces. He plans to enter into graduate school and continue his passion for art and teaching.

services

Psychiatric Provider
for Medication
Management

Therapy

Care
Coordination/Case
Management

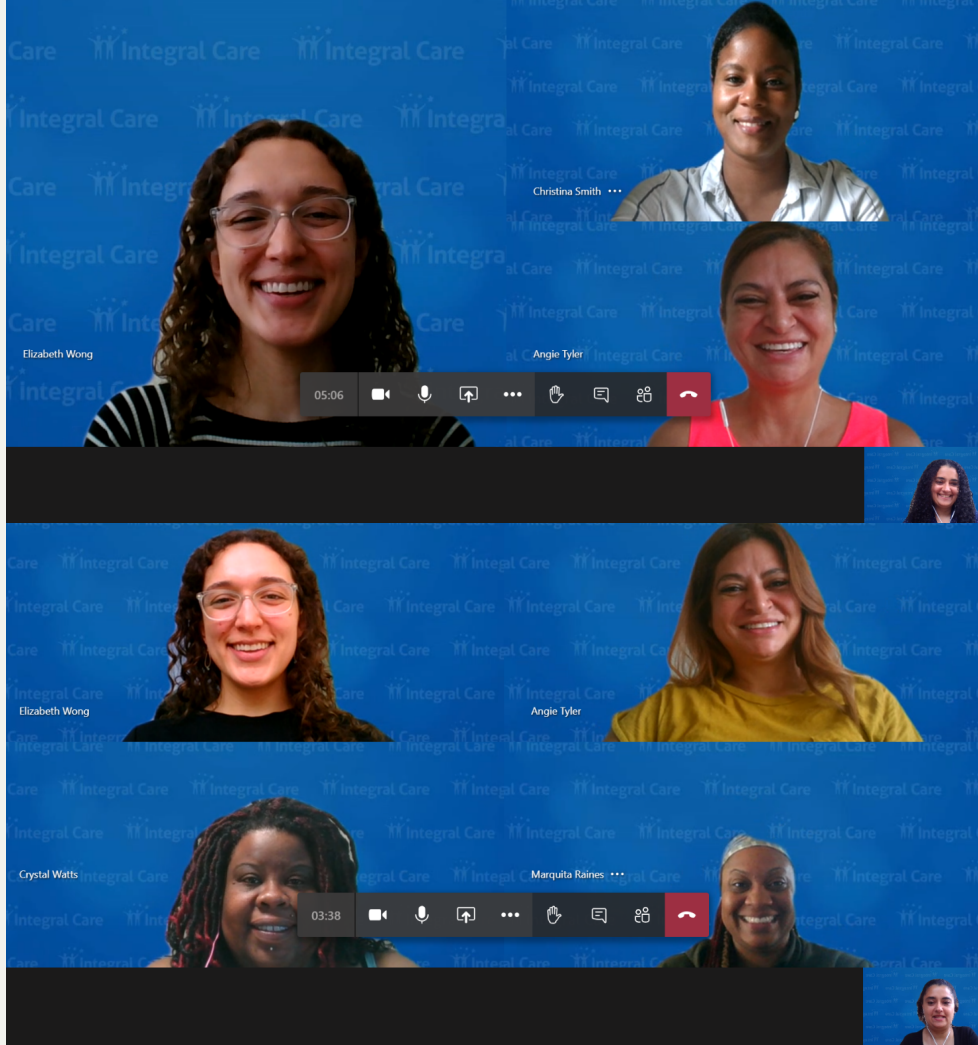
Skills Training

Supported Education
and
Employment

Peer Supports

Certified Family
Partner Supports

RAISE



Since 1967, Integral Care has supported the health and well-being of adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities. We are located in Austin, Travis County, TX.

RAISE supports individuals ages 15-30 who have experienced their first episode of psychosis within the past 2 years. Our staff help clients with relationships, school, work and life goals. Services include family education, suicide prevention, medicine and mental and primary health care. We bring our services to our clients.

fun fact

We are a diverse team that includes a comedian, a chef, a poet and a swimmer!

.....
You can find us in Austin, TX/Travis County!





The RAISE program works collaboratively alongside 2 other teams that also provide mental health services to emerging adults. In 2018, Integral Care received a SAMHSA grant which provided funding for our Clinical High Risk-Psychosis (CHR-P) program. The CHR-P program offers screening, assessment and early intervention for youth ages 16-25 at risk for psychosis. Additionally, our Transition Age Youth (TAY) team provides support to youth in navigating mental health services.



services

- The RAISE Primary Clinician provides counseling and case management services.
- Our Nurse Practitioner and Registered Nurse provide medical care.
- Our Bilingual Family Partner provides family support.
- Our Skills Trainer provides living skills training.
- Our Supported Employment and Education Specialist provides education and employment support, and
- Our Peer Support Specialist provides peer support through sharing their lived experiences.



Molly Lopez
Co-Director



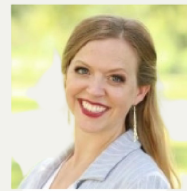
Stacey Stevens Manser
Co-Director



Ari Acosta
BH Equity Specialist



Jennifer Baran-Prall
Adult T/TA



Holly Gurslin
Child & School T/TA



Nadia Maynard
Sr. Field Trainer Analyst



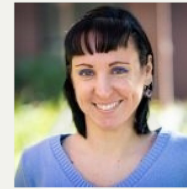
Michelle Monk
School T/TA



Alycia Welch
Program Administrator



Glenn Dembowski
Coordinator



Zatar Lumen
Coordinator

SOUTH SOUTHWEST MENTAL HEALTH TECHNOLOGY TRANSFER CENTER

The South Southwest Mental Health Technology Transfer Center is an initiative funded by the Substance Abuse and Mental Health Services Administration to provide free training and ongoing consultation to all professionals that serve individuals with mental health challenges across our five-state region, which includes Texas, Oklahoma, New Mexico, Arkansas, Louisiana, and several tribal communities. We're part of a national network of regional TTCs and two national TTCs that are focused on population centers - the National Hispanic Latino MHTTC and the National American Indian and Alaskan Native MHTTC. There are also Addiction Technology Transfer Centers (ATTCs), that provide the same service but on substance use, and Prevention Technology Transfer Centers (PTTCs), which are focused on prevention. The South Southwest MHTTC is housed at the Texas Institute for Excellence in Mental Health at the Steve Hicks School of Social Work at the University of Texas at Austin.



Visit us at
www.mhttcnetwork.org/southsouthwest

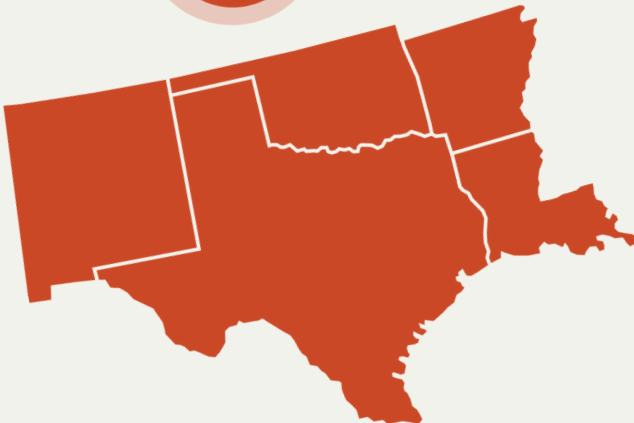
SOUTH SOUTHWEST MHTTC

success

Our team is proud of this conference! Jennifer has done an incredible job organizing and convening this conference, and shifting plans to meet the needs of a new virtual world with ease while still maintaining the level of engagement that we bring to our in-person events. We're also proud of our entire team for helping us reach so many people across our region with our training sessions and technical assistance projects. Everyone has played a critical role in enhancing services across our region to improve the health of our communities.

services

We provide training and technical assistance to the mental health workforce, which includes professionals that interact with individuals living with mental health challenges. We cover the lifespan, from early childhood through older adulthood, and cover topics relevant to the diverse communities in our region. For a more detailed listing of training and technical assistance opportunities for you and your organization, please visit our website, or contact us! Even if you aren't exactly sure what you may need, any of our team members would be happy to talk with you to determine how we can best support you.



SPINDLETOP CENTER



The Early Onset Psychosis (EOP) Team was established in April of 2019. Amber Woods, LPC, is the Director of Mental Health and Crisis Services at Spindletop Center and is the manager of the EOP program.

The Early Psychological Intervention Clinic, EPIC, serves our early onset clients and families to provide a multifaceted approach to treatment, stabilization, development, and recovery.

Michelle Thiel, team lead, is the licensed professional counselor for the program and has experience working with young people, as well as persons experiencing chronic, persistent mental illness.

Danielle Miller (skills trainer), Kendra Overbey (outreach specialist), and Ashlee Pena (supported employment education specialist) are all qualified mental health professionals working with participants on coping strategies, understanding their illness, education, and employment related skills and supports, and providing outreach to the community, among other services.

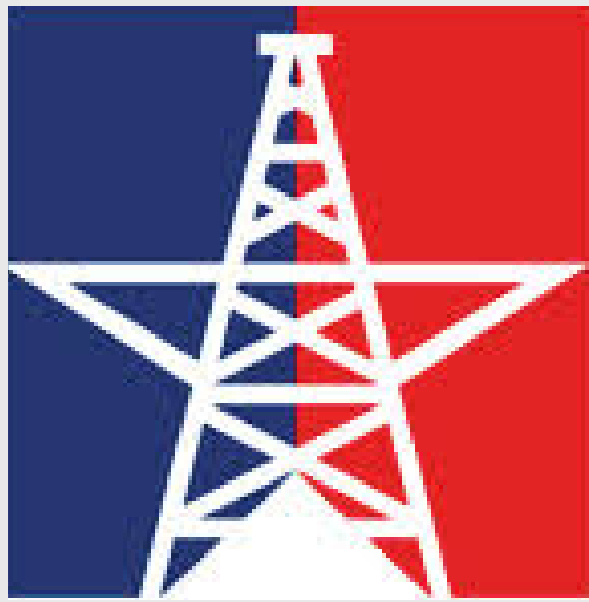
Kelly Sparkman, nurse practitioner, works with the EOP team and clients to prescribe and manage medications.

fun fact

When our program began, our first opportunity to really get to know each other was a road trip to Denton to attend training. So, three strangers headed toward Dallas to stay in a hotel and spend three days together. A little over a year later, as we welcome the newest member of our team during a pandemic, we are mostly limited to getting to know each other through video chats, messages and, online trainings. Quite the opposite!



**You can find us at 2750 S. 8th
St. Building C Beaumont, TX
77701**



Success **AT SPINDLETOP**

In the beginning, we were aware that we were working toward establishing and building a program that did not exist in our area. We knew that we would have to work together as a team to find our niche in our organization and community. We worked diligently to introduce ourselves to the programs within our organization and to those in our community and schools. We have used community outreach to not only introduce our program, but to get to know those in the community who we may get a chance to work with. During the short time since our program was established, we have faced the residual effects of Hurricane Harvey, the aftermath of Tropical Storm Imelda, and the current COVID-19 pandemic. We are proud to say that despite the challenges we have faced, we continue to push forward to build and strengthen the program that we strongly believe in.

The EOP Program was established to engage with persons age 15-30 who are experiencing psychosis for the first time or within the first two years of the onset of symptoms.

The EOP program is designed to provide training and support to assist eligible individuals with reaching their:
educational
employment
and life goals.

The EOP program provides outreach to agencies, schools, universities, and other providers to educate and provide a referral source for individuals they may be treating who may be eligible.





HOPE

Helping.Other. People.Excel

The First Episode Psychosis program (FEP) exists inside Andrew's Center, which is a non-profit organization that seeks, in part, to help the underserved. The First Episode Psychosis program encompasses many aspects of mental health. As a facet of the Coordinated Care Services (CSC), FEP utilizes psychiatry, therapy, employment services, and Peer Specialists (among other helpful services) in an attempt to help those who have experienced an episode of psychosis within the past two years that has lasted one week or longer.

In addition to helping the participant overcome their original diagnoses, the program works with an individual's interpretation of what recovery is defined as. Regardless if we are working on their diagnoses or the participant's definition of recovery, our guidance is based off of evidence-based practices. Our team also honors specific values, such as resiliency, self-determination, hope, and authenticity. Evidence-based practices and values guide our team towards helping those we serve to achieve better outcomes.

Our leaders work together with an individual in a mutual relationship. We believe that recovery is a non-linear process based off self-advocacy, which means we ensure that every voice is heard, while inspiring them to speak up for themselves within a medical setting. We believe that the utilization of all available psychoeducation and human talents, mixed with an individual's efforts, will guide the people in our program to grow, learn how to overcome obstacles, and learn how to live a more satisfying life. Overall, we believe that everyone can be helped and that recovery is always possible.

**You can find us at 2323 West Front St.
Tyler, TX 75702!**

success

TEAM HOPE

services

We always experience a sense of pride when someone overcomes an obstacle due to their efforts within the First Episode Psychosis program. When someone willingly faces a challenge to grow, the group is fast at sharing the news with one another. Observing that our participants are comprehending new information and using it in a way that benefits their lives makes us feel extremely excited. Whether they are learning a new coping skill to help them have successful social lives or learning a new way to cope with the stressors of a new job, knowing that they are finding ways to live better lives delights us.

Our elevated sense of happiness can also stem from watching the efforts of the program combine with the serious determination of our participants. For example, When Dominique Guthrie, our Employment Specialist, helps someone succeed in finding employment, our team celebrates. Knowing that a participant can afford the necessities of life, brings us a certain sense that they are making their lives stronger.

Or, when Kathy Keith, the L.P.C., is seriously thanked for spending the time helping a young woman with voices feel better about life, it warms our hearts. When the teams combined efforts work in unison with the drive of our participants, we see great recovery. Several FEP/HOPE participants are attending college, one is working on his GED. We have helped one client with housing and others find jobs. Other services provided are gas cards and phone cards. We have helped families with their utility bills and bought auto parts to ensure they have transportation to work. One of us even took a patient to temp job for a few days. Overall, our greatest sense of pride comes from watching the serious efforts of our participants turn into more manageable and hopeful lives.

Andrew's Center offers Mental Health Care, Integrated Health Care, Forensic Services, Intellectual and Developmental Disabilities Services, and an Autism Services Treatment and Learning Center.

These play a big role in our FEP Program!

Although the FEP program focuses on those between the ages of 15-30, we were trained on how to notice the abuse and neglect of elderly people, which can help protect our elderly patients if they are being abused. In another example, many people were trained how to recognize substance use disorders even if it did not directly relate to their title. Training employees to recognize possible problems, allows employees to guide people to therapy if the signs and symptoms are noticeable.

By understanding and learning about those in other programs throughout the hospital, our team is more unified, informed, and better able to help those we serve.





Texana Center's First Episode Psychosis program began in August 2019. The team consists of a Peer Specialist, Family Partner, Team Leader/Therapist, Care Manager, Supported Education and Employment Specialist, and Psychiatrist. We serve mainly clients in Fort Bend County, which is located in the Greater Houston Area.

fun fact

We are all Spanish-speaking!



We serve mostly Fort Bend County and Waller County.

Fort Bend County is considered the most diverse county in the nation!





services

Individual/family therapy

Psychiatry

Peer support

Case management

**Supported employment
&
education**



TEXAS

Health and Human Services

Coordinated Specialty Care Specialists are housed in the Texas Health and Human Services-Mental Health Program, Planning and Policy Department located at **8317 Cross Park 512-206-4500 in Austin, TX**. The unit provides support and technical assistance to the 24 CSC grantees across Texas.



Jessica Hissam and Christie Taylor are the Coordinated Specialty Care Program subject matter experts at the Texas Health & Human Services Commission - Mental Health Programs, Planning and Policy department. Jessica and Christie serve as the primary contacts for the Texas Coordinated Specialty Care grantees.

fun fact

We have been working from home since March 2020. We have a daily "morning huddle" with the other specialists from program, planning, and policy department. One morning we had a "talent contest." Christie displayed her gardening efforts in her front yard and Jessica shared her paintings in her art studio.



COORDINATED SPECIALTY CARE

success

services

In December 2019 Jessica Hissam and Christie Taylor began providing onsite visits offering technical assistance to Coordinated Specialty Care grantees. They enjoyed traveling around Texas and getting acquainted with center staff at several programs. "We were so impressed with the dedication and passion of the CSC program teams! And, we were disappointed when the pandemic brought our travels to an end. We look forward to continuing our in-person visits in the near future.

Our overall mission is to provide technical assistance and to monitor grantee progress regarding Coordinated Specialty Care contracts. Jessica is a seasoned professional with extensive experience in working in the state Health and Human Services Commission - Behavioral Health Services Division. She is the lead Specialist focusing on CSC program development, planning, and policy issues within the department. Christie has extensive clinical experience and is primarily focused on providing direct technical assistance to CSC grantee teams. Both are available and focused on supporting Coordinated Specialty Care Program fidelity to the treatment model.



TEXAS
Health and Human
Services

Texoma Community Center

The Local Mental Health Authority & The Local Intellectual Developmental Disability Authority

Cooke ✂ *Fannin* ✂ *Grayson*

Texoma Community Center (TCC)

works with the community to bring about awareness and to break the stigma of mental health and intellectual/developmental disability diagnosis. TCC offers a variety of services including case management, counseling, peer services, substance abuse services and more, for both adults and children. Coordinated Specialty Care (CSC) is designed to meet the needs of individuals with an early onset of psychosis. Coordinated Specialty Care is a multidisciplinary team that works collaboratively with the individual diagnosed with a psychosis to achieve recovery goals.

Currently, our team consists of Amberlee Conley – Director of AMH Services, Jayme LaMarche – Program Manager, Kaitlyn Davis - Team Lead/Primary Clinician, Matt Richardson - Medication Provider, Amy Higginbotham – Peer Support Specialist, and Yvonne Posada – Certified Family Partner. We are currently looking to expand our team by searching for a Supported Employment and Education Specialist. We also work closely with the TCC Crisis Team for 24/7 coverage if needed.

fun fact

Recently, we achieved Certified Community Behavioral Health Clinic (CCBHC) status. CCBHC facilities are designed to provide a comprehensive range of mental health and substance use disorder services to vulnerable individuals. With CCBHC, Texoma Community Center will be able to provide comprehensive services to individuals originally outside of the assigned catchment area. Texoma Community Center is expecting to be able to fill multiple gaps throughout our local area. In addition to this exciting news, staff members at Texoma Community Center are always finding interesting ways to decompress and practice self-care. Recently, we utilized giant inflatable bumper balls (aka bubble soccer) to release stress.



The Coordinated Specialty Care Program spans throughout three counties in Texas - Cooke, Fannin and Grayson Counties.

success

The rate of growth since accepting consumers just a year ago, has been much faster than anticipated, with a current caseload of 26 consumers. The program serves a wide array of consumers, with 7 individuals being under the age of 18. The Coordinated Specialty Care Team has been successful in building external relationships with other agencies and obtaining many referrals from these external sources. TCC has relationships with various hospitals and behavioral or mental health facilities in the community. Every day brings a new achievement and/or challenge when working with this diverse population. It has been a privilege to witness their progress. For example, there are multiple individuals who had previously required hospitalization. Now, with comprehensive services, they are working part-time jobs, taking care of their household, and planning for their futures. The effort that the individuals put forth and the resilience that they show enables them to make tremendous progress, and we are able to celebrate those accomplishments with them.

services

We offer a variety of services to individuals experiencing their first psychotic episode. We provide a comprehensive, collaborative treatment approach to rehabilitate young individuals who recently started experiencing symptoms of psychosis, such as visual or auditory hallucinations (hearing or seeing things that are not there), delusions (feelings or beliefs of altered reality), paranoia, grandiose thoughts, etc.

Programs offered through this program include recovery coaching, psychiatric and medication services, supported education and employment, peer support and family support, as well as interactive skill building groups with peers experiencing similar symptoms. Individuals also have access to a Benefits Specialist to assist them with Medicaid and Social Security applications, as well as 24/7 access to crisis services. This program also helps individuals seek out resources (such as food and housing) to help them gain and maintain their independence, while managing their psychosis symptoms. As well as being a support for the individual in services, we also offer support and skills to family members learning to cope with a new diagnosis as well.



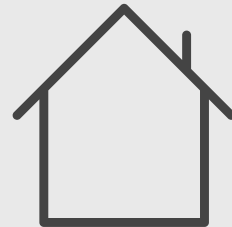
Healthy Minds. Meaningful Lives.

We have 5 current members of our FEP team including a Team Lead/Therapist, Recovery Coach, Supported Employment and Education Specialist, Psychiatrist, and Nurse who provide services to individuals with a range of diagnoses that include symptoms of psychosis. We use the Coordinated Specialty Care model to provide early intervention and support for our clients dealing with various psychosocial issues related to early onset psychosis.

Our agency as a whole is dedicated to enhancing the quality of life for those we serve and our communities by ensuring the provision of quality services for individuals with mental illness, substance use disorders and intellectual/developmental disabilities. Here at Tri-County Behavioral Healthcare we are committed to honesty and integrity; we are optimistic about the future for those we serve and for Tri-County; we believe everyone deserves to be treated with dignity and respect, and we strive for excellence in all that we do.

fun fact

Two of our rural clinic buildings were formerly fun places to be... Our Liberty building used to be a bowling alley and our Huntsville building used to be a skating rink.



Our team provides FEP services to the entirety of Montgomery County, TX while our overall organization provides community mental health services to Montgomery, Walker, and Liberty counties. Our primary office location is in Conroe, TX.

TRI-COUNTY BEHAVIORAL HEALTHCARE

success

At the time of the conference, our team and program will have been operating for one full year. During this time I am proud of the services and assistance that we have been able to provide to our clients. We have seen a reduction in overall hospitalizations for our clients and a general stability and growth for many while enrolled in the FEP program. Many of our clients have been able to obtain work or new jobs, even during the current pandemic, some of them for the first time in their life. We have had others who have decided to go to school and have successfully enrolled in college coursework pursuing a variety of career paths. Other individuals have been able to reduce the amount of psychiatric medications that they are taking while maintaining their psychiatric stability.



services

Our FEP team offers a variety of services to the individuals we serve. The main services that are offered include:

- Psychosocial rehab**
- Skills training**
- Medication management**
- Nursing services**
- Supported Employment and Education services**
- Family Education**
- Cognitive Behavioral Therapy (CBT)**

In addition to these services we also offer Cognitive Processing Therapy, Trauma-focused CBT, a dedicated direct-to-team extended hours crisis line, and substance use services.





A Voluntary Research Study

Conducted by Dr. Lisa Dixon from the New York State Psychiatric Institute

Individuals in early psychosis treatment needed to play a game or watch videos!



What Will You Be Doing?

- Play OnTrack>the Game OR watch videos on your own for 2 months.
- Complete 3 online surveys (these take 10-20 minutes).

You can participate if you:

- Are at least 18 years old.
- Speak English and are enrolled in a treatment program for psychosis.
- Have access to a computer or tablet with a webcam (at home, at school, etc.) and an email address.

Compensation

You can earn up to \$100 in gift cards.



For more information, please contact Reanne at (646) 774-8481 or reanne.rahim@nyspi.columbia.edu

*OnTrack>An Online Role
Playing Game IRB#7643*

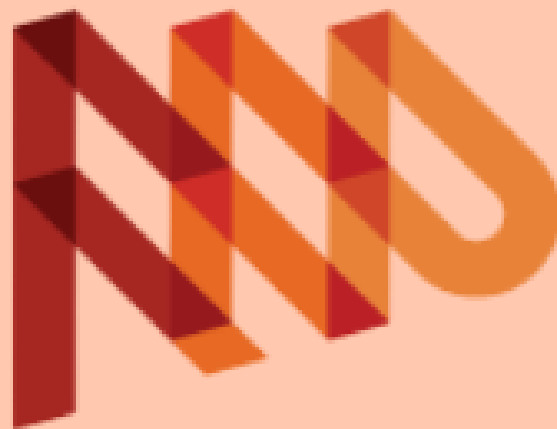
Acknowledgments:

We want to thank the many organizations within the South Southwest region who volunteered for the planning of this conference. Without their dedication, this event would not be possible..

This event was sponsored under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). At the time of this event, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the presenters, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



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