



# First Episode Psychosis

## RESOURCE LIST

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This resource compilation is designed for mental health clinicians, program leaders, community-based providers, recovery or peer specialists, researchers, and others involved in providing First Episode Psychosis (FEP) interventions and supports. Advocates, families, and people who have experienced FEP may also find this list useful, especially the tools listed under “Resource Banks.”

### Webinar/Video Resources

#### 1. A Clinicians Guide to First Episode Psychosis for Latinx Youth

The Early First Episode Program at the University of New Mexico’s Department of Psychiatry and Behavioral Sciences provides multidisciplinary and recovery-oriented Coordinated Specialty Care to young adults experiencing a first episode of psychosis (FEP). Members of the Early team presented on best practices for (i) initial engagement, assessment, and family involvement, (ii) psychosocial interventions, and (iii) pharmacological treatment when working with Latinx youth experiencing psychosis for the first time. The presentation is designed for clinicians from across disciplines who may support this population in their daily work.

<https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhttc/product/clinicians-guide-first-episode-psychosis-latinx>

#### 2. Updates in First Episode Psychosis Care

The first episode of psychosis is a crucial time to intervene and potentially change the trajectory of a schizophrenia-spectrum illness. With the number of coordinated specialty care (CSC) teams expanding rapidly across the U.S., there are more services available for people with first episode psychosis than ever before. Dr. Robert Cotes provides an update on the phenomenology, services, and treatments available for people with first episode psychosis as well as lessons learned from the perspective of someone who has worked on a CSC team.

<https://mhttcnetwork.org/centers/southeast-mhttc/product/updates-first-episode-psychosis-care>

#### 3. Recovery-Oriented Cognitive Therapy: Motivation and Connection

In this session, Dr. Aaron Brinen, Assistant Professor Psychiatry at Drexel College of Medicine, discusses the obstacles that negative symptoms can pose to recovery for individuals with psychosis. Dr. Brinen shares innovative strategies to overcoming challenges of motivation and connection.

<https://mhttcnetwork.org/centers/south-southwest-mhttc/product/recovery-oriented-cognitive-therapy-motivation-and-connection>

#### 4. Early Psychosis Conference Youth and Family Panel

In this session, Dr. Nev Jones facilitates a discussion with panelists Edith Burns and Trinity Blue to discuss their experiences with early psychosis care. Participants hear from youth and families about how to improve services and supports for persons who have experienced psychosis. Participants were also given the opportunity to ask questions and discuss pathways for implementing the ideas that arise from the panel into their own communities.

<https://mhttcnetwork.org/centers/south-southwest-mhttc/product/early-psychosis-conference-youth-and-family-panel>

#### 5. 2020 Southwest First Episode Psychosis (FEP) Conference

Recorded presentations and slides from the 2020 Southwest FEP annual conference.

<https://mhttcnetwork.org/centers/south-southwest-mhttc/news/southwest-first-episode-psychosis-conference-2020>



## 6. FEP Conference Conclusion

In this session, Jennifer Baran-Prall summarizes key themes from an MHTTC-sponsored conference on FEP and Dr. Molly Lopez offers an innovative Thought Exchange exercise.

<https://mhttcnetwork.org/centers/south-southwest-mhttc/product/fep-conference-conclusion>

## 7. Recovery Oriented Cognitive Therapy for Distressing Hallucinations

In this presentation, Dr. Brinen shares practical strategies for addressing distressing hallucinations using Recovery-Oriented Cognitive Therapy.

<https://mhttcnetwork.org/centers/south-southwest-mhttc/product/recovery-oriented-cognitive-therapy-distressing>

## 8. Clinical High Risk for Psychosis: Screening, Assessment, and Treatment

In this presentation, Dr. Jason Schiffman, Professor of Psychology and Director of Clinical Training at the University of Maryland Baltimore County, describes strategies for early identification of chronic high risks for psychosis to help minimize delays in service and care. Special attention is paid to cultural and contextual considerations to assessment. An introduction to psychosocial treatment for those at risk for psychosis is also presented.

<https://mhttcnetwork.org/centers/south-southwest-mhttc/product/clinical-high-risk-psychosis-screening-assessment-and>

## 9. Transforming Our Culture: Embracing Lived Experience and Evidence

In this presentation, Nybelle Caruso, Dr. Nikolas Buekea, and Tamara Sale, from the Early Assessment & Support Alliance (EASA) Center, build on research about first episode psychosis to discuss how early intervention programs have been established nationally focusing on the needs of young people and their families. Participants learn about the evolution of these national initiatives and the support, assessment, and treatment they provide for teenagers and young adults. This presentation provides a current state of affairs for early psychosis programs throughout the nation.

<https://mhttcnetwork.org/centers/south-southwest-mhttc/product/transforming-our-culture-embracing-lived-experience-and>

## 10. EPLC | Online Discussion Series 1 - Financing First Episode Psychosis Programs: Developing Medicaid and Commercial Insurance Support in Maine

This discussion series led is by Douglas Robbins, a Child and Adolescent Psychiatrist with Maine Behavioral Healthcare in Portland Maine and Clinical Professor of Psychiatry at Tufts University. He discusses the financing of FEP Programs in Maine. To download the slides, click here.

<https://mhttcnetwork.org/centers/new-england-mhttc/product/eplc-online-discussion-series-1-financing-first-episode-psychosis>

## Infographic

### 1. Early Psychosis Care

Serving as an accompaniment to Dr. Cotes's presentation on "[Updates in First Episode Psychosis Care](#)," this infographic summarizes psychosis and symptom progression, highlights the importance of early intervention, and reviews barriers to and tips for treatment engagement.

<https://mhttcnetwork.org/centers/southeast-mhttc/product/early-psychosis-care>

## Resource Banks

### 1. Early Psychosis Program Directory (Map)

The programs represented on this map are from the Program Directory of Early Psychosis Intervention Programs, produced by the Early Assessment & Support Alliance (EASA) and the Foundation for Excellence in Mental Health Care (FEMHC).

<https://med.stanford.edu/peppnet/interactivedirectory.html>

### 2. OnTrackNY Webpage

OnTrackNY is an innovative treatment program for adolescents and young adults who have had unusual thoughts



and behaviors, or who have started hearing or seeing things that others don't. The organization helps people achieve their goals for school, work, and relationships. Their webpage is a comprehensive listing of resources for young adults, family members, providers, and organizations.

<https://ontrackny.org/Resources>

### **3. Hearing Voices Network**

This website is a non-profit, volunteer-run clearinghouse and network that creates respectful and empowering spaces, while challenging the inequalities and oppressive practices that hold people experiencing psychosis back.

<https://www.hearing-voices.org/>

### **4. Early Psychosis Intervention Network (EPINET)**

EPINET is a national learning health care system for early psychosis. EPINET links early psychosis clinics through standard clinical measures, uniform data collection methods, data sharing agreements, and integration of client-level data across service users and clinics. Clients and their families, clinicians, health care administrators, and scientific experts partner within EPINET to improve early psychosis care and conduct large-scale, practice-based research.

<https://nationalepinet.org/>

### **5. OnTrackNY Video Library**

This webpage offers videos featuring OnTrackNY participants, graduates, families, and team members.

<https://ontrackny.org/Videos>

### **6. Program Directory of Early Psychosis Intervention Programs**

This directory was developed by the Early Assessment and Support Alliance (EASA) Center for Excellence at Portland State University. It was originally developed in partnership with the Foundation for Excellence in Mental Health Care ([mentalhealthexcellence.org](http://mentalhealthexcellence.org)). Currently, it is maintained in partnership with the National Technical Assistance Network for Children's Behavioral Health (The TA Network).

[https://easacommunity.org/files/Early\\_Psychosis\\_Intervention\\_Program\\_Directory.pdf](https://easacommunity.org/files/Early_Psychosis_Intervention_Program_Directory.pdf)

## **Publications**

### **1. Coordinated Specialty Care for People with First Episode Psychosis: Assessing Fidelity to the Model**

This issue brief reviews the importance of measuring implementation fidelity, lists the core components of CSC to monitor via fidelity measures, suggests potential data sources for measuring these core components, and reviews ways data from these sources can be aggregated into measures of CSC fidelity.

[https://www.nasmhpd.org/sites/default/files/Issue\\_Brief\\_Fidelity.pdf](https://www.nasmhpd.org/sites/default/files/Issue_Brief_Fidelity.pdf)

### **2. First Episode Psychosis Programs - A Guide to State Expansion**

While First Episode Psychosis programs are growing, advocacy is needed to speed the spread of programs in every state. National Alliance on Mental Illness (NAMI) created the following as a guide to help NAMI State Organizations lead the charge. It is designed to equip advocates with tools to ensure that every young person experiencing psychosis in any state can receive quality FEP care.

<https://www.nami.org/getattachment/Extranet/Advocacy/FEP-State-Advocacy-Toolkit/FEP-State-Advocacy-Guide.pdf>

### **3. Expansion of Coordinated Specialty Care for First-Episode Psychosis in the US**

New research findings, federal funding for early psychosis treatment programs, and an abundance of coordinated specialty care (CSC) implementation and training resources have stimulated rapid expansion of CSC programs across the US. This report examines research initiatives aimed at reducing the duration of untreated psychosis; learning more about long-term outcomes after discharge from CSC; and accurately identifying individuals at high risk for psychosis and intervening to prevent clinical worsening or conversion to a psychotic disorder.

<https://www.pathwaysrtc.pdx.edu/pdf/fpS1603.pdf>

### **4. Experiences of Hearing Voices: Analysis of a Novel Phenomenological Survey**



Understanding of the variation in subjective experiences of hallucination is central to psychiatry, yet systematic empirical research on the phenomenology of auditory hallucinations remains scarce. This study aims to record a detailed and diverse collection of experiences, in the words of the people who hear voices themselves.

<https://www.sciencedirect.com/science/article/pii/S2215036615000061>

#### **5. Northwest MHTTC News: Responses and Resources for Providing Care during COVID-19**

The Northwest MHTTC created this special edition newsletter (April 2020) which compiles a variety of resources on the subject of providing care during the COVID-19 pandemic, including a virtual conference, a Telemental Health Toolkit, and guidance from leaders of First Episode Psychosis programs.

<https://mhhtcnetwork.org/centers/northwest-mhhtc/product/northwest-mhhtc-news-responses-and-resources-providing-care-during>

#### **6. First Episode Psychosis and Clinical High-Risk National Stakeholders and Key Resources**

A number of national, regional, and state groups are all working toward system change and better financing mechanisms to provide better care for FEP. The MHTTC Network compiled this list of some of the national stakeholders and key resources on first episode psychosis and clinical high risk.

<https://mhhtcnetwork.org/centers/mhhtc-network-coordinating-office/product/first-episode-psychosis-and-clinical-high-risk>

#### **7. Peer Involvement and Leadership in Early Intervention in Psychosis Services: From Planning to Peer Support and Evaluation**

The goal of this guide is to provide a range of different stakeholders with information and best practices for peer support and leadership in early intervention for psychosis (EIP) services. This manual is especially useful for state-level administrators, clinical directors, peer and family advocates, young people, and early intervention planning committee members, as well as researchers and others with an interest in youth and peer involvement. This document includes many concrete examples of exemplary or innovative services, projects and individuals (see “spotlights”), and a comprehensive appendix of resources is offered at the end of the guide.

[https://www.nasmhpd.org/sites/default/files/Peer-Involvement-Guidance\\_Manual\\_Final.pdf](https://www.nasmhpd.org/sites/default/files/Peer-Involvement-Guidance_Manual_Final.pdf)

#### **8. EPLC: Engagement in Early Psychosis**

Emily Kline discusses how many individuals with first episode psychosis are reluctant to attend treatment and are at risk for dropping out before receiving the full benefits of care. This webinar reviews reasons that teens and young adults may be wary of first episode psychosis treatment and offers practical suggestions for creating a program that promotes engagement and minimizes barriers at the outset of treatment.

<https://mhhtcnetwork.org/centers/new-england-mhhtc/product/eplc-engagement-early-psychosis>

