

# Beyond the Clinic: The Healing Power of Kindness & Community



SOUTH SOUTHWEST MHTTC

## First Episode Psychosis Virtual Conference 2024

Pausing with Purpose:  
Guiding FEP Care with Human Connection

**Gustavo Perez, PhD**

Clinical Associate Professor  
University of Arizona, Psychiatry





# Building Community with Shared Experiences

*“Schizophrenia does not have to be debilitating. It is debilitating if left untreated, but with the right combination of medication and recovery work, I can live a successful life and be just as happy and content as everyone else.” LT*



**Laurie Taylor**, Program Manager for Café 54, a job training program for people with mental health problems, and a person with lived experience.



# Building Community with Shared Experiences: Meet the Parents

*“Before EPICenter, we had to be his therapist, we had to be his counselor, we had to figure out what was going on, and all of the sudden he didn't have to come to us. He could call or go in, talk about us to someone else. It was good for him to have a support group that did not include us, that would help him find himself without his parents saying: ‘This is what we see.’ He needed to see who he was without us interfering anymore.*

*That is what EPICenter brings the student, to help them learn who they are.”* Mona Moore



Andrew Moore, EPICenter Peer Support Specialist, and his parents Mona and Lew Moore



# Building Community Within & Beyond the Clinic: Intentional Spaces

**LGBTQ+ Therapy Group**  
- Living with Pride -

OPEN TO EPICENTER & WHOLE HEALTH CLINIC MEMBERS 18+

**Mondays at 5-6pm**  
with therapists Colin Tidwell, MA & Catalina Rini, MS, BCBA

6/3, 6/10, 6/17, 6/24, 7/1, & 7/8

Contact Colin or Andrew Moore, PSS for more info  
colintidwell@bannerhealth.com or 520-694-1795

EPICENTER  
Banner University Medicine  
Psychiatry

**EPICENTER**

**EXPLORE, HAVE FUN, & SOCIALIZE**

**EPICENTER**

*Social Hour at the Museum*

**SEPTEMBER 3, 2021 1PM - 3 PM**

University of Arizona  
Arizona State Museum  
1013 E. University Blvd.  
Tucson, Arizona 85721  
RSVP to Michelle Spetnagel:  
520-694-9459  
michelle.spetnagel@bannerhealth.com

**EPICENTER**

**STARTING AUGUST 16, 2021!!!**

**MONDAYS**

Social Skills Group  
(In Person)  
4:00-5:00 pm

**TUESDAYS**

CBT Young Women's Group  
(Virtual)  
4:00-5:00 pm      Social Club  
1st and 3rd Tuesday

CBT Young Adults Group  
(In Person)  
5:00-6:00 pm

(In Person)  
4:00-5:00 pm

**WEDNESDAYS**

Multifamily Group  
1st and 3rd Wednesday  
(In Person)  
4:30-5:30 pm

To protect our members and our staff masks and social distancing are required when attending groups in person.

**EPICENTER INVITES YOU TO ATTEND**

**LAS MILPITAS**

Learn about the community gardens, culinary program, volunteer opportunities and more.

**April 9, 2021 from 9am - 12pm**

2405 S Cottonwood Ln.  
Tucson, AZ 85713  
Call Michelle for Info 520-694-9459

**Explore Your World**

[www.communityfoodbank.org/Locations/Las-Milpitas](http://www.communityfoodbank.org/Locations/Las-Milpitas)

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**EPICENTER**  
Early Psychosis Intervention Center

**Spring Open House**  
April 28, 4:30-6pm  
Whole Health Clinic  
535 N. Wilmot Rd. # 201

**4:30-5pm: Check-in | 5pm-6pm: Break-Out Sessions**

This is an in person event for all EPICenter members, families, and friends (16 & up). We are excited to have you back! To ensure everyone's safety, we will follow Banner University COVID protocols. Masks must be worn at all times regardless of vaccination status. Thank you for your cooperation.

**Session 1: Psychiatric Medications: Risks and Benefits**  
with Dr. Philip Lam and Dr. Rose Sivilli  
Open to all EPICenter members, families, and friends

Learn the basic principles of a variety of psychiatric medications, how these medications work, and discuss how to manage side effects with your doctor, family, and friends.

**What to Do & Not Do**  
with Dr. Philip Lam and Dr. Toby Sanchez  
Open to all EPICenter members, families, and friends

Challenging to everyone involved. Knowing when to seek help and how to prepare for difficult situations at home and about work can be challenging times.

**Workshop**  
Open to all EPICenter members, families, and friends

Learn how to manage your symptoms and how to communicate with your family or friends) and how to work with a Poetry Center community educator, who will share her ideas, experiences and hopes with you. Come have some fun with words while building a sense of community. No poetry experience required. Sign up for this workshop in you!

Contact Michelle Spetnagel at [Hurt@bannerhealth.com](mailto:Hurt@bannerhealth.com) or 520-694-1768 for more information and each person's session preference.

Psychiatry

[patient-care/epicenter/upcoming](http://patient-care/epicenter/upcoming)

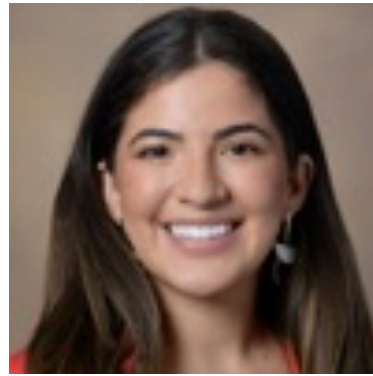


# Kindness is Good Medicine

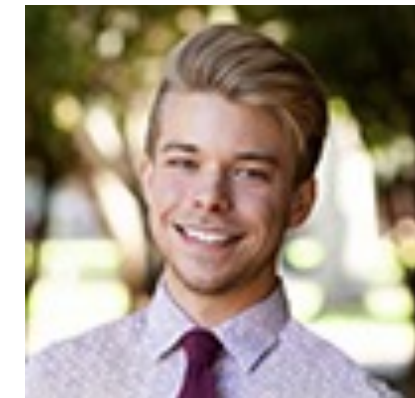


Dr. Jeannette Maré, Center in white, with members of the EPICenter team during the launch of the “Kindness is Good Medicine” Project, a collaboration with U of A Norton School of Human Ecology focused in building a culture of intentional kindness at EPICenter





Early Psychosis Intervention Center



# Thank you

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