
Detection for Early Psychosis in Young Adults

JRI's Northeast Area
Early Psychosis Flexible Support Team

CFFS'S SPECIALTY TEAMS

- Children's Friend and Family Services is a Division of Justice Resource Institute (JRI)
 - Locations:
 - Lynn, Lawrence, Salem, Gloucester, and Lowell
 - Services:
 - Outpatient
 - In-home Family Therapy (IHT)
 - Therapeutic Mentoring (T.M)
 - CSA (Lynn & Lawrence)
 - Early Psychosis Specialty Care (DMH Flexible Support Contract)
 - NEW Drop-in Center in Gloucester
-

WHAT IS PSYCHOSIS?

- Most likely to begin in young adulthood
- Like other illnesses it can be treated
- Can be the presence or absence of something (known as + or - symptoms)

“Conditions which affect the mind and where there appears to have some loss of contact with reality.”

Around 3 out of every 100 people will experience a psychotic episode.

Access to Appropriate Treatment

What does it look like for a youth with early signs of psychosis?

Obstacles to treatment:

- Transportation
 - Desire to Receive Care
 - Lack of Culturally-Competent Care
 - Resources to Learn More
 - Social stigma and limited mental health awareness
-

PEACE

P - PARTNERS

E - EMPOWERING

A - ADOLESCENT

C - COMMUNITY

E - EXPERIENCES



Stress Vulnerability Model

Biological Vulnerability



Symptoms

Stress

Symptoms of Psychosis

Symptom	Description	Example
Hallucinations	Hearing, seeing, feeling, or smelling things that others do not experience	Hearing voices others cannot hear or seeing things that others do not see.
Delusions (having false beliefs)	Having a firm belief that is strongly held in spite of contrary evidence	Feeling convinced that ways cars are parked outside of house indicate person is being watched by police.
Confused thinking & other cognitive difficulties	Difficulty thinking and expressing oneself clearly; Problems with concentration, memory, and reasoning	Sentences are unclear or don't make sense. Thoughts seem to speed up or slow down, easily distractable.

Symptoms of Psychosis (cont.)

Symptom	Description	Example
Decline in Social Functioning	Less time socializing, problems at school or work; isolation	Difficulty making friends or spending time w/friends & family; spending a lot of time alone in one's room.
Disorganized Behavior	Unpredictable movements or remaining motionless for extended periods.	Standing looking at the sun for hours; staying in a stuck position.
Negative Symptoms	Lack of energy, motivation, pleasure, or emotional expressiveness.	Things that you used to enjoy don't bring the same pleasure; difficulty "getting going"

STAGES OF PSYCHOSIS

- **Phase 1: Prodrome**
 - The early signs are vague and hardly noticeable. There may be changes in the way some people describe their feelings, thoughts and perceptions.
- **Phase 2: Acute**
 - Clear psychotic symptoms are experienced, such as hallucinations, delusions or confused thinking.
- **Phase 3: Recovery**
 - Psychosis is treatable and most symptoms improve. The pattern of recovery varies from person to person.

(+) and (-) Symptoms

- **Positive Symptoms:**

- Unusual perceptions
- Odd beliefs
- Hallucinations
- Feeling of uneasiness around others
- Paranoia
- Ideas of reference or grandiosity

- **Negative Symptoms**

- Sudden loss of social connection
- Marked withdrawal
- Catatonia

Treatment	Provider	Aims
Medication Management	Psychiatrist, Nurse Clinician, Prescriber	Monitor use of medication to reduce symptoms
Family Education Program (FEP)	Intensive Family Therapy Clinician	Provide information and skills to help relatives support their family member's involvement in treatment and to move forward in recovery
Individual Resiliency Training (IRT)	IRT Clinician/Outpatient	Work collaboratively to make progress towards goals and improve functioning
Family Partner	Trained family partner with lived experience	Shares lived experience of parenting a child with psychosis and mental health challenges
Peer Mentor	Trained mental health professional with lived experience	Shared lived personal experiences with psychosis to provide emotional support

Peer Support Specialist

- Personal Life experience with a Mental health condition And is further along in their treatment Journey.
 - Use of personal life experiences to help others cope with similar mental health Conditions “I have been there my self”
 - Support in Identifying areas the youth would need more support
 - Emotional support
 - Identifying Strengths.
 - Problem solve
 - Feedback
-

Referral Process: PEACE TEAM

1. DMH application
 2. Determine appropriate treatment
 3. Criteria
 - a. Must be under 22 years of age
 - b. Experienced a first episode of psychosis or is at risk of developing early psychosis
 - c. No insurance required for P.E.A.C.E
 - d. If insurance accepted by CFFS, outpx with focus on psychosis is another option (no DMH needed)
-

Referral Process: FEP TEAM

1. Submit an outpatient therapy referral form
 - a. Check off “Salem office” for all referrals
 - b. Fax to number on form or email Christin Brown (cbrown2@jri.org)
 2. Team will determine appropriate treatment
 3. Criteria
 - a. Experienced a first episode of psychosis within 3 years of referral
 - b. Has JRI-accepted insurances (Blue Cross Blue Shield, Masshealth, Optum, Allways, Harvard Pilgrim)
-

Questions
