

FIRST EPISODE PSYCHOSIS (FEP)

PSYCHOSIS is when a person loses contact with reality due to the onset of a serious mental illness—such as schizophrenia, bipolar disorder, and post-traumatic stress disorder.

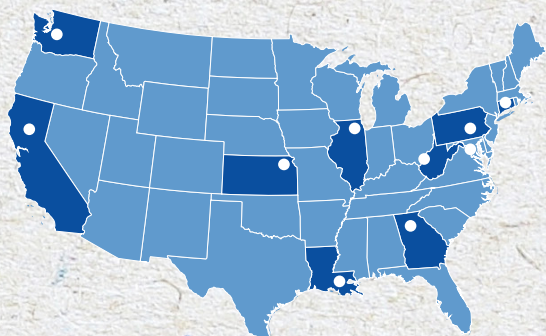
Of the majority of persons who experience psychosis, the onset of symptoms typically occurs between the ages of **16 and 25**.

Of persons experiencing psychosis, the average person doesn't engage with treatment until an average of **74 weeks** after the onset of illness.

Through pioneering research and treatment models like NIMH's **RAISE study**, individuals can avoid a lifetime of disability and find fulfillment in daily life.

Early in March 2015, the National Council for Behavioral Health launched the **Early Onset Community of Practice**.

Community of Practice Participants



44 organizational applications resulting in **10** participating organizations from **10** different states

All with underserved populations

Through concentrated technical assistance, agencies completed a **SWOT** (strengths, weaknesses, opportunities, threats) analysis.

Participants learned about **Coordinated Specialty Care (CSC)** to inform their programs

Case Management: Assistance by care manager who helps clients and family members to navigate their treatment options.

Medication/Primary Care: Communication about the importance of medication even after symptom improvement

Psychotherapy: Cognitive behavioral therapy as an evidence-based intervention for psychosis

Family Education and Support: Clients choose who they want involved in their recovery, and families/supports get information to play an active role in recovery

Supported Employment and Education: Fostering autonomy and setting goals to live to the fullest



All ten organizations are on their way to implement a first-episode program with continued support to expand the program and services.

3 participants have already commenced early onset services for their populations.

4 participants have partnerships with universities/colleges or health departments for implementation

4 participants have created a team to implement the CSC model

2 participants have been awarded their state's 5% mental health block grant to fund their programs

Did you know?

3 in 100 people will experience psychosis in their lives

\$300 BILLION
The total cost associated with serious mental illness annually

Approximately **1/3** of persons with schizophrenia will attempt suicide

The economic burden of schizophrenia is greater in the year following the first episode compared to the third year