

# ACMI

## Association for the Chronically Mentally Ill

- Please mute your lines
- Send your questions in chat
- To see speakers, go to speaker view
- Doctors will be glad to answer questions on First Episode Center & Psychosis topics
- No specific patient treatment questions
- We will begin promptly at 5:00 PM
- Educational session is being recorded & webinar will be available on <https://acmionline.com>
- Certificate of Attendance is available- request by sending an email to: [contact@acmionline.com](mailto:contact@acmionline.com)





# Changing the Course of Schizophrenia

WHAT EVERYONE NEEDS TO KNOW ABOUT  
FIRST EPISODE TREATMENT





# Agenda

- 1 Psychosis Overview
- 2 First Episode Psychosis Intervention
- 3 Psychosocial Treatments
- 4 Pharmacological Treatments
- 5 Testimonials



# Psychosis Overview



# Common Myths About Psychosis

Psychosis means you have a split personality

Violence is common among individuals with psychosis

People with psychosis cannot hold down a job

Psychosis is caused by bad parenting.

People with psychosis can seem perfectly normal one moment and change into a different person the next.

People with psychosis usually require long-term hospitalization



# What is Psychosis?

Psychosis is a symptom, not a diagnosis.

It is more common than you think.

It is a cluster of symptoms that vary.

**First Episode Psychosis is signs of beginning  
to lose contact with reality.**



# Symptoms of Psychosis



## POSITIVE

- Hallucinations
- Delusions
- Disorganized Behavior and Speech



## NEGATIVE

- Reduced Motivation
- Reduced Displays of Emotion
- Reduced Speech
- Reduced Enjoyment from Pleasurable Events



## COGNITIVE

### Problems with:

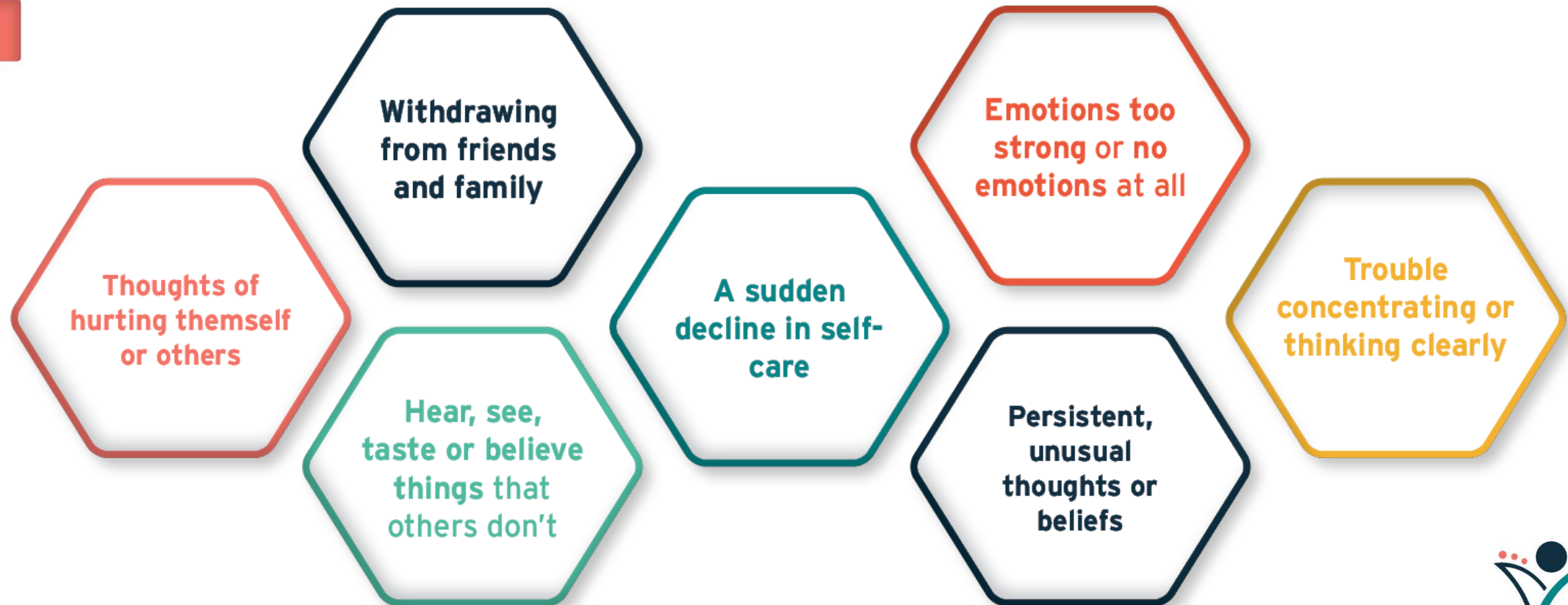
- Memory
- Attention
- Problem-Solving
- Recognition of Others' Emotions
- Processing Speed



**Resilient**  
Health



# Signs of Psychosis







# Diagnosis of Psychotic Disorders

Brief  
psychotic  
disorder

Schizophreniform  
disorder

Schizophrenia

Schizoaffective  
disorder

Substance-  
induced psychotic  
disorders

Delusional  
disorder

Psychotic  
disorder due  
to a general  
medical  
condition

Major  
depressive  
disorder with  
psychotic  
features

Bipolar  
disorder  
with  
psychotic  
features



# Contributing Factors



## GENETIC

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- Several genes linked to psychosis
- No single gene causes psychosis

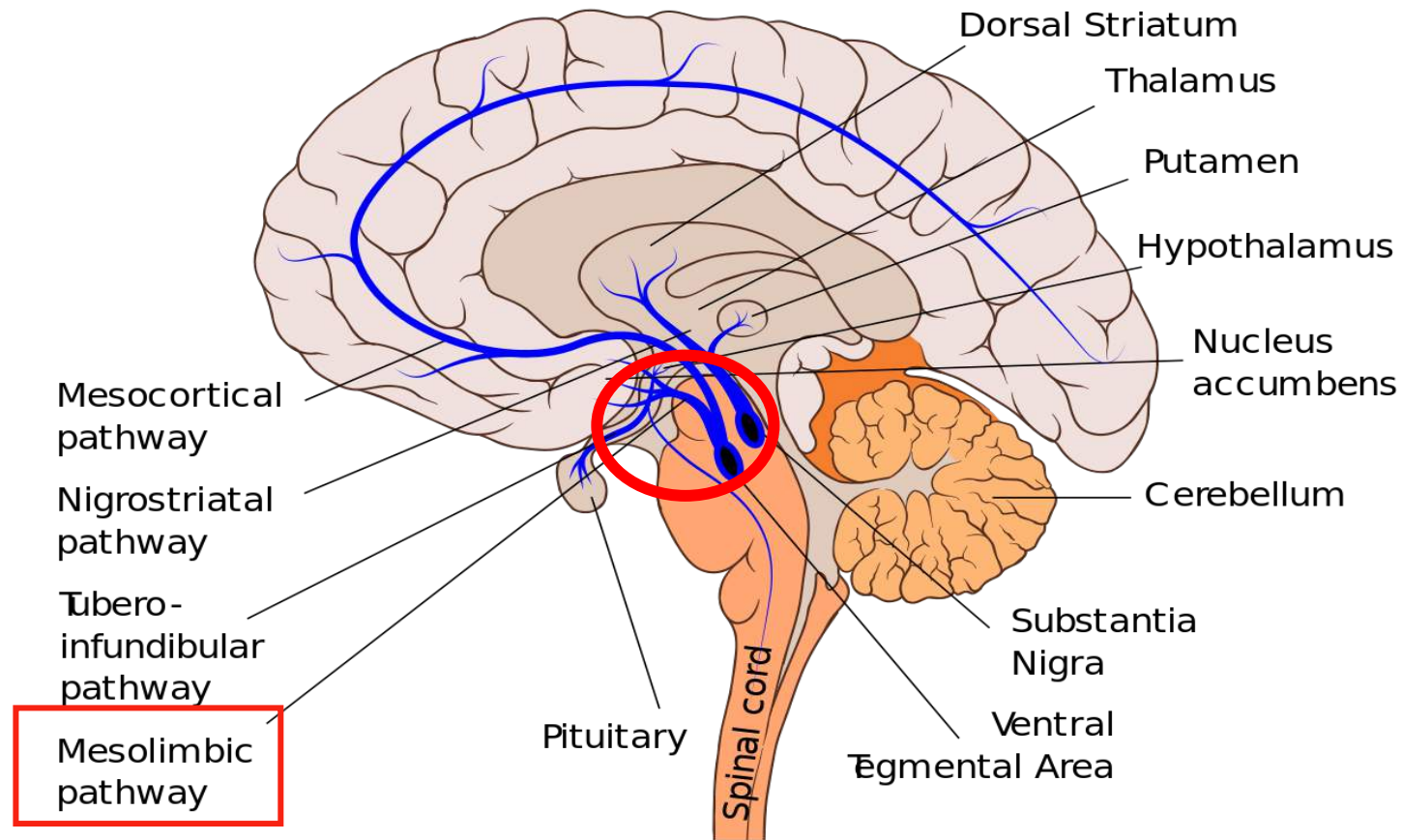


## ENVIRONMENTAL

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- Birth injury
- Maternal exposure to viruses, toxins, or famine
- Stress/Trauma
- Substance use

# Changes in the brain





# First Episode Psychosis Intervention



# The 'Critical Period' Hypothesis

Occurs in  
the first few  
years of  
psychosis

Most  
functional  
deterioration  
occurs during  
this period

Severity of  
symptoms is  
predictive of  
the severity  
of symptoms  
later

Individuals  
show the best  
response to  
treatment  
during this  
period



# Our FEP Services



Length

**18-24 months**



Components

**Psychotherapy**  
**Family Support + Education**  
**Medication Management**  
**Supported Education + Employment**  
**Peer Support**  
**Case Management**



Approach

**Coordinated  
Specialty Care/  
Team Approach**



**Resilient  
Health**



# What is Coordinated Specialty Care (CSC)?



**Shared Decision Making:** Involves clinicians, participants, and family members



Increase knowledge



Increase participation in/commitment to treatment



Strengthen the therapeutic alliance





# Who Qualifies for FEP Services?



Age

**15-30 Years Old**



Timeline

**Within first two years  
of first psychotic  
episode**



Diagnoses

**Schizophrenia Spectrum  
Disorders**



**Primary Mood with  
Psychotic Features**





# Who Does Not Qualify?

**Outside the  
age range  
(15-30)**

## DIAGNOSIS OF:

- **Substance/Trauma-Induced Psychosis**
- **Cognitive Delays/Organic Brain Impairments**
- **Autism Spectrum Disorder**
- **Traumatic Brain Injury**



# Psychosocial Treatment



# 10 Core Sessions

1

First Meeting: Introduction to FEP

2

Early Intervention and Recovery: Symptom Management

3

Shared Decision-Making: Treatment Goals

4

Exploring Cultural Background: Understanding of Psychosis

5

Identifying Strengths and Social Supports

6

Enhancing Social Skills

7

Understanding How Substances Affect Recovery

8

Learning to Manage Emotions + Symptoms: Coping skills/ CBT

9

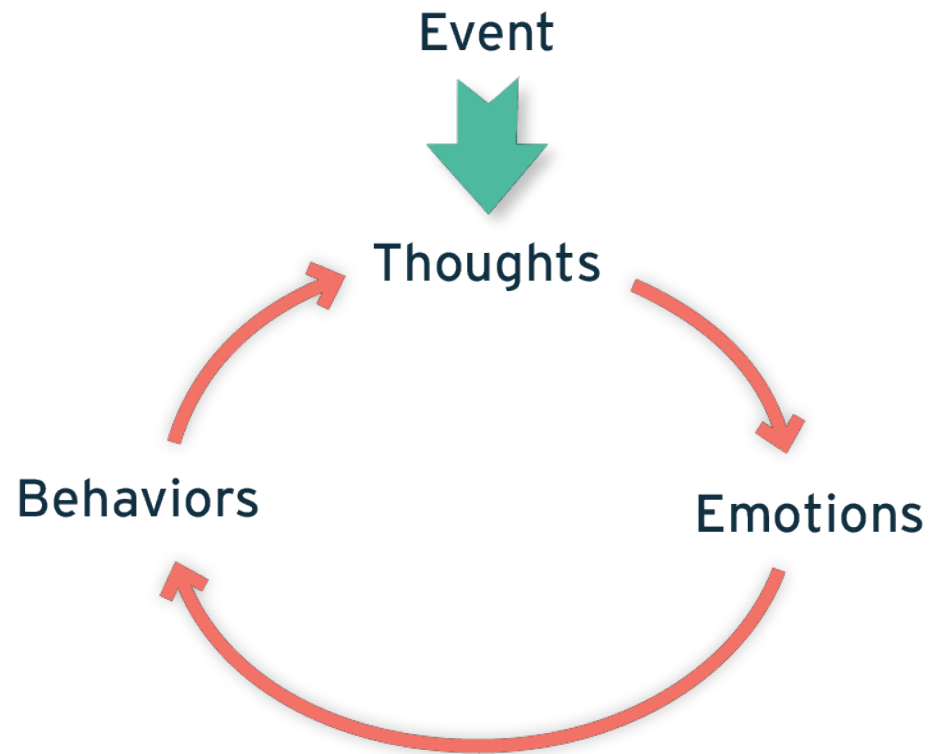
Increased Engagement in the Community

10

Transition from FEP Program: Connecting with community supports

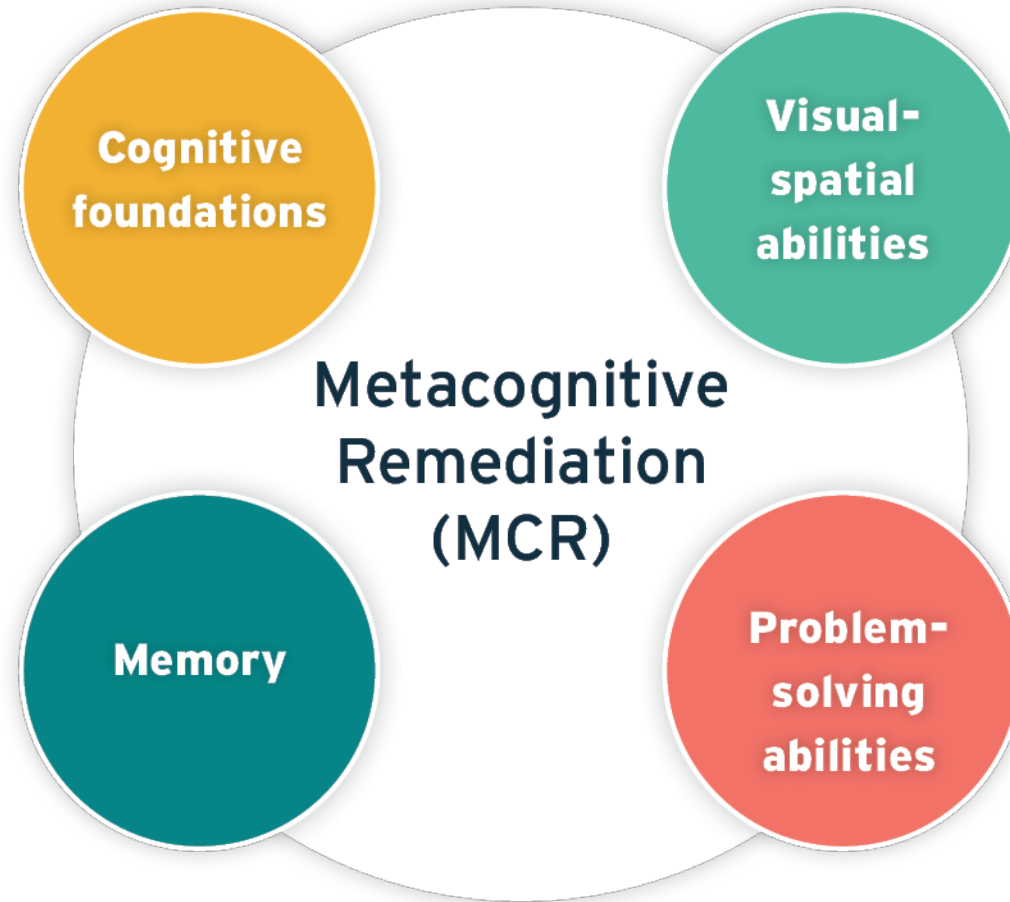


# Cognitive Behavioral Therapy (CBT)





# Cognitive Remediation





# Other Treatment Approaches

Polyvagal  
Theory

Safe and Sound  
Protocol

Motivational  
Interviewing

EMDR

Grief and Loss

Psychoeducation

Supported  
Education +  
Employment

Skills Training

Group Therapy



# Active Participation in the Process





# Pharmacological Treatments





# Medication Management

**Antipsychotics**

Long-acting  
injectables



**Stabilize  
levels of brain  
neurotransmitters**

## SIDE EFFECTS:

- Weight gain, hyperlipidemia, diabetes
- Heart rhythm abnormalities
- Abnormal movements (Tardive Dyskinesia)
- Lowered white blood cell counts



# Medication Management

## FIRST GENERATION ANTIPSYCHOTICS

Generic Name	Trade (Brand) Name
Chlorpromazine	Thorazine
Fluphenazine	Prolixin
Haloperidol	Haldol
Loxapine	Loxitane
Perphenazine	Trilafon
Thioridazine	Mellaril
Thiothixene	Navane
Trifluoperzine	Stelazine

## SECOND GENERATION ANTIPSYCHOTICS

Generic Name	Trade (Brand) Name
Clozapine	Clozaril
Olanzapine	Zyprexa
Quetiapine	Seroquel
Risperidone	Risperdal
Aripiprazole	Abilify
Ziprasidone	Geodon
Lurasidone	Latuda
Asenapine	Saphris



# Benefits of FEP Services



**Symptom reduction**



**Decrease in hospitalizations**



**Reduction in substance use**



**Decrease in psychotropic medications**



**Improved relationships**



**Improvement in cognitive function**



**Reintegration into the community**



**Return to work and/or school**



**More connections with outside world**



**Resilient  
Health**



# Testimonial



Steve\*, age 24

## Before FEP Program:

- *Unable to attend school or work due to his psychotic symptoms of hearing command voices*
- *Low motivation, multiple hospitalizations and suicidal thoughts*

## With FEP Program:

- *Only one short hospital stay*
- *Worked part time to help with his expenses*
- *Graduated from ASU with his bachelor's degree in business*
- *After graduating, was able to begin his career*



# Testimonial



Andrew\*, age 23

*Entered FEP Program with severe social anxiety and psychotic symptoms.*

## With FEP Program:

- *Got a part time job and now attends college full time*
- *Lives independently and increased socialization*
- *Credits much of his progress to the work he has done in the FEP Program, and praises his counselor for “saving his life”*



# Summary of Key Points

**Early intervention is crucial.**

**It's a team effort.**

**Family support greatly increases outcomes.**

**Recovery is possible!**



# How To Refer



**877.779.2470**



**referrals@rhaz.org**

Please mention “FEP Program referral”