

Child & Family Focus, Inc

Building Communities & Strengthening Families

www.childandfamilyfocus.org

Broomall

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First Episode Psychosis (FEP) Program Description

FEP is a Coordinated Specialty Care (CSC) approach to treating young people that recently experienced their first episode of psychosis. The FEP Team offers young people an array of services, including low-dose medication management, Cognitive Behavioral Treatment for Psychosis, Family Education, Case Management, Supported Education and Employment, and Peer Support Services. Service coordination is guided by the young person's voice and choice. FEP seeks to improve the quality of life of young people by providing hope through empowerment to guide their own treatment, educating them about their psychosis, re-establishing relationships, and re-integrating them back into the community whether it's attending school or working.

The FEP team is composed of a Team Leader who supervises the overall process by ensuring that all team members are working together towards the young person's identified needs and goals. The Team Leader also provides psychosis psychoeducation to young people and their families both individually and in groups. The psychiatrist provides low dose anti-psychotic medication management and monitors the response to the medication making any changes related to feedback from the young person. The therapist works with the young person to understand their psychosis and how to cope with it in their lives, as well as providing case management services to connect them with community and natural supports. The Supported Education and Employment specialist provides support to the young person based on their identified needs and goals in those areas. And the Certified Peer Specialist provides support to the young person by sharing their story and providing hope that they can effectively live with their psychosis. The CPS also encourages the youth to express their voice in the coordination of their FEP treatment to ensure individualized care.

FEP is based on other First Episode Psychosis programs that are evidence-based. The target population is young people (ages 15-30) who have experienced their first psychotic episode in the past year, and have a diagnosis on the Schizophrenia Spectrum or Bipolar with psychotic features. Drug-induced psychosis is exclusionary and is assessed at intake. Appropriate referrals will be completed for those individuals excluded from the FEP program. FEP is primarily a community-based program with the exception of medication management. It is the mission of the program to meet the young people where they are to provide the needed services.

Potential referral sources will consist of High Schools, Colleges, Psychiatric Inpatient Hospitals, mental health providers, crisis intervention specialists, residential treatment facilities, self-referral etc. A pre-screening tool will accompany the referral form that will assist the referral source in determining whether the young person is appropriate for the FEP program. Referrals should be made with the input and consent of the young person. All inquiries relating to the FEP program and the referral process can be made to the FEP Team Leader, Daniel Fisher, by phone (610) 325-3131 ext 27 or via e-mail dfisher@childandfamilyfocus.org.