

HeadsUp

What is Psychosis?

More common than we may think, **psychosis is a symptom, not a disorder**. Psychosis is different for everyone but is often described as experiences that interfere with the way we process information, causing us to feel disconnected from reality.

Early symptoms can be frightening and confusing and can be hard to differentiate from typical teen and young adult behavior but it is important to remember that while things may feel hard, this is not your fault, you are not alone, and **psychosis is treatable**. Support is available and getting help early offers the best path to recovery.

If you or someone you love is experiencing psychosis it can be a scary time and hard to know where to turn or what to do. It's important to reach out to a mental health professional to help sort through what is happening.

Symptoms of Psychosis

- Belief that ordinary events have special and personal meaning
- Suspiciousness or extreme uneasiness with others
- Hearing, seeing, feeling, tasting or smelling things that others don't
- Strong and inappropriate emotions, or no emotions at all
- Change in mood (depression or anxiety)
- Trouble thinking clearly or concentrating
- Withdrawing from family or friends
- A sudden decline in self-care (for example, not showering or bathing as frequently as before)
- Substance use problems



Help is available

Early assessment and treatment provide the best hope for recovery. A **First Episode Psychosis (FEP) Center** offers specialized care, or treatment, to help manage the symptoms of psychosis that may be interfering with someone's ability to live a full life.

At our Pennsylvania FEP Centers, we offer what is referred to as **Coordinated Specialty Care (CSC)**, which is a general term used to describe a **recovery-oriented treatment program** that utilizes a team of specialists who collaborate in the creation of a plan based on an individual's needs and preferences.

CSC uses a team-based approach with **shared decision-making** that focuses on working with individuals to reach their recovery goals. These programs are available in a growing number of areas.



Key Components of Coordinated Specialty Care

Talk Therapy

Talk therapy to help build personal skills of resiliency, management, and coping.

Supported Employment & Education

Assistance with continuing to engage in or adjust to school and work goals while receiving care.

Medication Management

If necessary, finding the best medication at the lowest possible dose.

Peer support

Guidance from those currently on their own recovery path.

Case Management

Skills and support to organize the practical issues presented during treatment. This includes communication with other team members.

Family Support and Education

Tools designed to keep family members engaged and informed.

Your PA local FEP center:

CSG-EPIC

Serving young people in Clinton
& Lycoming Counties

1000 Commerce Park Dr #110,
Williamsport, PA 17701

For appointments or referrals

P: (877) 907-7970

email: referrals@csgonline.org

<https://csgonline.org/csg-williamsport/>

visit us online:
headsup-pa.org

