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 different states participating organizations from

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 created a team to implement the CSC model.
- 4 participants have partnerships with universities/colleges or health departments for implementation.
- 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.
- The economic burden of schizophrenia is greater in the year following the first episode compared to the third year.

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

www.thenationalcouncil.org