

Coordinated Specialty Care for First Episode Psychosis

CSA Conference
October 17, 2024



**Blue Ridge
Behavioral
Healthcare**

Hope Spoken Here

Learning Objectives:

- ▶ Understand the unique challenges and issues facing a youth and their family when they are diagnosed with a psychotic disorder.
- ▶ Learn about Coordinated Specialty Care and the components of the evidence-based treatment for psychosis.
- ▶ Know how to make referrals for youth in your catchment area.

ACRONYMS

- ▶ CSC: Coordinated Specialty Care
- ▶ FEP: First Episode Psychosis
- ▶ DUP: Duration of untreated Psychosis

Coordinated Specialty Care for First Episode Psychosis is:

- ▶ An evidence-based, individual-centered, recovery-oriented mental health service delivery model.
- ▶ Facilitates community living, psychosocial rehabilitation and recovery for persons who have experienced a first episode of psychosis.
- ▶ Collaborative, multidisciplinary team treatment approach.



Features of CSC:

- ▶ The team is mobile and can deliver services in a non-traditional or community location
- ▶ Treatment duration of 2 to 5 years
- ▶ “Relentless Engagement”
- ▶ Recovery-based philosophy of care



Admission Criteria:

- ▶ Diagnosis of a psychotic disorder with the duration of untreated psychosis within 2 years
- ▶ Ages 15-30
- ▶ Can have co-occurring diagnosis of SUD if substance abuse is not determining factor of their psychosis.



BRBH team composition:

- ▶ Physician
- ▶ Nurse
- ▶ Supervisor
- ▶ Therapist
- ▶ Supported Employment and Education Specialist
- ▶ Case manager



CSBs who offer CSC:

- ▶ Alexandria CSB
- ▶ Arlington CSB
- ▶ Blue Ridge Behavioral Healthcare
- ▶ Culpepper CSB
- ▶ Fairfax CSB
- ▶ Henrico CSB
- ▶ Highlands CSB
- ▶ Loudon Co CSB
- ▶ Mount Rogers CSB
- ▶ Prince William CSB
- ▶ Western Tidewater CSB

For information or to make a referral:

Contact Erica Vest, LCSW - CSC Supervisor or
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