

Ohio Program for Campus Safety and Mental Health  
One Hour Twitter Special @neomedopcsmh  
#campuspowerhour #opcsmh



Thursday  
May 12<sup>th</sup>  
2-3 p.m.



OHIO PROGRAM for  
**CAMPUS SAFETY  
& MENTAL HEALTH**  
A NEOMED CC&E



**BEST PRACTICES  
IN SCHIZOPHRENIA  
TREATMENT CENTER**  
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## Campus Community Chat:

### Recognizing and Responding to a First Episode of Psychosis

Thursday, May 12<sup>th</sup> 2-3 pm

**2:00 pm: @neomedopcsmh:** Welcome to the Ohio Program for Campus Safety and Mental Health's May #CampusCommunityChat!

**2:01 pm: @neomedopcsmh:** We are joined with Best Practices in Schizophrenia Treatment (BeST) Center. Tweet us back so we know who's joining us!

#### Replies:

**@Bestneomed (BeST Center):** Good afternoon, everyone! Thank you for joining us!

**@Sandycraftt:** Good afternoon! Thank you for hosting this chat.

**@Vnpao:** Hello great to be on today

**@BlackLatinxERG:** We are following and excited to learn more. #CampusCommunityChat

**2:07 pm: @neomedopcsmh** The first question is specifically for the cohost! @bestneomed Q1: What is Coordinated Specialty Care (CSC) for First Episode Psychosis (FEP)? #earlypsychosis #CampusCommunityChat

#### Replies:

**@Bestneomed:** CSC for FEP is a treatment approach offered by a team of mental health specialists. Each specialist works with the individual and their support persons to create a personalized treatment plan based on their goals, needs and preferences.  
#earlypsychosis

With the right treatment and support, people affected by a first episode psychosis, can and do get better

**@vnpao:** Is a program for those who experience their first time with psychosis sx's between 15-35 and have not been diagnosed with a psychosis condition in within the past two years

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2:10 pm: @neomedopcsmh: Q2: Where are CSC for FEP programs located? How many CSC for FEP programs are in Ohio? @bestneomed #CampusCommunityChat

Replies:

@bestneomed: Community mental health agencies serving 39 Ohio counties offer CSC for FEP programs. Visit <http://mha.ohio.gov/GetHelpEarly> to find contact information.

Get Help Early:  
Finding Coordinated  
Specialty Care for  
First Episode  
Psychosis in Ohio

Visit

[mha.ohio.gov/GetHelpEarly](http://mha.ohio.gov/GetHelpEarly)

to find contact information for  
CSC for FEP programs in the  
highlighted counties



@Best\_IHC (MH/PC Integration): What should folks do if there isn't a team/program in their county?

@bestneomed: Find contact information for CSC for FEP programs in Ohio at <http://mha.ohio.gov/GetHelpEarly> For counties without CSC for FEP programs, consult <https://findtreatment.samhsa.gov/locator>

2:15 pm: @neomedopcsmh: Last question for just our cohost! Q3: How are referrals made for CSC for FEP programs? Can anyone be referred? If I'm located at a campus-community in a rural county, do these programs support a virtual or hybrid model for services? @bestneomed

Replies:

@bestneomed



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## CSC FOR FEP TREATMENT REFERRALS

- Visit [mha.ohio.gov/GetHelpEarly](http://mha.ohio.gov/GetHelpEarly) to find contact information for the CSC for FEP team in the county where the individual resides.
- Obtain the individual's permission (or the parent or guardian's consent if the individual is less than 18 years of age) to share their name and contact information with the county treatment team.
- You may leave a voicemail with the individual's name and contact information on the confidential phone line. A team member will follow up within three business days to help link the individual with treatment resources.
- For counties that do not have CSC for FEP teams: Search [findtreatment.samhsa.gov/locator](http://findtreatment.samhsa.gov/locator) for mental health treatment.



2:20 pm @neomedopcsmh: Tweet us back with your responses! Q4: What are common signs and symptoms of someone experiencing a FEP? What is the typical age of someone that may experience psychosis? #CampusCommunityChat

Replies:

@bestneomed:

### SIGNS AND SYMPTOMS OF PSYCHOSIS TYPICAL AGE OF ONSET: 15-35

- \* Hearing, seeing, tasting, smelling, feeling, or believing things that others do not
- \* Persistent, unusual thoughts or beliefs that cannot be set aside regardless of what others believe
- \* Emotions that do not fit the situation or no emotions at all
- \* Withdrawing from family or friends
- \* A sudden decline in taking care of themselves, such as not showering or eating regularly



@Best\_IHC: Also, changes in cognitive functioning



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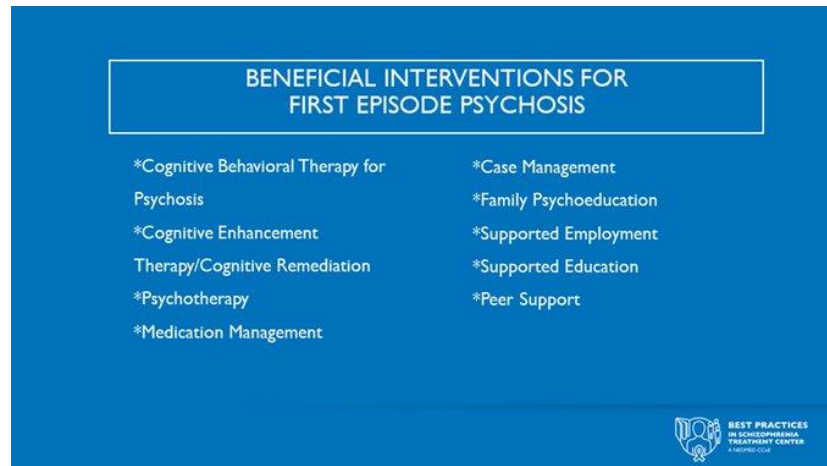
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2:25 pm: @neomedopcsmh: Let's keep the conversation going! Moving on to question 5 #CampusCommunityChat Q5: What interventions are the most helpful and beneficial for someone who is experiencing psychosis?

Replies:

@best\_IHC: From an integrated care standpoint, it's important to get a good physical work up to make sure it's not a symptom of an underlying medical problem

@bestneomed:



2:30 pm: @neomedopcsmh: Keep tweeting your responses! Q6: How can someone be supportive to a family member, loved one, or college peer who may be experiencing a FEP? #CampusCommunityChat

Replies:

@neomedopcsmh: A6: Using person-first language and avoiding certain terms can also reduce stigma and negative bias. Check out this link on how words can impact someone who is experiencing mental illness or experiencing psychosis. You can consider saying "lives with, has or experiences" versus saying "suffers from or is afflicted by". To sum it up, you can more effectively support and reach those who might be experiencing a FEP with your words.

The OPCSMH supports programming that encourages collaboration between campus & community stakeholders & activities that promote mental health and wellbeing such as



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stigma reduction campaigns. ,ore information on collaborative funding opportunities visit: <https://www.neomed.edu/csmh/grants/>

**@best\_IHC:** Try to listen without judgement. If you can't identify with their experience, try to empathize with the emotions they express

**@Bestneomed:** Encourage anyone with symptoms of psychosis to reach out to CSC for FEP team or mental health professional as soon as possible. #earlypsychosis #campuscommunitychat

Resource: Tips for a Conversation Encouraging People to Seek Help for Early Psychosis: <https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Encouraging-People-to-Seek-Help-for-Early-Psychosis.pdf>

**2:35 pm: Q7:** Supporting cultural factors is vital for the recovery and pathways to care for marginalized individuals. How does CSC for FEP programs ensure that BIPOC and marginalized individuals have access to and are successfully engaged in these programs?

Replies:

**@crysnaacd:**

SUPPORTING CULTURAL FACTORS FOR RECOVERY AND PATHWAYS TO CARE FOR MARGINALIZED INDIVIDUALS

- Members of the clinical team establish relationships with community partners, such as faith leaders, to increase their understanding of 'what matters' to the people they serve.
- Establishing relationships with primary care providers who have served communities that have been historically oppressed to provide a holistic perspective.
- Consultation with experts from marginalized identities that have a background in recognizing and treating trauma in historically oppressed communities.

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**2:40 pm: @neomedopcsmh: Q8:** Sometimes individuals diagnosed with mental illness and those experiencing psychosis may be affected by stereotypes and discrimination. Are there resources available to help combat stigma these individuals may experience? #CampusCommunityChat



### Replies:

**@neomedopcsmh:** Commonly heard and held views of schizophrenia are often inaccurate, stigmatizing and unduly negative. Receiving the right treatments and support for people with schizophrenia can make a difference.

They can finish school, graduate from college, get good jobs, have long-term friendships, relationships and families of their own, vote, volunteer, live independently, pursue hobbies and special interests, enjoy life and more!

**@Best\_IHC:** Listening to stories of persons with lived experience can help to see how psychosis is just one aspect of their lives and that recovery is possible

Learning about psychosis and how common it is might help dispel myths.

### **@crysnaad:**

A8. #CampusCommunityChat #EarlyPsychosis Resources for addressing stigma and discrimination related to psychosis: Students with Psychosis <https://sws.ngo> , Strong 365 <https://strong365.org> and Hearing Voices Network <https://hearing-voices.org>  
@bestneomed @neomedopcsmh

You can also follow [@Strong365](https://twitter.com/Strong365) on here

## STIGMA AND DISCRIMINATION

- Stigma and discrimination can cause great harm to an individual experiencing psychosis.
- It is also important to differentiate between stigma and discrimination.
- Many individuals have experienced discrimination in the community, such as not being accepted into prior treatment or social programs, which can contribute to lack of engagement in services.

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**2:45 pm: @neomedopcsmh:** Q9: I'm interested in further supporting and advocating for students with psychosis in my campus-community. What resources are available for providing culturally responsive care when working students living with psychosis?  
#CampusCommunityChat

**Replies:**

**@neomedopcsmh:** Negative experiences for a student with early psychosis can contribute to disengagement in opportunities to advance self-directed goals such as employment, education, and relationships

The OPCSMH YouTube page provides an informational webinar on engaging and affirming students living with psychosis.

<https://www.youtube.com/watch?v=4o7MQmqOnMg&t=15s>

**@crysnaad:** A9. #CampusCommunityChat #EarlyPsychosis Toolkit for Full Inclusion of Students with Early Psychosis in Higher Education:

<https://www.nasmhpd.org/sites/default/files/Toolkit->

[Back to School Support for Full Inclusion of Students with Early Psychosis in Higher Education.pdf](https://www.nasmhpd.org/sites/default/files/Toolkit-Back%20to%20School%20Support%20for%20Full%20Inclusion%20of%20Students%20with%20Early%20Psychosis%20in%20Higher%20Education.pdf)

A9. #CampusCommunityChat #EarlyPsychosis Understanding and Addressing the Stigma Experienced by People with First Episode Psychosis:

[https://www.nasmhpd.org/sites/default/files/DH-Stigma\\_research\\_brief\\_2.pdf](https://www.nasmhpd.org/sites/default/files/DH-Stigma_research_brief_2.pdf)

A9. #CampusCommunityChat #EarlyPsychosis There are more. Best Practices in Cultural Competence: Caring for Individuals with First Episode Psychosis and their Families:

[https://www.nasmhpd.org/sites/default/files/webinar%20Culture%20and%20FEP\\_8-29-16%20circulated\\_Handouts\\_0.pdf](https://www.nasmhpd.org/sites/default/files/webinar%20Culture%20and%20FEP_8-29-16%20circulated_Handouts_0.pdf)

**2:50 pm:** Last question of the chat Q10: Where can I get more information about psychosis? Where can I get additional information about CSC for FEP programs that participated today?  
#CampusCommunityChat

**Replies:**

**@neomedopcsmh:** A10: BeST Center resource sheet: Recognizing and Responding to Early Serious Mental Illness Tips for Higher Education Professionals (pdf)

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<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:e57e9801-e7bc-33a6-ad0a-cfcc16b08c53>

Schizophrenia: The Myths, The Realities and How to Help (pdf)

<https://www.neomed.edu/wp-content/uploads/SCHIZOPHRENIA-The-Myths-the-Realities-and-How-to-Help.pdf>

The 2022 Drs. Fred and Penny Frese Virtual Lecture on Community Building and Collaboration Among Students with Psychosis will be on May 24th from 1-2 pm ET. Register here!

[https://neomed.zoom.us/webinar/register/2316523652113/WN\\_K4G669L3S66ls9ZrD2oO6g](https://neomed.zoom.us/webinar/register/2316523652113/WN_K4G669L3S66ls9ZrD2oO6g)

**@Bestneomed:** Visit <https://neomed.edu/ccoe/mental-health-resources/responding-to-first-episode-psychosis/> for links to all resources shared today and many other sources for recognizing and responding to first-episode psychosis. #earlypsychosis #campuscommunitychat

**@crysnaed:** People to follow if you want to learn more about new out the box research and interventions [@viscidula](#) [@DrOluwoye](#) [@DeidreAnglin](#) [@jdelucapsych](#) #CampusCommunityChat #EarlyPsychosis

**2:53 pm:** Thank you for joining OPCSMH and Best Practices in Schizophrenia Treatment (BeST) Center for our #campuscommunitychat! We will now address any additional questions



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## Resources

A Conversation about Engaging and Affirming Students Living with Psychosis

<https://www.youtube.com/watch?v=4o7MQmqOnMg&t=15s>

**Best Practice in Schizophrenia Treatment Center: Recognizing and Responding to Early Serious Mental Illness: Tips for Higher Education Professionals**

<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:e57e9801-e7bc-33a6-ad0a-cfcc16b08c53>

**Coordinating Centers of Excellence: Resources for Recognizing and Responding to First episode Psychosis**

<https://neomed.edu/ccoe/mental-health-resources/responding-to-first-episode-psychosis/>

**NAMI: Early Psychosis: What's Going on and What Can You Do?**

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<https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Early-Psychosis-What-s-Going-On-and-What-Can-You-Do.pdf>

**NAMI: Encouraging People to Seek help for Early Psychosis**

<https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Encouraging-People-to-Seek-Help-for-Early-Psychosis.pdf>

**Ohio Mental Health & Addiction Services: Get Help Early**

<http://mha.ohio.gov/GetHelpEarly>

**Ohio Program for Campus Safety and Mental Health: Grant Opportunities**

<https://www.neomed.edu/csmh/grants/>

**SAMHSA: Best Practices in Cultural Competence**

[https://www.nasmhpd.org/sites/default/files/webinar%20Culture%20and%20FEP\\_8-29-16%20circulated\\_Handouts\\_0.pdf](https://www.nasmhpd.org/sites/default/files/webinar%20Culture%20and%20FEP_8-29-16%20circulated_Handouts_0.pdf)

**SAMHSA Treatment Locator**

<https://findtreatment.samhsa.gov/locator>

**Schizophrenia: The Myths, Realities and How to Help**

<https://www.neomed.edu/wp-content/uploads/SCHIZOPHRENIA-The-Myths-the-Realities-and-How-to-Help.pdf>

**The 2022 Drs. Fred and Penny Frese Virtual Lecture on Community Building and Collaboration Among Students with Psychosis: Registration**

[https://neomed.zoom.us/webinar/register/2316523652113/WN\\_K4G669L3S66ls9ZrD2oO6g](https://neomed.zoom.us/webinar/register/2316523652113/WN_K4G669L3S66ls9ZrD2oO6g)

**Understanding and Addressing the Stigma Experiences by People with First Episode Psychosis**

[https://www.nasmhpd.org/sites/default/files/DH-Stigma\\_research\\_brief\\_2.pdf](https://www.nasmhpd.org/sites/default/files/DH-Stigma_research_brief_2.pdf)

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