



REFERRALS

If you know a young person who may benefit from CSC-FEP, please refer them to care at one of the following locations. Compass is establishing in Wentzville and Odessa to serve St. Charles and Lafayette counties, respectively.

Referrals can be sent to:

cscteams@compasshn.org

University Health is establishing a team in Kansas City to serve northwest Jackson County.



WHERE CAN I LEARN MORE?

EPCMISSOURI.ORG



SAMHSA.GOV



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For Information or to
make an appointment,
please call:

844.853.8937

compasshealthnetwork.org



Coordinated Specialty Care for First Episode Psychosis



Compass Health[®]
Network

WHAT IS CSC-FEP?

Coordinated Specialty Care for First Episode Psychosis (CSC-FEP) is a person-centered, recovery- oriented model of care which integrates multiple wraparound services to address the unique needs of individuals in the early stages of psychosis. The model employs a multi-disciplinary, team-based approach.

HISTORY

CSC-FEP is the gold standard of evidence-based care for individuals experiencing a first psychotic episode. The National Institute of Mental Health (NIMH) played a pivotal role in its development through its 2008 Recovery after a Initial Schizophrenia Episode (RAISE) study. This project highlighted the importance of prompt intervention upon the onset of psychosis symptoms to improve long-term outcomes, challenging the traditional delayed treatment approach.

TEAM MEMBERS

Team Leader: Typically, a clinical coordinator or case manager who acts as the main point of contact for the individual and their family. They help coordinate services and advocate for the client's needs. **Individual Resiliency Trainer:** Provides individual and group therapy, focusing on symptom management, coping skills, and recovery.

Medication Prescriber: A psychiatrist, GP, PA, or NP responsible for medication management and monitoring.

Supported Education and Employment Specialist: Assists with educational and vocational goals, promoting the individual's return to work or school. **Peer Support Specialist:** Someone with lived experience who provides mentorship and support, fostering empowerment and hope for recovery. Some teams utilize a Youth Peer Support, a young person with lived experience and specialized training for helping youth and young

HOW CSC-FEP WORKS

There are five key components of CSC-FEP as designed in the RAISE project. Some programs include a sixth component, peer support.

Individual or Group Psychotherapy:

Tailored to an individual's unique recovery objectives, it equips them with the knowledge and skills needed to build resilience, effectively manage their condition, and embark on a personal journey of healing.

Family Education and Support: Empowers family members with valuable knowledge about psychosis, enhancing their coping, communication, and problem-solving skills. This support strengthens the familial bond, creating a robust network for individuals on their path to recovery.

Medication Management: Involves healthcare professionals in the selection and dosing of medication to alleviate symptoms associated with psychosis. This personalized

approach ensures that individuals receive the most effective treatment tailored to their unique circumstances.

Supported Employment and Education:

Aims to assist individuals in their journey back to work or school, with the dedicated support of a coach to help them achieve their objectives. This guidance not only aids in reintegration but also fosters personal growth and empowerment.

Community Support: Provides individuals an opportunity to collaborate with a case manager to tackle real-life challenges and enhance access to vital support services. This hands-on approach ensures that practical problems are addressed effectively, creating a smoother path to recovery.

Peer Support: Some CSC-FEP models include a peer support component. Individuals who have walked a similar path can offer mentorship and inspire hope, fostering a sense of empowerment. This support can help foster the belief that recovery is not a distant goal but an achievable reality.

