

BHIPP BULLETIN

VOLUME 5, ISSUE 7 JANUARY, 2020

EARLY PSYCHOSIS INTERVENTION: THE MARYLAND EARLY INTERVENTION PROGRAM (EIP)



A collaborative for the early identification and treatment of mental illness with psychosis

Many individuals who are at-risk for, or in the early stages of, psychosis are not identified. The duration of untreated psychosis (DUP) for individuals who do seek treatment is [just over one year](#). A longer DUP is associated with more severe symptoms and lower quality of life, which highlights the importance of early intervention services. **Primary care practitioners are often the first professional contact for patients experiencing early symptoms of psychosis (Conus et al., 2005) and thus play a key role in this process.**

The Maryland EIP offers specialized programs with expertise in the early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults with, or at risk for, psychotic disorders, and uses an integrated approach to address the health and mental health needs of young adults, including providing support for co-occurring substance use disorders, and metabolic and other co-occurring medical conditions.

EIP includes four components:

- **Outreach and Education Services** to groups interested in learning more about the early stages of mental illnesses with psychosis.
- **Clinical Services** to individuals experiencing early psychosis and their families.
- **Consultation Services** to professionals working with individuals experiencing early psychosis and their families.
- **Training and Implementation Support** to professionals establishing Early Intervention Teams.

For more information:

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phone: 1-877-277-MEIP (6347)

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Strive for Wellness (SFW) Clinic

The Strive for Wellness (SFW) Clinic is one clinic within the Maryland EIP that delivers specialized assessment, consultation, and treatment to youth (age 14-25) who may be at-risk for psychosis (e.g., experiencing troubling thoughts and/or experiences, odd or unusual changes in behavior, suspiciousness of others, and/or isolation from family and friends), but who have not had a full first episode of psychosis. Community members and clinicians can use the SFW Clinic's free online screening tool by visiting the SFW website ([/www.sfwmaryland.com/](http://www.sfwmaryland.com/)) or using the QR code below. Individuals will receive feedback and a PDF of their results after completing the screen. More resources and SFW contact information can be found on the website.



First Episode Psychosis (FEP) Clinics

The Maryland EIP also offers services to individuals experiencing a first episode of psychosis (FEP). There is one clinic in Catonsville (<https://firstepisodeclinic.org/>) that serves individuals age 12-45 who have experienced their first psychotic break within the past two years. There is another program at the Carruthers Clinic at the University of Maryland Midtown Campus (<https://www.umms.org/midtown/locations/carruthers-clinic>) that serves individuals age 15-35 who similarly have experienced the onset of severe mental health concerns. We also have other clinics in our network that can be found here: <https://marylandeip.com/about#!Clinic-Locations>. More details about services and eligibility can be found at the links above or by calling Maryland EIP (1-877-277-MEIP).

Psychosis Screening in Primary Care

Recently, a comprehensive psychosis screening booklet and tool for primary care clinicians were produced and released by early psychosis researchers and clinicians in Massachusetts (www.psychosisscreening.org). This booklet is applicable to providers all over the country and covers the early warning signs of psychosis, the importance of differential diagnosis, and tips on how to talk about psychosis. **For providers in Maryland, you are encouraged to refer patients and/or to call the Maryland EIP with consultation questions.**

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