

PSYCHOSIS COMMON MYTHS

Psychosis is caused by bad parenting or a "Character Flaw":

FALSE. It is caused by genetics, environmental, and social stressors. Psychosis is no one's fault.

People with psychosis are "crazy":

FALSE. When active symptoms are not present, they tend to have everyday lives and may only have one episode.

Psychosis makes people dangerous:

FALSE. People with active psychosis are more likely to be harmed by others than to cause harm.

People with psychosis can't live everyday lives:

FALSE. Many live everyday lives, work and have families.

There is no help:

FALSE. Help is here, and recovery is possible. The goal is to get help early and involve support.

FIRST EPISODE PSYCHOSIS

951-358-6005

FEP - Western Region

2085 Rustin Avenue, Bldg. 2
Riverside, CA 92507

FEP - Desert Region:

78-140 Calle Tampico
La Quinta, CA 92253

Clinic Hours

Monday - Thursday: 8 A.M. - 5:30 P.M.

Friday: 8 A.M. - 4:30 P.M.

**After-hours support calls are taken by clinicians outside of regular clinic hours.*



If you speak another language, language assistance services, free of charge, are available to you. Call 1-951-486-4320 (TTY: 711). Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-951-486-4320 (TTY: 711).

RUHS-BH Rev. 10/23



FEP

FIRST EPISODE PSYCHOSIS

WHAT IS PSYCHOSIS?

It is when the mind has difficulty telling the difference between what is and is not real. **Psychosis is treatable.**

FEP PROGRAM

First Episode Psychosis (FEP) program provides specialty care to individuals who recently experienced psychosis. The team works alongside the family to achieve school, work, and relationship goals. Services may be received for up to 2 years based on need. Research shows that this team-based recovery approach empowers individuals, decreases the need for future hospitalizations, and shows a higher quality of life long-term.

COORDINATED SPECIALTY CARE

A specially trained team works with you to develop and achieve your goals: behavioral health, family relationships, recovery, school, work, and daily living.

AVAILABLE SERVICES

Case Management: Real solutions for daily life and links to other services.

Supported Employment/Education: Assistance with obtaining/maintaining school and/or work

Family Education/Support: Education and Support for family members/supports. Includes Multi-Family Groups to support caregivers.

Wellness Support: A peer with lived experience provides education and support to families to instill hope about recovery.

Individual Therapy: Confidential therapy with a specially trained clinician that works closely with other team members to coordinate care.

Group Therapy: Provides a safe place to build and practice social skills and gain support from a peer group on a variety of topics.

Cognitive Remediation: Activities to improve attention, processing speed, and memory.

Medication Management: Psychiatrists available to evaluate medication as needed.

WHAT MAKES FEP DIFFERENT?

- We meet you where you are (home, school, or community)
- **Functional Recovery:** getting back to everyday activities.
- **Specially Trained Team:** A coordinated team specially trained to support people experiencing psychosis.
- **Support:** Wellness Partner supports the youth and encourages involvement from outside supports that the youth chooses.
- **Team Decision-Making:** The individual chooses goals, and the team assists in achieving them.
- **Connections:** FEP is part of RUHS and has connections to other programs and services, and community resources to assist in meeting individuals' immediate needs and goals.