



FROM THE CO-DIRECTORS

Welcome to the Quarterly HeadsUp Newsletter! HeadsUp is an integrated center at the University of Pennsylvania, funded by the Pennsylvania Office of Mental Health and Substance Abuse Services (PA-OMHSAS), providing a full array of free services related to training, education, clinical care, and program evaluation in early psychosis intervention. HeadsUp aims to ensure that evidence-based early intervention is accessible to all Pennsylvanians, and that providers receive comprehensive training and fidelity monitoring in early psychosis intervention.

In this newsletter, we are excited to highlight one of the longest standing Pennsylvania First Episode Psychosis (FEP) programs, the Early Onset Recovery Program (EORP) at Safe Harbor, serving young people residing in Erie County ages 15 to 35 who have experienced symptoms of psychosis within the last 24 months. HeadsUp continues to provide more rapid access to care and assistance with triaging and referring individuals with early psychosis to the EORP and other PA FEP Centers of best-fit (i.e., geographic location) or to other appropriate resources. Our [newly released video](#) highlights the person-centered, recovery oriented, evidenced based foundation of PA FEP Centers. [Contact HeadsUp](#) to learn more or to connect a young person to a PA FEP Center. Professionals interested in joining an FEP center, check out the open positions listing on the HeadsUp website (heads-up-pa.org/for-clinicians/pa-fep-employment-opportunities/).

Despite the ongoing growth of FEP programs in the Commonwealth (now totaling 18 sites), many young Pennsylvanians reside in counties without an FEP program, and thus do not have access to this evidence-based best practice for early psychosis care. To help fill this gap, we are excited to announce that HeadsUp has been awarded funding from PA-OMHSAS and partnered with the Central East Mental Health Technology Transfer Center (MHTTC) to expand our programming to include free workshops and trainings on early psychosis symptoms, screening, and management to community mental health providers, schools and colleges, and other interested stakeholder groups.

(continued on page 2)

FEATURED CENTER

Early Onset Recovery Program (EORP) at Safe Harbor

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At Safe Harbor

Early Onset Recovery Program (EORP) at Safe Harbor serves young people residing in Erie County ages 15 to 35 who have experienced symptoms of psychosis within the last 24 months. The EORP at Safe Harbor provides many services for people with psychosis and their loved ones, such as psychotherapy, education and work support, family education and support, case management, and medication management. The goals of this client-centered and team-delivered program are to improve psychosis symptoms and increase overall functioning.

Early Onset Recovery Program Supervisor/Team Lead Richard States, MA, LPC

Rick States is the current team lead at the Early Onset Recovery Program at Safe Harbor. He holds a master's degree in clinical psychology, a post-master's certificate in general psychology, and is currently a clinical psychology doctoral student. Though Rick is new to the Safe Harbor team, he has served as a clinician and/or supervisor in various inpatient and outpatient programs since 1993. He has also worked as a college professor since 1999.

UPCOMING EVENT!

Recognizing and Responding to Emerging Psychosis in Adolescents and Young Adults: A Training Workshop for Community Mental Health Providers

Wednesday, September 13th 9am-4pm

HeadsUp is excited to partner with Central East Mental Health Technology Transfer Center (MHTTC) to offer a **FREE**, live hybrid event Wednesday, September 13th from 9am-4pm in Philadelphia. This training centers on early psychosis screening and identification of early psychosis symptoms, crisis management, medication information for non-prescribers, and the lived experiences of a family member seeking care for a loved one.

Philadelphia region providers are encouraged to attend in-person at the beautiful [Convene at City View](#) in Center City Philadelphia. In-person attendees are eligible for FREE CE's and are provided with breakfast, lunch and snacks. If you are unable to attend in person a live virtual option is available.

For more information or to register for this event visit the [HeadsUp Training page of our website](#). Please help us spread the word by disseminating throughout your organization and to other interested parties.

**Breakfast/lunch/snacks
provided for
in-person attendees**

FREE CE's available!

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FROM THE CO-DIRECTORS CONT...

Don't miss our upcoming training workshop ["Recognizing and Responding to Emerging Psychosis in Adolescents and Young Adults: A Training Workshop for Community Mental Health Providers"](#) on September 13, 9am-4pm ET. But if you do, this CE course will still be available for a limited time on our HeadsUp website. More free workshops and trainings will be available over the coming year, be sure to check out our Training Calendar (heads-up-pa.org/events/) and subscribe to our emails for program announcements. We can also customize trainings for your staff/program. To learn more please contact us at 1-833-933-2816 or email: headsuppaorg@gmail.com.

Our free HeadsUp Early Psychosis Mentor resource (heads-up-pa.org/heads-up-mentor/) is always available for health professionals treating individuals experiencing first episode and early psychosis in Pennsylvania. HeadsUp Mentors are experts who support treating professionals by providing educational resources tailored to your question to aid you in caring for these individuals. Watch and share [this brief video](#) about our mentor program. Together, we intend these initiatives to support our mission to enhance the knowledge and skills of the Pennsylvania workforce of mental health care clinicians, centers, and advocates across Pennsylvania on the frontlines of education, treatment, and de-stigmatization of early psychosis.

As we continue to expand in exciting new directions, we are ever grateful for the support and guidance from OMHSAS, SAMHSA (through the Community Mental Health Services Block Grant from the Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services), the HeadsUp Steering Committee, and providers, participants, families, and mental health advocates for our collaborative efforts as we strive to achieve the HeadsUp mission. Wishing you the best for Fall 2023!



Monica E. Calkins, PhD
Co-Director



Christian Kohler, MD
Co-Director

Headsup-pa.org



NEW VIDEO!

"A Look Inside Early Psychosis Care in Pennsylvania"

Locating and reaching out for help can be hard for individuals experiencing a first episode of psychosis and their families. One challenge arises from not knowing who to contact or what to expect from specialty care. To help break down this barrier, we produced a new video offering a glimpse into care at Pennsylvania First Episode Psychosis Centers.

While each Pennsylvania First Episode Psychosis (FEP) program is unique, all centers provide outpatient Coordinated Specialty Care (CSC) to adolescents and young adults who have experienced recent onset of psychosis. CSC is an evidence-based, comprehensive approach to early psychosis treatment emphasizing hope and empowerment. Our multi-disciplinary teams consist of specially trained, caring professionals who work collaboratively with each individual to develop personalized recovery plans.

We are grateful to the program staff, participants, and family members who collaborated in creating this video to bolster our mission to de-stigmatize psychosis and connect young people to care. We hope people will [watch and share this video](#) widely, spreading the message of care, hope, and recovery at the core of each PA FEP Center.

OUR STEERING COMMITTEE

To ensure HeadsUp facilitates a collaborative learning health care system across the First Episode Psychosis (FEP) network in the commonwealth of Pennsylvania we engage a robust Steering Committee consisting of representatives of a diverse set of stakeholders including administrators, clinical staff, program participants and families, HeadsUp team members, and mental health advocacy groups.

The goals of our Steering Committee are to: provide direction and guidance for HeadsUp by identifying and framing issues for discussion and policy, strengthen the PA FEP network, assess progress towards milestones, engage in shared decision making with HeadsUp leadership and sites regarding program implementation and training, collaborate in development of the network's recruitment and outreach plan and ensure that the HeadsUp team and PA sites are supported as the network grows.

To achieve these goals and provide specialized volunteer opportunities to Steering Committee members, we created several subcommittees: outreach, advocacy, evaluation, diversity and inclusion, program planning / expansion / sustainability, and EPINET learning health system. Subcommittees meet for one hour on a quarterly basis. If you are interested in learning more or joining one of these subcommittees email: headsuppaorg@gmail.com.

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If you are interested in contributing to our newsletter please email: headsuppaorg@gmail.com

FEATURED ONLINE RESOURCES

We continue to grow our online presence, highlighting important news and introducing resources for use among all of our many advocates and stakeholders.

"Find a Center" locator

Our website offers an easy-to-use interactive map on our "Find a Center" page to help Pennsylvania residents locate a First Episode Psychosis (FEP) center nearest to them.

PA FEP Employment Announcements

First Episode Psychosis (FEP) care in Pennsylvania is exciting and dynamic work! We are happy to offer an employment section on our website listing open positions at all of our First Episode Psychosis Centers. If you are interested or know someone interested in joining one of our PA FEP teams, visit our employment listing.

HeadsUp Early Psychosis Mentor

First Episode Psychosis (FEP) Centers are not always conveniently located to people who need them. If you are a Pennsylvania clinician working with a client who may be experiencing early psychosis, we are here to help connect you to information regarding specific care, research, and telehealth resources. For more information watch this brief video. To submit your first question visit the [HeadsUp Early Psychosis Mentor page](#) in the clinician's space of our website or reach out to us on our toll-free line 1-833-933-2816.

Featured PA FEP Testimonial

"It's been a very uplifting and helpful program and experience...My therapist...gave me a direction and kind of like...a connection...My case manager would help me find a job or tell me different resources that I have no idea even existed and that's what was so helpful. If I wasn't in the program, I'd probably be like 50 steps back."

— PA FEP program participant