

## FROM THE CO-DIRECTORS

Welcome to the 13th edition of the HeadsUp Newsletter! As steamy and stormy summer weather arrives across Pennsylvania, we are pleased to share updates of HeadsUp activities during the recent cooler months. 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 very excited to welcome and spotlight our newest Pennsylvania First Episode Psychosis Center, Pathways to Hope of WellSpan Philhaven. Serving Lancaster County, Pathways to Hope joins our Pennsylvania network of 18 coordinated specialty care programs providing evidence based multi-disciplinary care to Pennsylvania youth experiencing a first episode of psychosis. Pathways to Hope is now accepting referrals!

HeadsUp had an eventful late winter and spring! We provided numerous free learning and training opportunities across the commonwealth, including our well attended intensive Grand Round Series focused on Dialectical Behavior Therapy and Motivational Interviewing, featured in this newsletter. In furtherance of our mission to help end the stigma around psychosis through education, advocacy and support, we participated in important events including Mental Health Advocacy Day 2025, National Alliance for Mental Illness (NAMI) conferences and walks, Pennsylvania Psychological Association annual conference, and more. As further ongoing recognition of the value and importance of family support and engagement to recovery and quality of life for families of young persons experiencing early psychosis, we have sustained our free, monthly, virtual Family Focused Speaker Series, featuring topics selected by families of young people experiencing early psychosis, as part of our Connection Learning Healthcare System (CLHS) collaboration.

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## FEATURED PROGRAM

### Pathways to Hope Lancaster County

In this edition, we would like to highlight and give a warm welcome to a NEW Pennsylvania First Episode Psychosis Center, Pathways to Hope! Part of WellSpan Health, Philhaven, Pathways to Hope is a specialized program serving young people ages 15-30 who reside in Lancaster County and have been experiencing symptoms of psychosis for more than 1 month and less than 2 years.

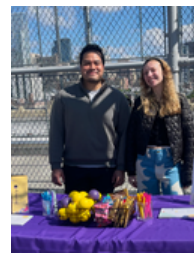
This program provides early, intensive, and coordinated care to help individuals experiencing early psychosis symptoms stabilize, recover, and move forward with their lives. The goal of Pathways to Hope is to reduce the long-term impact of psychosis by promoting early engagement, personalized treatment, and community integration. Their multidisciplinary team partners with individuals and their families to support wellness, resilience, and hope from the very first step.



## HEADSUP OUT IN THE WORLD



NAMI Walks Montgomery County PA



Academy at Palumbo High School Mental Health Fair

HeadsUp is committed to staying actively engaged in the community to increase awareness of early psychosis and reduce stigma. Through community events, educational presentations, and partnerships with local organizations in Pennsylvania, we help to uplift and inform a broad range of individuals and institutions about early psychosis, its signs, treatment options, and how to access support.

By building connections and fostering open conversations, we hope to facilitate a more informed, supportive environment for individuals, families, and the broader community.

We are grateful for opportunities to collaborate with others and look forward to more in the future.



NAMI Keystone PA Mental Health and Wellness Conference

## MENTAL HEALTH ADVOCACY

Team members from the CAPSTONE First Episode Psychosis (FEP) program and HeadsUp steering committee joined hundreds of other mental health advocates for Mental Health Advocacy Day 2026 at the Pennsylvania State Capitol in Harrisburg, PA, on Monday, May 4th. The event is an annual opportunity "to elevate lived experience, celebrate recovery, and push for the supports and resources that strengthen Pennsylvania communities." Our PA FEP representatives met with state senators to discuss the importance of ongoing funding and support for FEP services, and shared information about the programs in PA with a broad audience of attendees. HeadsUp is deeply grateful to those who showed up to advocate for First Episode Psychosis care.



### JOIN THE HEADSUP STEERING COMMITTEE!

Looking for ways to get involved? The HeadsUp Steering Committee provides an opportunity to contribute your voice to influence future direction. If you are a current or past FEP program participant or family member, team member, advocacy organization, or other interested party, please reach out to HeadsUp to learn more: [headsuppaorg@gmail.com](mailto:headsuppaorg@gmail.com).

## FROM THE CO-DIRECTORS CONT...

HeadsUp continues to provide more rapid access to care and assistance with triaging and referring individuals experiencing early psychosis to PA FEP Centers or other appropriate resources. You can [Find a Center](#) using our interactive map or [contact HeadsUp](#) to help you connect. Our [Referral & Outreach Resource Tool](#) and [HeadsUp Mentor service](#) are free resources available to support clinicians, young people and their families connect to mental health care. Professionals interested in joining an FEP center team can check out the [open positions listing](#) on the HeadsUp website. As shown by our recent analyses of data collected from program participants across CLHS, young people remaining in Coordinated Specialty Care (CSC) for at least two years show early improvements in symptoms and functioning, which are maintained, or improve even further, by two years in a CSC program. These findings contribute to the evidence base supporting CSC care and underscore the importance of connecting young people with PA FEP Centers.

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. We wish you a healthy and enjoyable summer season!

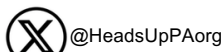
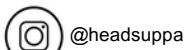


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Pennsylvania  
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Office of Mental Health and Substance Abuse Services

## GRAND ROUNDS TRAINING

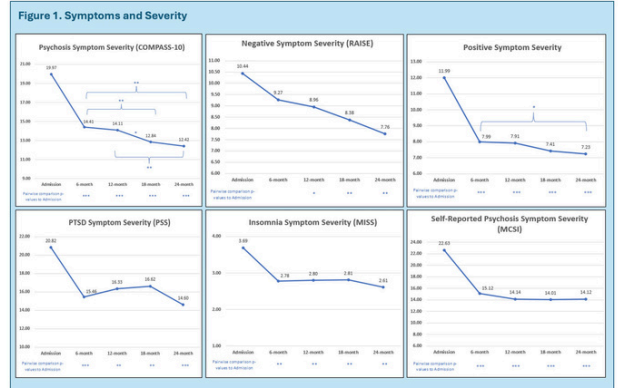
The [HeadsUp Clinical Care in Early Psychosis Grand Rounds series](#) is a FREE annual training series that focuses on reducing the knowledge gap in treatment for individuals experiencing early psychosis. Designed for professionals and practitioners treating early psychosis, particularly Coordinated Specialty Care (CSC) Team members, the series offers free educational opportunities addressing varying treatment and service topics ranging from positive and negative symptoms, family involvement and support, cultural and ethical considerations, and evidence-based practices training. Primary training topics change annually covering a diverse array of skill development and application models, providing attendees a chance to strengthen skill sets and implement new strategies, research, and trends into practice.

This year, the HeadsUp 2026 Clinical Care in Early Psychosis Grand Rounds Series offers an intensive (54-hour) exploration of clinical care avenues via Dialectical Behavior Therapy for Psychosis and Motivational Interviewing for providers of First Episode Psychosis care. We welcomed two incredible presenters, Maggie Mullen, LCSW, DBT-LBC and Kris Wright, MS, LCP. Sessions are held virtually over the course of 27 business days via a grand-rounds format, weekly from February to August 2026. We are grateful to our Education and Tele-Health Manager, Crystal Vatza, MS, LPC, NCC, BC-TMH for her time and energy as host and conference developer and to our funders and presenters for their support. We look forward to continuing to help serve our Pennsylvania early psychosis community together.

## CONNECTION LEARNING HEALTHCARE SYSTEM (CLHS) EARLY PSYCHOSIS INTERVENTION NETWORK UPDATES



Participants completing at least two years (n=663) in our CLHS network of 23 Coordinated Specialty Care programs across Pennsylvania and Maryland on average show significant clinical improvements beginning at 6-months post-admission, with maintained improvements in most areas, and continued further improvement in a subset. These findings, led by HeadsUp Data Analyst Megan Jumper, were presented at the Schizophrenia International Research Society Annual Congress in April.



### EPINET CLHS Lived Experience and Family Advisory Collectives

CLHS includes various activities to collaborate with and learn from young people, family members, clinicians, researchers, and other stakeholders to improve services for early episode psychosis. For people with lived experience of psychosis and their family members, the main opportunities include:

- Joining the Lived Experience and/or Family Advisory Collective(s).
- Attending presentations and programs to discuss issues.
- Occasional paid consultation on research projects.
- Sharing art, music, stories, profiles, etc.
- Signing up to receive future research, feedback, and leadership opportunities.
- Sharing your unique perspective as a family member or someone with lived experience with psychosis to better serve CSC participants.

Visit: [medschool.umaryland.edu/clhs/client-and-family-resources/client--family-advisory-councils](https://medschool.umaryland.edu/clhs/client-and-family-resources/client--family-advisory-councils) to learn more and complete an interest form.

### EPINET CLHS Family Focused Speaker Series

Join us virtually for a FREE family-focused speaker series! Interested family members and participants across Maryland and Pennsylvania Coordinated Specialty Care programs can attend these virtual speaker sessions about all things psychosis and schizophrenia, with an emphasis on families and their experiences having a diagnosed loved one. To receive a registration link for all virtual sessions and/or access past speaker recordings, please email Sage Rush [sagerush@pennmedicine.upenn.edu](mailto:sagerush@pennmedicine.upenn.edu).

## FEATURED FREE VIRTUAL RESOURCES

### HEADSUP MATERIALS

We offer a variety of [FREE sharable materials and resources](#) to spread awareness about early psychosis and the Coordinated Specialty Care treatment model. Together we can eliminate the stigma around psychosis and connect people to help early.

### "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. HeadsUp promotes personalized, accessible, and effective care for all people in Pennsylvania, and we can't do it alone! Providing your [feedback](#) to HeadsUp may help increase access to specialized early psychosis care in your area.

If you are interested in contributing to our newsletter, please email: [headsuppaorg@gmail.com](mailto:headsuppaorg@gmail.com).