

For Additional Information

For additional information about the ENGAGE program, please contact our Central Access department at 412-342-2270.

If you or someone you love is experiencing psychosis it can be a difficult time and it is often hard to know what to do or where to turn. It is important to reach out to a mental health professional as early as possible. Psychosis is treatable and support is available for those in need.

For more information on FEP programs in Pennsylvania please visit us online:

heads-up-pa.org



ENGAGE Program

Empowering People. Strengthening Communities. Transforming the Future.

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.



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ENGAGE program, call
412-342-2270**

www.wfspa.org/engage

Improving the lives of individuals experiencing their first episode of psychosis and working to decrease the chances and duration of a second episode.





Overview

More common than we may think, psychosis is a symptom and not a specific disorder. Psychosis can be different for everyone but is most often described as experiences that interfere with the way that we process information, causing an individual to feel disconnected from reality. Early symptoms of psychosis can be frightening, confusing, and hard to differentiate between typical teen and young adult behavior. Psychosis is treatable and support is available to those in need. Current efforts of treatment are focused on sharing information learned from original studies in treating individuals who experience their first episode of psychosis (FEP). These studies show that early intervention is crucial and offers the best path to recovery.

Who We Help

- Individuals age 15-30, who are experiencing symptoms of psychosis under 18 months.
- Individuals must have medical assistance through Allegheny County or be in the process of applying

ENGAGE

Wesley Family Services is part of a statewide effort looking for additional ways to improve the lives of people experiencing first-episode psychosis. One of those efforts is ENGAGE (Educate, Navigate Grow and Get Empowered). ENGAGE involves exploring new areas and ideas for treating first-episode psychosis such as identifying ways of decreasing the duration of untreated psychosis.

Goals of the ENGAGE Program

- help decrease the likelihood of future episodes of psychosis,
- reduce long-term disability, and
- help people to obtain a quality of life worth living however that is defined by the individual in treatment.



The Use of Coordinated Specialty Care

Coordinated Specialty Care (CSC) is a recovery-oriented treatment program for people with first-episode psychosis. CSC promotes shared decision making and uses a team of specialists who work with the client to create a personal treatment plan. The specialists offer psychotherapy, medication management geared to individuals with FEP, family education and support, case management, and work or education support, depending on the individual's needs and preferences.

Current findings show that it is important to do the right thing at the right time. Initial papers from a national study (RAISE-IES and RAISE-ETP) describe the current state of care for early psychosis in the United States and demonstrate that coordinated specialty care can be successfully delivered in community practice settings.

Additional papers show that CSC is cost effective, and that clients feel that the CSC treatment is helping them. Researchers also found that CSC is more effective than usual treatment approaches, and that CSC is most effective when the client has a shorter duration of untreated psychosis, i.e., the length of time between the beginning of psychotic symptoms and the beginning of antipsychotic treatment.

“*Educate. Navigate. Grow. And Get Empowered. - ENGAGE*”

