More common than we may think, **psychosis is a symptom not a disorder.** Psychosis is different for everyone but is often described as experiences that interfere with the way we process information, causing us to feel disconnected from reality.

Early symptoms can be frightening and confusing and can be hard to differentiate from typical teen and young adult behavior but it is important to remember that while things may feel hard, this is not your fault. You are not alone, and **psychosis is treatable.** Support is available and getting help early offers the best path to recovery.

### What is Psychosis?

- Belief that ordinary events have special and personal meaning
- Suspiciousness or extreme uneasiness with others
- Hearing, seeing, feeling or smelling things that others don’t
- Strong and inappropriate emotions, or no emotions at all
- Change in mood (depression or anxiety)
- Trouble thinking clearly or concentrating
- Withdrawing from family or friends
- A sudden decline in self-care (for example, not showering or bathing as frequently as before)
- Substance use problems

If you or someone you love is experiencing psychosis it can be a scary time and hard to know where to turn or what to do. It's important to reach out to a mental health professional to help sort through what is happening.
Help is available

Early assessment and treatment provide the best hope for recovery. A First Episode Psychosis (FEP) Center offers specialized care, or treatment, to help manage the symptoms of psychosis that may be interfering with someone’s ability to live a full life.

At our Pennsylvania FEP Centers we offer what is referred to as Coordinated Specialty Care, or CSC which is a general term used to describe a recovery-oriented treatment program that utilizes a team of specialists who collaborate in the creation of a plan based on an individual’s needs and preferences.

CSC uses a team-based approach with shared decision-making that focuses on working with individuals to reach their recovery goals. These programs are available in a growing number of areas.

Key Components of Coordinated Specialty Care

Psychotherapy
Talk therapy to help build personal skills of resiliency, management, and coping.

Supported Education & Employment
Assistance with continuing to engage in or adjust to school and work goals while receiving care.

Medication Management
If necessary, finding the best medication at the lowest possible dose.

Peer support
Guidance from those currently on their own recovery path.

Case Management
Skills and support to organize the practical issues presented during treatment. This includes communication with other team members.

Family Support and Education
Tools designed to keep family members engaged and informed.

Find out if your community has a FEP program

visit: headsup-pa.org