

THE HELP GROUP'S

PIER

EARLY PSYCHOSIS (EP) PROGRAM



Portland Identification and Early Referral (PIER) Early Psychosis (EP) program targets adolescents and young adults between the ages of 12 and 25 with the goal of reducing the incidence of psychosis. The focus is on early detection and intervention to prevent conversion of symptoms into a fully diagnosable psychotic disorder.

The PIER EP program is a three-part integrated approach: community outreach, assessment, treatment and follow up. PIER's first step is to educate and empower family and community members to recognize clinical high risk signs in their youth and make appropriate referrals for support.

COMMUNITY OUTREACH & EDUCATION

- Provide community psychoeducation to recognize symptoms and behaviors of high risk for psychosis
- Understand the importance of early detection, the right diagnosis, referral for appropriate intervention & treatment
- Early interventions help adolescents and young adults function in school and or work settings and regain their life

COMPREHENSIVE CLINICAL ASSESSMENT

- Initial phone screenings assessing need for PIER referral
- Structured interview for Psychosis Risk Syndromes (SIPS)
- Psychiatric assessment for medication support and management
- Referral for neuropsychosocial assessment when needed
- Completion of full multidisciplinary assessment
- Treatment Plan development

PIER EP TREATMENT SERVICES

- Individual Therapy
- Multifamily Group Therapy
- Medication Support and Management
- Vocational/Educational Support
- Targeted Case Management
- Parent Peer Support and Advocacy
- Referral to Support Groups for Client and Family
- Follow-up SIPS at 6 & 12-months to monitor symptoms and progress

SIGNS AND SYMPTOMS OF HIGH RISK FOR PSYCHOSIS

JUMBLED THOUGHTS & CONFUSION

- Trouble with focus and attention
- Fear that others are putting thoughts in your brain or reading your mind
- Forgetfulness and getting lost
- Bizarre preoccupations or obsessional thoughts
- Having the sense that the world, other people, and/or you aren't real at times

FEELING "SOMETHING'S NOT QUITE RIGHT"

- Feeling like your brain is just not working right
- Not able to do school work or the usual job
- Heightened sensitivity to sights, sounds, smells or touch
- Laughing at odd or inappropriate times

EXPERIENCING FEAR FOR NO GOOD REASON

- Worrying that others are thinking bad thoughts about you
- Thinking others wish to harm you or are watching and following you
- Feeling uneasy around people or suspicious of them

HAVING TROUBLE COMMUNICATING

- Difficulty speaking and/or understanding others, racing or slow speech
- Difficulty identifying and expressing emotions
- Difficulty staying on track or getting to the point
- Increased vagueness or focusing on small details in conversations
- Trouble with reading, comprehension and writing

HEARING SOUNDS/VOICES THAT ARE NOT THERE

- Feeling like your brain is playing tricks on you
- Intermittently hearing, seeing, smelling, and feeling things that aren't there
- Somatic illusions

DECLINING INTEREST IN PEOPLE, ACTIVITIES & SELF-CARE

- Withdrawal from friends & family
- Loss of motivation and/or energy
- Dramatic changes in sleeping and/or eating habits
- Lack of interest in things previously enjoyed
- Not caring about appearance



Information and referral contact:
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