

First Episode Psychosis Program



Here when you need us – From crisis services and walk-in clinics to ongoing outpatient therapy and psychiatric treatment for First Episode Psychosis, make Professional Counseling Associates | Arisa Health your behavioral health partner for a better life.



Services provided by



PCA Clinics

Springhill Clinic - # 501-955-7600 Ext. 200
Sherwood Clinic - # 501-835-4174 Ext. 300
Jacksonville Clinic - # 501-982-7515 Ext. 400
Cabot Clinic - # 501-843-3503 Ext. 500
Lonoke Clinic - # 501-676-3151 Ext. 600

24-Hour Crisis Line

1.800.592.9503

The strong team of behavioral health professionals at Professional Counseling Associates | Arisa Health recognizes that the less time that passes between the onset of psychosis and initiation of appropriate treatment, the greater the client's odds of recovery. The First Episode Psychosis (FEP) Program seeks to use a teamwork approach to educate the young person and their support system about their symptoms while working to find the lowest dose of medication that gives the greatest degree of symptom-control. These methods offer clients the tools and support to remain focused on their personal goals, and achieve overall success.

Psychosis is not a diagnosis but is a symptom or a set of symptoms.

SYMPTOMS INCLUDE:

- Hallucinations that can affect all senses – auditory, visual, as well as taste, smell, and touch
- Delusions-False and fixed beliefs, which may involve paranoia or mistaken identity
- Possible changes in thinking and communication patterns, problems focusing, following conversations
- Possible changes in behavior such as laughing at inappropriate times; becoming upset for no known reason; isolating; or disrupted abilities to care for themselves (sleeping, eating, etc.)

GENERAL INFORMATION:

- Psychosis presents in many different ways, and can be treated with a holistic approach. First Episode Psychosis refers to the *first time* an individual experiences these symptoms.
- Approximately 100,000 adolescents and young adults in the US experience FEP each year.
- Peak onset of symptoms occurs between 15-34 years of age.
- Average age of onset is 18-21 for men and 25-28 for women.
- Approximately one-third of those diagnosed with Schizophrenia will attempt suicide and, eventually about 1 out of 10 will complete Suicide.
- Only 1% of the general population has a diagnosis of schizophrenia, but over 30% of all spending on mental health treatment in the United States is used for treating schizophrenia.
- Psychosis can contribute to financial distress, legal issues, emotional disturbance, and relational stressors. Symptoms of psychosis take a toll on not only the individual with the symptoms, but their loved ones as well.



TREATMENT

- The NAVIGATE Model is a comprehensive treatment program for FEP, developed by the National Institutes of Mental Health based off a study of individuals between ages of 15-34 who are experiencing the beginning symptoms of psychosis.
- Treatment consists of early intervention, low-dose medication, individual and family psychotherapy, psycho-education; and other supportive services.
- Goals are to assist clients in improving overall functioning and promote maintenance of daily living skills, employment, and general control over their symptoms and their lives.
- An individual who qualifies for our FEP program would meet the following criteria :
 1. First onset of psychotic symptoms within the last 2 years
 2. Must be between the ages of 15-34
 3. A formal diagnosis of Schizophrenia, Schizoaffective Disorder, Schizophreniform, Delusional Disorder, or Unspecified/Other Specified Schizophrenia Spectrum and Other Psychotic Disorder, as well as Major Depressive Disorder with Psychotic Features, and Bipolar Disorder.
- Our team of qualified mental health professionals and physicians can assist with evaluation and diagnosis, as well as admission into the program.

“Navigating through the symptoms of psychosis is difficult to say the least, but it is not impossible. Whether it is you or a loved one who is struggling with the symptoms of psychosis, our team wants to help. If you have any questions, please don’t hesitate to give me a call and we can discuss the best plan of care. We really do want to help you and your loved ones to create a better life.”



Jay Gentry, LPC-S

FEP Coordinator

Professional Counseling Associates / Arisa Health

Springhill Clinic—NLR

501-955-7600