

MARYLAND EIP FALL NEWSLETTER



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@marylandEIP

The EIP offers specialized programs with expertise in the early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults with, or at risk for, psychotic disorders. The Maryland EIP uses an integrated approach to address the health and mental health needs of young adults, including providing support for co-occurring substance use disorders, and metabolic and other co-occurring medical conditions.

For more information, contact us:

website: www.MarylandEIP.com

e-mail: info@MarylandEIP.com

phone: 1-877-277-MEIP (6347)

facebook: [facebook.com/MarylandEIP](https://www.facebook.com/MarylandEIP)

twitter: twitter.com/MarylandEIP

to watch a 6-minute video introducing the Maryland EIP:

<https://vimeo.com/showcase/8686004/video/578502092>



WELCOME TO FALL FROM THE MARYLAND EIP!

The leaves are changing and there's a crisp sense of possibility in the air - the Maryland EIP is excited to be starting a new season and the expansion and growth it brings. We have hired several new team members and have some wonderful new initiatives in Outreach & Education and Clinical Services. This newsletter will take the opportunity to showcase these exciting developments and highlight the current phase of evolution of the Maryland EIP. Several of our collaborators also have updates and upcoming events, and we're thrilled to be able to share their news as well.

We're also looking forward to our **November Advisory Council Meeting**, which will take place **November 9th from 1pm-3pm**. This meeting will highlight the new **988 helpline**. 988 is a nationwide initiative to modernize the crisis response infrastructure. Now, just like with 911, if anyone anywhere in the country needs to access a helpline for any reason, they can simply dial 988. The advisory council meeting will highlight the ways that 988 will be integrated with new and evolving Maryland crisis response systems. We will explore how the EIP can ensure that young people with psychosis are best served by these systems.

As always, don't forget about Maryland EIP's four services to support individuals, families, and professionals who may encounter early psychosis:

- **Outreach and Education Services** – To behavioral health providers, schools, primary care settings, and consumer organizations. For more information or to schedule a presentation to your organization, contact Lorraine Bernstein (lbernste@som.umaryland.edu)
- **Clinical Services** – For 12-30-year-olds who present with clinical high-risk symptoms that may be predictive of future psychosis, who have early signs of psychosis, or are in the initial stages of psychoses. Services include the Strive for Wellness Clinic, the MPRC First Episode Clinic (FEC), and the Division of Community Psychiatry's RAISE Connection Program. The Maryland Early Intervention Program Network currently provides services via two Early Intervention Teams: Johns Hopkins Early Psychosis Intervention Clinic (EPIC) & OnTrack Maryland at Family Services, Inc.
- **Consultation Services** – To providers regarding identification and treatment for individuals that may be experiencing symptoms that may be predictive of future psychosis, who have early signs of psychosis, or are in the initial stages of psychoses.
- **Training and Implementation Support Services** – Early Intervention Teams (EITs) and a learning collaborative so that EITs and others providing services to those with early psychosis can collaborate, share resources, and provide support and coordination of service delivery.

All EIP initiatives may be contacted through our toll-free number (1-877-277-MEIP) or e-mail (info@MarylandEIP.com). A trained specialist is available to guide you toward the appropriate services.

For more information on accessing services offered through the EIP, visit www.MarylandEIP.com

Historical and Ethical Considerations for Early Identification of Psychosis in Urban African American Youth

MSUUM Psychosis Workshop Tickets, Thu, Oct 6, 2022 at 9AM | Eventbrite
Please purchase ticket and complete Qualtrics link as part of registration
to ensure that your CEU's for this workshop can be awarded

MORGAN STATE UNIVERSITY & UNIVERSITY OF MARYLAND PRESENT

HISTORICAL & ETHICAL CONSIDERATIONS FOR EARLY IDENTIFICATION OF PSYCHOSIS IN URBAN AFRICAN AMERICAN YOUTH

WORKSHOP DETAILS

This 6.0 credit live virtual workshop was developed for clinical professionals in social work and psychology. This course will provide an overview of psychosis and focus on **ethical** considerations and **multicultural responsiveness** relevant to assessment and treatment of psychosis among urban, African American youth and young adults.

Ethics Requirement, Category I - 3.0 CEUs
Cultural Competency - 3.0 CEUs

LIVE VIRTUAL WORKSHOP

THURSDAY
OCTOBER 6

TIME
9:00 AM - 4:30 PM

- SPACE IS LIMITED -
USE THE CODE BELOW
TO REGISTER

FOR QUESTIONS, PLEASE CONTACT
KEIRA.ODONOVAN@SOM.UMARYLAND.EDU

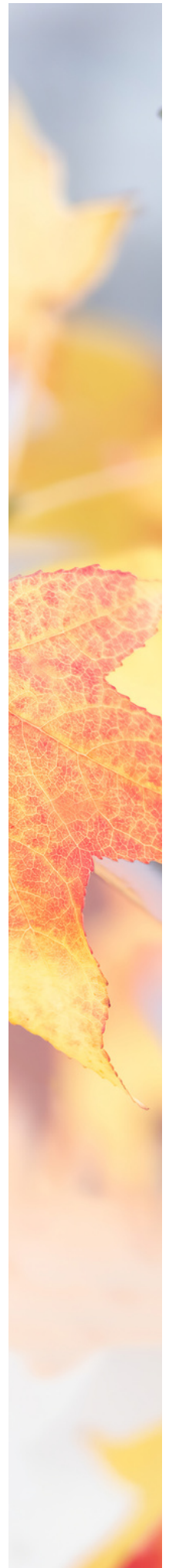
\$35 Registration Fee & CEUs

[HTTPS://UMBPSYCHIATRY.AZ1.QUALTRICS.COM/JFE/FORM/SV_3KJ5GAB3FZC6SP](https://umbpsychiatry.az1.qualtrics.com/jfe/form/sv_3KJ5GAB3FZC6SP)



THE MORGAN STATE UNIVERSITY CENTER FOR CONTINUING & PROFESSIONAL STUDIES IS APPROVED BY THE MARYLAND BOARD OF SOCIAL WORK EXAMINERS TO PROVIDE CONTINUING EDUCATION TRAINING



The Clinical Teams & New Initiatives

- The Maryland EIP has partnered with Morgan State University (MSU), a Historically Black College or University (HBCU). MSU faculty leads for the project are Dr. Linda Darrell (<https://www.morgan.edu/school-of-social-work/about-us/faculty-and-staff/linda-darrell>) and Dr. Michael Sinclair (<https://www.morgan.edu/school-of-social-work/about-us/faculty-and-staff/michael-sinclair>). We are working with our colleagues at MSU to ensure our outreach and education materials are culturally sensitive for use with Black youth and families in our MD community, as well as partnering to embed and facilitate pre-service education opportunities and connections between the Maryland EIP and MSU Social Work program.



- Congratulations from everyone at the Maryland EIP to the **Strive for Wellness (SFW)** team, a multidisciplinary group delivering early identification and intervention services to individuals ages 12-25, on a second round of funding from the SAMHSA Clinical High-Risk for Psychosis (CHR-P) program! This initiative is led by Natalee Solomon (CHR-P Project Director), Dr. Pamela Rakhshan Rouhakhtar (SFW Clinic Co-Director and UMBC PI), Dr. Gloria Reeves (SFW Clinic Director UMB PI), and the SFW team, who will continue to develop the clinic over the course of the grant. This nationally competitive grant will fund the Strive For Wellness team clinic for at least the next four years, and will allow the team to continue to provide outreach, care coordination/referral assistance, evaluation and therapy services to youth and families who may be at risk for psychosis. The team will also expand training opportunities and initiatives in clinical high risk for psychosis, including partnership with Maryland HBCUs, working to support the next generation of clinical high risk for psychosis clinicians. CHR-P clinics are a new initiative from SAMHSA, and the Strive for Wellness team is excited to be on the forefront of clinical and research initiatives supporting youth and families in this critical period.



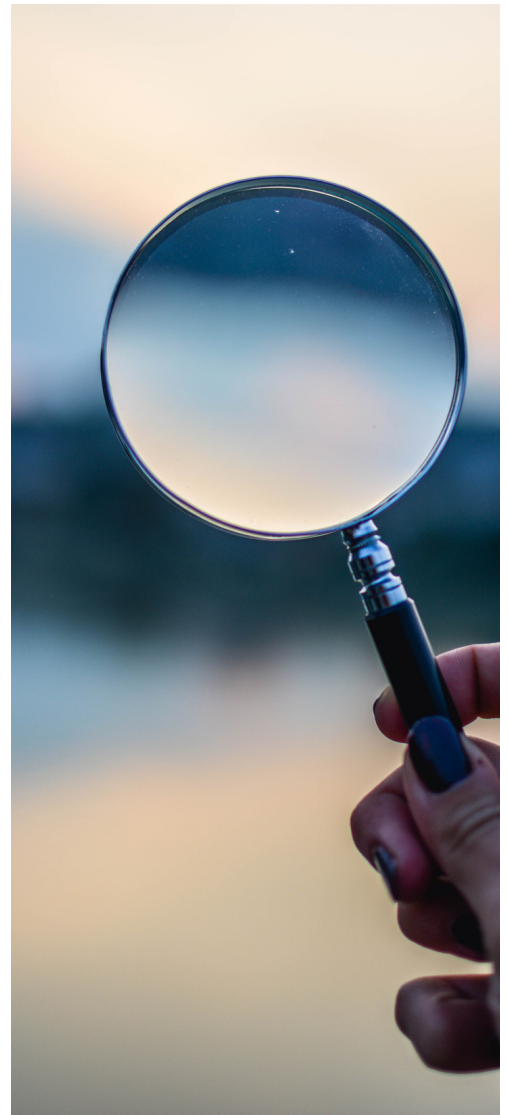
From L to R: Natalee Solomon, Dr. Pamela Rakhshan Rouhakhtar, Dr. Gloria Reeves

- SFW also secured seed funding from UMBC for this fiscal year to collect qualitative and quantitative data from youth, advocates/consumers, and experts in the field on aspects of psychosis-spectrum screening tools that may impact validity of these measures for use with Black youth and families.
- **The First Episode Clinic (FEC)** team includes five counselors, three psychiatrists, a supported employment and education specialist, and a peer support specialist, and provides specialized early intervention for adolescents and young adults who have experienced a recent first episode of psychosis, as well as a support and education program for their family members. FEC clinic is looking to foster strong relationships between clinical services, individuals/families supported by our services, and community partners and promote individuals' strengths and creativity in recovery through events at the clinic and in the community. As part of that, they are engaging in:
 - Awareness and fundraising events to support NAMI WalksYourWay/#CreativityConnects
 - 2nd Annual MPRC/NAMI Art & Creativity Exhibition and Auction in spring 2023
 - MPRC NAMI WalksYourWay Team – community walks begin in early spring 2023 to promote physical activity and connection with others leading up to NAMI Walk Day 2023
- **OnTrack Maryland (Montgomery County)** serves young adults between the ages of 15-30 who meet criteria for the first episode psychosis program in Montgomery County. OnTrack is a Coordinated Specialty care team made up of psychiatrists, therapists, supported employment and education specialists and peer specialist serving 25 clients at a time for up to 2 years.
- **OnTrack Maryland (Prince George's County)** is accepting clients and working to build a caseload of 25 and start a multifamily group. It is part of Sheppard Pratt Hospital which is in the process of organizing a FEP team to work with individuals who are unable to join the CSC FEP teams due to the caseloads being full. This would allow someone to be treated by individuals trained in the coordinated specialty care for first episode psychosis model evidence-based practices until the spot would be available to treat on the OnTrack Maryland Team.
- **The Recovery After a 1st Schizophrenia Episode (RA1SE) connection program** is an interdisciplinary team providing a wide range of services, including psychotherapy, crisis stabilization, diagnostic assessments, skills building, medication management, Supported Education and Employment, Peer Support, and Family Psychoeducation, in person or through telehealth services. RA1SE is excited to find new ways to create strong social connections between service users, while staying COVID safe. The team is exploring in person social activities in the community to foster engagement and connection.



Job Postings

- The First Episode Clinic is seeking a **full or part time psychiatrist** to provide clinical care and graduate level supervision. Candidates must be **ABPN** certified or eligible. Child Adolescent Fellowship specialization is preferred, but not required. Academic rank at the School of Medicine, Department of Psychiatry and salary are commensurate with experience. Those with interest can find more information and submit an application through the **UMB Taleo system_job #2200013P**.
- RA1SE is seeking a **social worker** to provide full time clinical care. Candidates must be LCSWC, license certified social workers, or lic masters social worker grad. Come join a dynamic and supportive team! Those interested can find more information and submit an application at https://careers.peopleclick.com/careerscp/client_uofmarylandmedsys/external/gateway/viewFromLink.html?jobPostId=163120&localeCode=en-us
- RA1SE is also seeking another **Supported Employment and Education Specialist** to join the dynamic team. This is a full time position. The Education and Employment Specialist assists clients to continue, resume or adapt their academic or vocational activities successfully using the IPS (individual placement and support) model. This position requires a bachelor's degree in Psychology, or a related field, or equivalent combinations of education and experience from which comparable knowledge and abilities have been acquired, along with working knowledge of a broad range of occupations and jobs and general knowledge in job development/experience is required, and a current, valid, MD state driver's license. No more than two points on the driving record per year permitted. If interested, please find more information and apply through:
https://careers.peopleclick.com/careerscp/client_uofmarylandmedsys/external/gateway/viewFromLink.html?jobPostId=166158&localeCode=en-us



New Peer Support Specialist; Sam Teitelbaum (he/him), RA1SE clinic

New Supported Education and Employment Specialist, Ashley Bayton, (she/her), OnTrack Maryland Prince George's County



New Team Members:

New Peer Support Specialists:

Emeka Chima, OnTrack Maryland Montgomery County

William Touchette, BA (he/him/his), FEC clinic

New Recovery Coach, Karla McClure, LMSW, OnTrack Maryland Montgomery County

Supported Education and Employment Specialist, George Ricks, BA (he/him/his), FEC clinic



Tovah Cowan, M.A (she/her) Clinical High-Risk for Psychosis (CHiRP) Predoctoral Clinical Psychology Intern in the Baltimore VA/UM-SOM Psychology Internship Consortium



Latest Research

This edition's research spotlight focuses on supported employment and education and emerging research surrounding cognitive and psychosocial functioning in transition-aged youth (TAY) experiencing early psychosis. Specific rehabilitation models of supported employment, essential components of supported education services, and new directions for cognitive based interventions are discussed below.

- Rouhaktar and Schiffman (2020) discussed various community rehabilitation programs for TAY with early psychosis that provide benefits when integrated into standard care. These programs include care coordination, which involves providing practical support to promote engagement in care, facilitating connections to services, and identifying and addressing unmet needs; cognitive rehabilitation, encompassing interventions that seek to ameliorate cognitive deficits and address subsequent functional impairments; supported education and employment, which provides aid and support toward completion of educational programs and skills training; and peer support, offering connection and advocacy through mutually uplifting partnerships.
- Bond et al. (2016) analyzed the effectiveness of the individual placement support (IPS) model of supported employment on young adults with severe mental illness. IPS incorporates principles of eligibility, competitive employment, integration of mental health and employment services, client preferences, job search and development, and individualized job support. The authors found that this model is effective in helping TAY attain competitive work, which may reestablish their roles in the community and reset their overall life trajectory.
- A systematic review and meta-analysis by Cowman et al. (2021) found that among various cognitive domains related to psychosocial functioning, general cognitive ability and social cognition have the strongest associations with current and long-term functioning. The authors suggest that the most effective treatments in early psychosis will thus target general cognitive and social cognitive deficits, proposing that cognitively focused interventions such as Cognitive Remediation Therapy (CRT) should include social cognition as a specific predictor of function and response to therapy.
- A review conducted by Hillborg et al. (2020) emphasized the impact of supported education services toward longer term, sustainable employment for young adults with mental illness. The authors outlined essential educational components in supporting a career-oriented recovery, specifying a person-centered approach, collaboration and integration with school and care teams, adjusting on individual, social, and academic levels, development and support of existing resources, development of individual, social, and academic skills, focusing on the physical and psychosocial environment, and promoting career development.
- Nuechterlein et al. (2020) evaluated the efficacy of an enhanced vocational intervention that combined individual placement support (IPS) with a workplace fundamentals module (WFM). The WFM utilized a group-based skills training approach while underscoring problem-solving and social skills as fundamental to maintaining a job, focusing on skills to understand the implications of work/school success, identify stressors, manage symptoms and medications, manage health, improve job/school performance, socialize with fellow employees/students, and find motivation. The authors' analysis demonstrated that compared to a control group that underwent a conventional rehabilitation program, IPS-WFM rehabilitation doubled the percentage of patients with a recent first episode of schizophrenia who had competitive jobs or were enrolled in school within six months of their first psychotic episode.

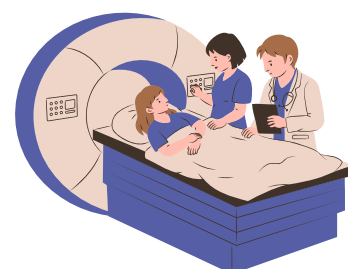
Research opportunity!

First-degree relatives (brothers, sisters, parents, and children) of people with a diagnosis of Schizophrenia or Schizoaffective Disorder are invited to participate in brain imaging research

- Participants between the ages of 18 and 64, male or female
- Cannot have current substance abuse or dependence (including alcohol and cannabis)
- Study involves 3-4 appointments (1 visit for initial consent and screening (via Zoom); 2 MRI scan appointments (in-person); 1 session for assessments (in-person))
- Participants will be paid an hourly rate plus bonuses for their time

The project is conducted under the direction of James A. Waltz, PhD, Assistant Professor, MPRC Outpatient Research Program

If you or someone you know would like more information about this study, please contact Jacob Nudelman (jnudelman@som.umaryland.edu; 443-840-9087) or Adriann Lai (alai@som.umaryland.edu; 410-929-1364)



Collaborator Updates

Maryland Healthy Transitions

Mental Health Awareness Week Art Show



The Maryland Healthy Transitions (MD-HT) program serves transition-aged youth (TAY) between 16-25 years old with serious mental health conditions and provides individualized outreach, education, and employment support. In recognition of Mental Health Awareness Week, MD-HT is collaborating with Crossroads Community and Corsica River Mental Health Services to host the *True Colors: Mental Health Awareness Art Show* **October 3-6** at the Todd Performing Arts Center at Chesapeake College and will be displaying artists from the Eastern Shore community and beyond. An Artists' reception will follow on Mental Health Awareness Day, October 7, from 2:00 PM to 8:00 PM.

EVENT CONTACT

Becky Groff at groffr@ccinonline.com or 410-739-6943

Maryland Coalition of Families

The Maryland Coalition of Families (MCF) provides family peer support and navigation services to families who care for a loved one with mental health, substance use, or problem gambling challenges.

Supporting Families with Behavioral Health Challenges

MCF's Family Peer Support Specialists all have extensive training and lived experience with behavioral health challenges in their own families. In addition to providing one-to-one family peer support and navigation, they are knowledgeable about both local and state resources.

MCF's staff are able to provide remote as well as face-to-face family peer support and navigation, depending on a family's preference. The methods they use to stay in communication with families include phone calls and texts, emails, and 1:1 in-person or video support.

NAMI Maryland

40th annual conference on October 14th and 15th



This year marks the 40th anniversary of NAMI Maryland's Annual Education Conference, which will be held virtually on October 14th and 15th, 2022! Here's your chance to learn about the latest research, discover resources, develop a talent for advocacy, and foster a better understanding of issues relating to mental health conditions. This robust and ambitious 2-day virtual event will feature up to 40 keynote presentations and breakout sessions hosted by national and state decision-makers, content experts, and advocates covering critical, relevant topics like:

- Self-care and resilience during COVID-19;
- Specific diagnoses and treatment options;
- Social community supports and benefits;
- Special audiences and populations including rural and BIPOC communities;
- Policy issues like criminal justice, health care reform, and early intervention;
- and more!

This conference will offer between 11-12 hours of Continuing Education Units for: Social Work, Counselors, Psychologists, and Therapists; Corrections and Law Enforcement; Emergency Medical Service Professionals; and Peer Specialists.

Pricing:

NAMI Members: \$45.00 for Both Days

Non-Members: \$115.00 for Both Days

Register now! (Direct link: <https://tinyurl.com/NAMIMD40>)

Specifically, MCF supports:

- Anyone who cares for a loved one with mental health needs
- Anyone who cares for a loved one with a substance use disorder
- Anyone who cares for a loved one struggling with problem gambling

MCF's Support

MCF staff can help by:

- listening to concerns
- attending meetings
- assisting with completing forms
- explaining rights
- making connections to appropriate services

All services are provided **free** to Maryland families. In addition, MCF offers trainings and support groups. **For more information** see their website (www.mdcoalition.org), call their statewide intake line at **410-703-8267** or email info@mdcoalition.org