

MARYLAND EIP SUMMER NEWSLETTER



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The Maryland Early Intervention Program: *A collaborative for the early identification and treatment of mental illness with psychosis* (Maryland 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)

[6-minute video introducing the Maryland EIP](#)

[f @MarylandEIP](#) [t @MarylandEIP](#)



CELEBRATING *Summer* WITH THE MARYLAND EIP

Summer kicked off early at the Maryland EIP with an informative Advisory Council Meeting on May 24th and an inspiring art exhibition at MPRC's First Episode Clinic on May 19th and 20th. The Advisory Council Meeting focused on best practices in training providers for culturally responsive psychosis care and on how a collaboration between a Historically Black College/University (HBCU) and a predominantly white institution (PWI) worked to develop and advance these recommendations. We're excited to bring you highlights from both of these events, as well as latest research from our Maryland EIP team.

As schools close for the warmer months, it's especially important for parents and other people working with teens and young adults to make sure that they're getting the support they need to have an enjoyable summertime. If you ever worry that a young person in your life might be experiencing the beginning signs of psychosis, we're here to help year-round! Remember, some psychiatric medications can make people more susceptible to heat stroke, so stay hydrated!

Keep Maryland EIP Services in Mind

- **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 Cameron Sheedy: csheedy@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. Providers 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 also 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) throughout the state create a learning collaborative such that EITs and others providing services to those with early psychosis can collaborate, share resources, and provide support and coordination of service delivery.

WE'RE LOOKING FOR FEEDBACK!

Love this newsletter? Think there is something that could be better? Let us know through [this quick survey!](#)



MPRC's Art & Creativity Exhibition and NAMI Walk



John Fitzgerald and Frank Gaston conversing



Malcolm Anderson performing original music

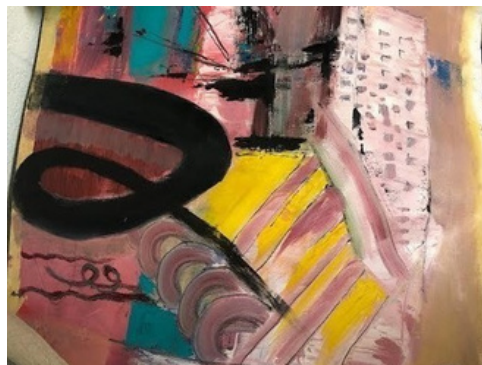


Krissa Rouse admiring the art

With over 140 art pieces on auction, even more on display, and live performances, the 2nd annual MPRC Art and Creativity Exhibition (which took place on May 19 & 20) was a resounding success! The auction alone raised nearly \$6,000 for NAMI Maryland, and gave the artists a chance to express their experiences of mental health, mental illness, and catharsis found through creativity. This phenomenal yearly event helps to build community, promote public awareness of mental health conditions, and reduce stigma, by sharing and celebrating the unique gifts of each artist and performer.



House and the Blue Sky
Anonymous



Abstract No. 1
Konstantinos Arvanitis



Finding Home
April Williamson

Sometimes in our darkest moments, the light shines through and guides us home. I cannot state enough how art has had such a profound effect on improving my mental health!

-featured artist April Williamson



In the Garden #4
Ani Job



The Egyptian
Fischer



Mermaid Jester
Anonymous



Let Your Faith Be Bigger Than Your Fears
Liberty Long

The weekend also included the May 20th NAMI Walk, raising even more funds to support NAMI Maryland.



NAMI Walk attendees

Congratulations to the MPRC team and all who contributed to raising \$15,078 for NAMI!

The Maryland EIP Spring Advisory Council

The Spring Advisory Council meeting for the Maryland EIP took place on May 24th, World Schizophrenia Awareness Day. Our advisory council met to discuss best practices in culturally responsive pre-service training for psychosis. We are so grateful to our panel presenters, who included our esteemed colleagues from Morgan State University (MSU) and University of Maryland Baltimore County (UMBC), and to our advisory council members who provided invaluable thoughts and perspectives on this critical issue.

Best Practices in Culturally Responsive Pre-Service Training for Psychosis



Facilitated by:
Brittany Patterson, PhD
UMB



Linda Darrell, PhD
MSU



Raniya Holmes, MS
MSU



**Pamela Rakhshan
Rouhakhtar, PhD**
UMBC



Meghan Mette, PhD Student
UMBC

Watch the recorded panel discussion [here](#)

Our panelists discussed a COVID-Expansion project, funded through the Maryland Behavioral Health Administration, that formed a collaboration between the Maryland EIP and Morgan State University. It aims to:

- **Increase the reach and cultural sensitivity of Maryland EIP training resources;**
- **Develop best practice considerations for preservice training;**
- **Integrate educational materials into current graduate level courses at MSU;**
- **Improve content implementation; and**
- **Develop a sustainability model for continuation of outreach and education efforts.**

This collaboration was introduced in terms of its intentionality and commitment to open and honest vulnerability. Dr. Darrell spoke to the magic which comes from showing up in each meeting as one's authentic self, and for each team member leading with authenticity and a sense of responsibility to the community. Dr. Rakhshan Rouhakhtar spoke to how she is bringing that sense of authenticity to her work both inside and outside of this collaboration, and how it has highlighted, for her, the importance and benefits of embracing the discomfort of challenge, change, and difference. Raniya and Meghan, both students who received the pre-service training, discussed how these experiences in the classroom contributed to their sense of feeling confident and able to have hard conversations in service of better clinical care.

After a rich and fruitful discussion on what is necessary for culturally sensitive pre-service training for psychosis, best practices guidelines for higher education leadership, faculty, and staff who are responsible for teaching and training were shared. These included the following core elements relating to culturally responsive understandings of psychosis:

- **Awareness:** understanding of broader systems of power, one's own position in those systems, and the roles one intends to take on;
- **Knowledge:** understanding of the facts of historical and current racial oppression, trauma, bias/stigma, resilience and healing supports, basic information on psychosis, and how systems of racist oppression affect understandings of psychosis;
- **Skill:** the ability to integrate this information to provide care for individuals with psychosis in a strength-based approach, use and teach relevant assessment and intervention tools, and act at both the individual and systemic levels to dismantle systems of oppression.

The advisory council provided input on the strengths of and gaps in the guidelines and discussed ways to extend this project into current workforce training. View the panel discussion and best practice guidelines overview [here](#).

We are so grateful to our advisory council and panelists for generously sharing their insights and expertise!

Additionally, we want to sincerely thank **Dr. Nev Jones** for a fantastic presentation on ***Diversity, Equity, and Inclusion in Coordinated Specialty Care: From Service Design to Evaluation***, as a representative of the EPINet project.

Research Spotlight: Publications from the MEIP!

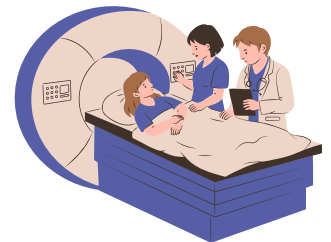
- [Bridgwater et al. \(2023\)](#) conducted a literature review to examine factors that contribute to biases in screening, assessment, and treatment of youth at clinical high-risk (CHR) for psychosis, including racialized identity, discrimination, neighborhood context, trauma, immigration status, gender identity, sexual orientation, and age. Considering context can aid in increased accuracy in appraising the risk for psychosis, predicting conversion to psychosis, and understanding psychosis-risk trajectories.
- [Jester et al. \(2023\)](#). In this comprehensive literature review, the authors concluded that social determinants of health — including childhood abuse, parental psychopathology, parental communication problems, bullying, urban settings with lower socioeconomic status, experiences of racial/ethnic discrimination, immigrant, refugee, and asylee status, social fragmentation, homelessness, food insecurity, and incarceration — are linked to increased episode risk and adverse health outcomes for persons diagnosed with schizophrenia-spectrum psychotic disorders (SSPDs).
- [Myers et al. \(2023\)](#). This systematic literature review examined how youths from ethnically and racially minoritized groups navigate the healthcare system for treatment in early psychosis. Moderating variables in pathways through care at clinic, family, and cultural levels were also explored. Ethnoracial minoritized group status predicted care utilization and outcomes in youth experiencing early psychosis.
- [Rakhsham Rouhakhtar, Roemer, Reeves, & Schiffman \(2023\)](#) found that client race moderated the associations between positive symptoms, suspiciousness, and social functioning during the clinical high-risk (CHR) phase of psychosis. Positive symptoms and suspiciousness were associated with worse social functioning for White, but not Black participants. Possible explanations for these findings include measurement validity concerns (i.e., measures not valid for both racial groups) or differing experiences of individuals within racial minority groups (e.g., “healthy suspiciousness,” that mistrust or guardedness are normative reactions to racial discrimination).

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
- 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



June Celebrations

HAPPY
Pride
MONTH



HONORING JUNETEENTH

Job Postings

Family and Peer Support Specialists

- **The Maryland Psychiatric Research Center (MPRC)**, part of the University of Maryland, Baltimore, School of Medicine (UMSOM) is seeking a parent of an adolescent or young adult who has experienced psychosis to function as a ***Family Peer Support Specialist*** in the First Episode Clinic (FEC). A Family Peer Support Specialist will use their own experiences to provide family-to-family support, education, advocacy, coaching, and more, to families seeking assistance. [Click here to apply](#)

- **EPIC-RAISE** and **OnTrack Prince George's County** are each seeking a ***Peer Support Specialist***, who will use their own experiences to provide support, education, advocacy, coaching, and more, to service users seeking assistance.

For more details about the EPIC-RAISE position, contact Max Wolcott:
mwolcot2@jhmi.edu

For the OnTrack Prince George's County position, [click here to apply](#)

Supported Employment and Education Specialists

- **OnTrack Montgomery, OnTrack Prince George's County, and RAISE** are seeking full-time ***Education and Employment Specialists***, who will assist 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 are permitted.

For the OnTrack Montgomery position, [click here to apply](#)

For the OnTrack Prince George's County position, [click here to apply](#)

For more details about the RAISE position, contact Mike Papa:
mpapa@som.umaryland.edu

Recovery Coaches, Therapists, Team Leads

- **RAISE** is seeking a ***Recovery Coach*** to provide full-time clinical care. Candidates must be LCSW-C, licensed certified social workers, or licensed master's social worker grad. Come join a dynamic and supportive team!
Request more information from Mike Papa: mpapa@som.umaryland.edu
- **The University of Maryland, Baltimore (UMB), Department of Psychiatry, Child and Adolescent Division** has a full-time opening within its **Prince George's School Mental Health Initiative Program** for a ***Counselor, Senior Counselor, or Lead Counselor*** dependent upon the chosen candidate's qualifications. The University of Maryland, Division of Child and Adolescent Psychiatry, National Center for School Mental Health Counselor position would provide a full continuum of mental health services and consultation to youth with severe behavioral and emotional challenges who are enrolled in Prince George's County Public Schools. The individual would provide a broad range of clinical services including: 1) assessments and evaluation, 2) individual, group, and family therapy, 3) crisis intervention, 4) teacher consultations, and 5) school-wide education and training regarding mental health issues. [Click here to apply](#)

Collaborator Updates

Maryland Healthy Transitions

Healthy Transitions works with emerging adults with serious mental health conditions between the ages of 16 and 25 as they move into the adult life of their choosing. The program provides youth-driven, strengths-based, non-stigmatizing, and developmentally appropriate services that help young adults manage mental health symptoms that limit their ability to transition into adult roles. We also aim to raise community awareness about the strengths and needs of Transition Age Youth, how the public can best support them, and signs and symptoms of common mental illnesses.

Our team of Transition Facilitators fosters independence in emerging adults by improving quality of life in major life domains: decreasing symptoms of mental illness, increasing employment and educational success, fostering family and peer relationships, providing and developing age-appropriate housing options, and teaching essential independent living skills.

Healthy Transitions empowers young adults in Anne Arundel County at **Arundel Lodge** (www.arundellodge.org), as well as in Caroline, Dorchester, Kent, Queen Anne's, and Talbot Counties at **Crossroads Community** (www.ccinconline.com).

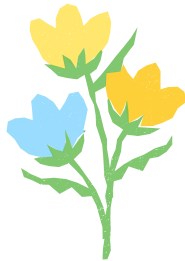
For more Maryland Healthy Transitions Outreach & Education information, contact Sylvia McCree-Huntley: shuntley@som.umaryland.edu or [click here](#)

Maryland Coalition of Families

Maryland Coalition of Families (MCF) connects, supports and empowers individuals and families who care for someone with behavioral health needs. Using personal experience as parents, caregivers, youth and loved ones, our staff provide one-to-one emotional support, resource connection and systems navigation to families and caregivers of individuals who have mental health, substance use or problem gambling challenges.

A Family Peer Support Specialist helps those who care for someone with a behavioral health challenge to:

- Navigate services and systems.
- Access to resources, services and programs to support themselves or their loved one.
- Learn strategies for self-care and well-being.
- Build natural support systems with others on similar journeys.
- Share their story to reduce stigma and raise awareness.
- Use their voice to educate decision-makers and advocate for systems change.



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

NAMI Maryland

Mark your calendars! You are invited to join us in celebrating four decades of statewide mental health education at our **41st Annual Conference, scheduled for October 13th and 14th, 2023!** The NAMI Maryland Annual Conference is about hope, ideas, and gaining new skills. 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. Last year, nearly 300 attendees tuned in online for a truly robust conference that held 40 workshops, 5 plenary presentations, and facilitated speed-date style networking. Thanks to the virtual aspect of the conference, we were able to host nationally recognized content experts like Dr. John Palmieri from SAMHSA; Dr. Lisa Burgess, Acting Deputy Secretary of Behavioral Health for Maryland; and Dr. Ken Duckworth from NAMI.



This fall, we are thrilled to offer our virtual Annual Conference once more, and we invite you to celebrate our 41st anniversary of this fantastic event on October 13th and 14th!

Registration will be coming soon, so mark your calendars and be sure to save the date! If you are interested in sponsor opportunities, contact Danielle at dfletcher@namimd.org. Be notified as soon as registration goes live by [signing up here](#).

Monthly Caregiver Support Group

Do you care for someone living with psychosis or another serious mental illness?

Join us for a **FREE and CONFIDENTIAL** support group* on Zoom the 4th Saturday of the month beginning in January, 2023.

For more information, register at:
tinyurl.com/SeizingPsychSupport



SeizingPsych
contact us: SeizingPsych.com

*Meetings are not a substitute for medical care