

MARYLAND EIP SPRING NEWSLETTER




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THE OUTREACH & EDUCATION TEAM

The Maryland Early Intervention Program: A Collaborative for the Early Identification and Treatment of Mental Illness with Psychosis (Maryland EIP; MEIP) 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:**

 www.MarylandEIP.com

 1-877-277-MEIP (6347)

  @MarylandEIP

 [6-minute introduction video](#)



SPRINGING AHEAD WITH THE MARYLAND EIP

As the days lengthen and flowers begin to bloom, spring emerges as a season of renewal and rejuvenation. With warmer temperatures and nature's vibrant colors slowly returning, it's the perfect time to prioritize self-care. We encourage you to take a moment to embrace the beauty of the changing season by indulging in outdoor activities with friends or family, or by finding ways to nurture your own sense of personal growth. Whether this takes the form of a meandering walk through blossoming gardens or setting aside time to learn something new, let spring inspire you!

This edition of our newsletter highlights an ongoing collaborative project involving faculty members and staff from Morgan State University and the Maryland EIP. Specifically, we describe a momentous day in February wherein our joint team conducted eleven video-recorded interviews with individuals with lived experiences of psychosis for the purpose of generating training materials to support the next generation of mental health professionals in providing compassionate, culturally informed early psychosis care. Additionally, we feature a new patient group offering and several ongoing group-based opportunities within the MEIP network. Updates on broader research endeavors, exciting upcoming events, and employment opportunities are also detailed on the following pages.



KEEP MARYLAND EIP SERVICES IN MIND THIS SPRING



OUTREACH & EDUCATION SERVICES

For 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 \(FEC\)](#), the [Division of Community Psychiatry's RAISE Connection Program](#), [Johns Hopkins Early Psychosis Intervention Clinic \(EPIC\)](#), and [OnTrack Maryland at Family Services, Inc.](#)



CONSULTATION SERVICES

For 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 & 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.

NEW GROUP SPOTLIGHT



BRAIN GYM



The First Episode Clinic (FEC) is proud to be the first setting within the EIP network to offer **Brain Gym, a new group focused on enhancing cognitive skills in individuals with early psychosis!**

Clinicians **Stephanie Korenic** and **Krissa Rouse** have just concluded the first pilot round of this 12-week group that combines use of assigned science games with in-person bridging groups based on a protocol that was generously shared by researchers from OnTrackNY.

Over the past 3 months, group members played assigned games from Lumosity and BrainHQ independently from their phones or computers during daily at-home practice sessions. In weekly bridging, generalization of cognitive gains was promoted through discussions of topics including goal-setting, examining expectations and values as they pertain to motivation, applying strategies to effectively mitigate distraction, and time management.

The FEC is excited to continue providing this group in the future, as well as implementing modifications to deliver the Brain Gym protocol on an individual basis!



STEPHANIE KORENIC, MA



KRISSA ROUSE, MA, LCPC



FUTURE DIRECTIONS FOR PRE-SERVICE TRAINING FOR PSYCHOSIS

UPDATES FROM THE MARYLAND EIP/MORGAN STATE UNIVERSITY COLLABORATIVE PROJECT



Recognizing a critical need to bridge the gap between theory and practice, the Maryland EIP and Morgan State University recently undertook an initiative to incorporate authentic portrayals of psychosis into culturally responsive, video-based training materials for future clinicians. With a grant from the Maryland Department of Health's Behavioral Health Administration, months of planning and collaboration culminated in an immersive all-day event on Saturday, February 10th.

Nine clients and two parents, each with unique lived experiences of psychosis, graciously shared their stories on camera. The interviews capture raw emotions, candid insights, and powerful narratives on topics ranging from external and internalized stigma, to navigating opaque mental health systems, to the pivotal role of family support. Professor Kobina Yankah and his talented team from the Morgan State Screenwriting and Animation (SWAN) program orchestrated the day's efforts with precision and sensitivity, ensuring the authenticity and integrity of each interviewee's story.

The footage is now being crafted into a series of videos which aim to cultivate empathy, challenge stereotypes, and foster a deeper understanding of the human experience behind mental health conditions. By infusing diverse, firsthand accounts of psychosis into educational settings, this final product promises to be an indispensable resource for preservice clinicians.

As we reflect on the success of this collaborative endeavor, we are reminded of the power of partnership in driving positive change. The Maryland EIP and Morgan State University's ongoing collaboration stands as a testament to the potential of collective action in advancing mental health education and advocacy, and thereby shaping the future of mental health care delivery.



From left: **DR. BRITTANY PATTERSON**, Assistant Professor of Psychiatry, University of Maryland School of Medicine; **JOHN FITZGERALD**, Clinical High Risk for Psychosis (CHiRP) Predoctoral Intern, University of Maryland School of Medicine; **DR. MICHAEL SINCLAIR**, Associate Professor, School of Social Work, Morgan State University; **STEPHANIE KORENIC**, CHiRP Predoctoral Intern, University of Maryland School of Medicine



SUPPORTIVE SPACES WITHIN THE MEIP NETWORK

CONNECTION LEARNING HEALTHCARE SYSTEM
Maryland & Pennsylvania



The Collective:

Lived Experience & Family Councils



Please join CLHS* leadership for our Monthly Lived Experience Council and Family Council meetings. All current and former participants of Pennsylvania and Maryland early psychosis services are invited to take part in the Monthly Lived Experience Council. All family members of current and former clients are invited to take part in the Monthly Family Council. At this meeting, we will briefly introduce the PA/MD Connection Learning Health System, Coordinated specialty care (CSC) access, CSC services, and related research.

*Connection Learning Healthcare System (CLHS) is a collaboration between state, academic, and community program partners in Pennsylvania and Maryland to support and, where needed, improve early psychosis services for young people and families. Learning happens through shared education, training, research, and discussion.

LIVED EXPERIENCE COUNCIL

Second Monday of the Month
5pm-6:30pm EST*

[REGISTER](#)

FAMILY MEMBER COUNCIL

Second Wednesday of the Month
5pm-6:30pm EST*

[REGISTER](#)

*Subject to change. Registrants will be notified of any schedule changes. Registering using this link registers you to all remaining monthly meetings, but attendees are not compelled to attend every single one.

SeizingPsych CAREGIVER SUPPORT GROUP

A safe and confidential support system for individuals caring for someone living with a serious mental illness including but not limited to schizophrenia, bipolar, and schizoaffective diagnoses. The group is a supportive and healing environment facilitated by experienced volunteers who encourage open discussion guided by group interests.

**Participate.
Advocate.
Educate.**

SeizingPsych

Interactive Psychoeducational Workshops
Caregiver Support Group (4th Saturday Each Month)
Survival Kits for Community Members in Crisis
Annual Christmas Adopt-a-Family Campaign
Peer and Caregiver Counseling and Guidance
Crisis Grants

@SeizingPsych
seizingpsych.com - SeizingPsych@outlook.com



1. A systematic literature review by [Happell et al. \(2014\)](#) investigated aspects of mental health system consumer participation in the training of mental health professionals. Consumer involvement took many forms, including providing limited feedback to students following care, guest lecturing, and holding academic positions within training programs. Overall, students reported an overarching positive effect of consumer-led education, endorsing a deepened understanding of the experience of mental illness and the challenges in mental health service utilization. However, students also expressed concerns regarding the representativeness of a single consumer's experience, the validity of feedback provided in care contexts, and the possibility that a consumer could push their own personal agenda. Most extant studies focused on student perspectives and were written by non-consumer educators. Future research should include consumer perspectives and explore how their involvement in education may translate to practical changes in mental healthcare.
2. The DoNOHarm Framework was developed in 2011 by the Australian Mental Illness Education Act to strengthen guidance and support for those with lived experience delivering mental illness education. [Rickwood et al. \(2021\)](#) completed a narrative review of studies and examined interview data from educators with lived experience to examine adherence to the DoNOHarm Framework. Of the six guiding principles of the framework, the review found evidence for Context and Purpose (grounded in education and awareness), Recovery Emphasis (highlighting hope, help-seeking, and positive outcomes), and Safe Talking (choosing non-triggering language to minimize distress). Less commonly implemented were the principles of Limits to Helping (setting boundaries to clearly define one's role as an educator rather than a counselor), Respectful and Inclusive Language (using person-first phrasing to emphasize a human's dignity separate from their diagnosis), and Self Care (focusing on wellbeing while sharing personal stories). Guidance on increasing the utility of the framework was provided.
3. [Parnell et al. \(2023\)](#) surveyed educators who used the free online education site, Listening to Voices, a resource co-designed by people with lived experience with mental health conditions. The Listening to Voices resource uses first-person storytelling to share four individuals' respective journeys navigating the Australian mental health system while addressing topics such as trauma, stigma, hope, and transformation. Educators who utilized the resource commented on its ease of accessibility, flexibility in application, and the impact of authenticity attributable to its collaborative co-design. Overall, engaging in the resource served to develop students' empathy, challenge misconceptions and stigma surrounding mental illness, and provide a safe learning environment while exploring traumatic human experiences. Suggested future enhancements called for increased cultural diversity of contributors via inclusion of persons identifying as Indigenous and LBGTIQ+.
4. A qualitative study by [Byrne et al. \(2013\)](#) examined views of undergraduate nursing students who had participated in a course on mental health recovery that was coordinated and taught by an academically-affiliated person with lived experience. Two main interview themes emerged: a) introspection, leading to a renewed, less judgmental understanding of what it means to live with a mental illness, and b) respect and appreciation for the educators who openly shared their perspectives and experiences regarding mental health recovery. These results highlight the value of incorporating first-hand knowledge and expertise of people with lived experience in the training of mental health professionals.

RESEARCH OPPORTUNITY

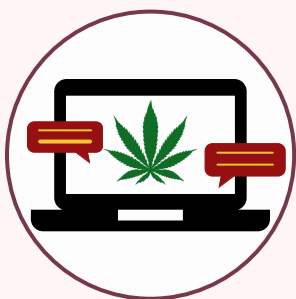
Connection Learning Healthcare System is recruiting for a study to pilot test a brief motivational enhancement therapy intervention to support continued engagement in Coordinated Specialty Care (CSC) for people with first episode psychosis who are frequent cannabis users. They are seeking volunteers who are:

- Aged 13-35;
- Participating in a CSC program; and
- Have used cannabis at least 8 times in the last month.

Participation will include completing surveys, interviews, and two brief meetings — all virtual — to discuss personal reasons for using cannabis and for staying connected to mental health services. Eligible participants can earn up to \$90 in gift cards.

This study is based at the University of Maryland School of Medicine (IRB #HP-00093195).

Further details and contact information for the study team can be found [here](#)



UPCOMING EVENTS

MAY 18 9AM-5PM EST

Come experience the creativity that connects us all. View creative contributions from professional artists, mental health professionals, people with lived experience, and others, at the...

MARYLAND PSYCHIATRIC RESEARCH CENTER'S 2024 Art Exhibition & Auction



Items from the exhibit will be auctioned online to benefit NAMI Maryland. If you are interested in displaying and/or auctioning your original art work, click [HERE](#) for more information and [HERE](#) to complete the Contributor Form.

RICE AUDITORIUM
SPRING GROVE HOSPITAL CAMPUS
55 WADE AVE., CATONSVILLE, MD 21228

? FOR ALL INQUIRIES, PLEASE CONTACT MATT GLASSMAN
MGLASSMAN@SOM.UMARYLAND.EDU
410-402-6411

JUNE 1 8-11AM EST

Join the MPRC Team at the 2024 NAMIWalks Maryland!

NAMIWalks is the nation's largest grassroots event series dedicated to supporting individuals and loved ones coping with mental health conditions. Plus, NAMIWalks Maryland is one of the top ten NAMIWalks events in the country, bringing hundreds of people together to support Mental Health for All right here in our state. Step forward with NAMIWalks and leave your footprint on the local landscape of mental health!

When you participate in NAMIWalks, you are:

- Promoting public awareness of mental health to reduce stigma;
- Raising funds for NAMI's free, top-rated mental health programs and supporting their mission of recovery-focused support, education, and advocacy for individuals and loved ones affected by mental health conditions;
- Building community by using NAMIWalks as a positive platform for open discussions about mental health and letting people know they are not alone.

Join or donate to the team by clicking [HERE](#)



JOB POSTINGS

SUPPORTED EMPLOYMENT AND EDUCATION SPECIALIST (SEES)

- OnTrack Prince George's County is seeking full-time **Supported Employment and Education Specialists (SEES)**, who will assist clients to establish, maintain, or adapt their academic or vocational activities. This position requires a bachelor's degree, preferably in Human Services. Applicants must have basic computer skills and a current, valid driver's license with no more than three points on the driving record. **Click [here](#) for more information and to apply.**

TEAM LEADER

- OnTrack Montgomery County is seeking a **Program Supervisor**, who will oversee operations, provide consultation to team members on early psychosis intervention principles, and coordinate key services such as client screening, treatment planning, and referral pathways. This position requires two years of experience as a licensed clinician — either Maryland Licensed Certified Social Worker-Clinical (LCSW-C) or Maryland Licensed Clinical Professional Counselor (LCPC) — and dedicated experience supporting individuals with experience of psychosis. **Click [here](#) for more information and to apply.**

COUNSELOR

- The University of Maryland's Division of Community Psychiatry's **RAISE Connection Program** is seeking a **Counseling Associate** to provide instruction, counseling and clinical case management in programmatic areas such as, rehabilitation, residential, vocational, case management and community integration to mentally ill and/or homeless clients. Applicants must have a High School diploma or GED, CPR certification, and a minimum of one year working with intellectually or developmentally disabled patients, and/or homeless patients, assisting in implementing treatment programs and monitoring client progress, or equivalent related experience. **Click [here](#) for more information and to apply.**

SOCIAL WORKER

- The University of Maryland's Division of Community Psychiatry's **RAISE Connection Program** is seeking a **Clinical Social Worker II** to provide therapeutic intervention and advanced social work services to patients and their families to enhance comprehensive, integrated and uninterrupted care in the hospital and to have continuity of care in the community. Applicants must have Maryland state Social Work licensure and credentials as a Licensed Clinical Social Worker (LCSW-C), two years of applicable social work experience, preferably with individuals with severe mental health and psychotic disorders. **Click [here](#) for more information and to apply.**

LOOKING AFTER YOURSELF WHILE LOOKING FOR A JOB

Getting a new job is an exciting and rewarding achievement, but the process of *searching* for that job can easily become a stressful and demoralizing ordeal. Here are some tips for managing your mental health during the job search:

- **Establish clear boundaries:** This includes setting realistic goals for how you spend your time (e.g., dedicating particular hours of each day to the job search), as well as developing specific criteria to help determine which jobs to apply to (e.g., those that meet your salary needs or provide important benefits).
- **Ask for help:** Make a list of people you are connected to within your chosen field(s) and request a casual meeting or phone call. This will help to build your professional network and may help get your "foot in the door" of an organization you are interested in. Additionally, if the job search is creating excessive anxiety or distress, never hesitate to reach out to a mental health professional who can offer a new perspective and help you to identify and implement adaptive coping mechanisms to ease you through the process.
- **Make time to practice mindfulness:** It can be difficult to present ourselves well outwardly when we feel disoriented or uneasy internally. Regaining a sense of calm doesn't need to be a long, drawn-out endeavor; the **3-Minute Breathing Space Exercise** is a helpful method to try.
- **Remember you only need one:** One of the worst aspects of job hunting is the toll it can take on your self-confidence. It is not comfortable, nor easy, for anyone to endure the near-constant rejection that is inherent to the process. Hold on to the fact that no matter how many No's you receive, you only need one Yes. Remember—you have a uniquely valuable combination of skills, qualities, and experiences. Eventually, you will find your perfect fit.





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 **410-730-8267** or email info@mdcoalition.org

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.ccinonline.com).

For more Maryland Healthy Transitions Outreach & Education information, click [here](#)



NAMI MARYLAND

It is becoming increasingly obvious that athletes may be more vulnerable than the general population to gambling addiction when you look at the soft signs of compulsive gambling. An over-emphasis on competition, underlying addiction and/or mental health issues, and more may contribute to an athlete's susceptibility to problem gambling.

But what can be done to help our athletes, and what resources are available?

Join NAMI Maryland on Thursday, April 18th, at 12:00 pm for a special presentation: **Smart Choices for Athletes!** This free presentation - hosted by the National Alliance on Mental Illness of Maryland in collaboration with Alston for Athletes, the Hidden Opponent, and the Maryland Center of Excellence on Problem Gambling - is a one-hour virtual presentation that will address mental health and problem gambling issues facing our athletes and will include information on resources, support, and additional steps to protect this important and vulnerable population.

Register here!

