

MARYLAND EIP SUMMER 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. Using an integrated approach, the Maryland EIP is committed to reducing disability by equipping young individuals and their families with tools to address their health and mental health needs, move successfully through the developmental stages of growth, and establish a life of their choosing. For more information, contact us:

📶 www.MarylandEIP.com

✉ MarylandEIP@som.umaryland.edu

☎ 1-877-277-MEIP (6347)

SAVORING THE LAST OF SUMMER WITH THE MARYLAND EIP

Fall may be just around the corner, but we still have some summertime left to luxuriate in. With the worst of the seasonal heat and humidity behind us, now is the perfect time to prioritize getting outside. Outdoor activity has been shown to strengthen physical and mental health. **Below are a few low-key activities to promote relaxation and reduce stress:**

- **Go for a walk** – Walking is a natural mood booster. Even a 10- or 20-minute walk can help to ease anxiety symptoms, enhance focus, and improve sleep quality.
- **Take a swim** – Being submerged in water causes the brain to release endorphins and supports emotional well-being. You can seek these benefits by finding a local public pool (many remain open through Labor Day), going to the closest ocean or lake, or simply filling up a kiddie pool.
- **Do something creative outside** – Journaling, drawing, or taking photos can help us decompress by directing attention to what is right in front of us, rather than any unhelpful thoughts that may be clouding our minds. You don't need to be a skilled artist; engaging in creativity can decrease the stress hormone cortisol and put us in a better mood, regardless of the finished product.

This edition of our newsletter features a summary of the spring Advisory Council Meeting, which took place on May 27th and explored strategies for enhancing referral networks within the MEIP. **We were thrilled to introduce several new members to the Council, including representatives from Baltimore County Public Schools, Harford County Public Schools, Howard County Public Schools, Community College of Baltimore County, Morgan State University's Counseling Center, University of Maryland, Baltimore's Campus Health, Mt. Washington Pediatric Hospital, and Health Care for the Homeless!** We look forward to continuing our collaborative work with these amazing organizations. We also remain sincerely grateful to **Maia Crumbie, doctoral student in the Department of Psychology at the University of Maryland, Baltimore County**, for providing support during the Advisory Council Meeting and composing the Research Highlights on p. 4.



KEEP MARYLAND EIP SERVICES IN MIND THIS SEASON



OUTREACH & EDUCATION SERVICES

For behavioral health and primary care providers, schools, and consumer organizations. For more information or to schedule a presentation to your organization, **contact** MarylandEIP@som.umaryland.edu



CLINICAL SERVICES

For 12-30-year-olds at risk for, or already experiencing, early psychosis and their family members. Providers include the [Strive for Wellness Clinic](#), the [MPRC First Episode Clinic \(FEC\)](#), the [Division of Community Psychiatry's RAISE Connection Program](#), and [Johns Hopkins Early Psychosis Intervention Clinic \(EPIC\)](#).



CONSULTATION SERVICES

For providers regarding identification and treatment for individuals experiencing symptoms that may be predictive of future psychosis, who have early signs of psychosis, or are in the initial stages of psychosis.



TRAINING & IMPLEMENTATION SUPPORT SERVICES

For professionals establishing Early Intervention Teams (EITs) to collaborate, share resources, provide support, and coordinate service delivery with others providing early psychosis services throughout Maryland.

SPOTLIGHT ON TWO NEW CSC CLINICS

Expanding Our Clinical Reach

The Maryland Early Intervention Program is delighted to welcome two new Coordinated Specialty Care (CSC) programs to our network!

Sante Specialty Treatment for Early Psychosis (STEP)

is located at 1400 Spring Street in Silver Spring, MD.
Their CSC team is led by Stephanie Svec.

Interdyamics CSC is located at 8181 Professional Place
in Hyattsville, MD. Their CSC team is led by
Phillip Terrell.



We are excited to have CSC services accessible to youth and families in Montgomery and Prince George's Counties. More information about both programs will be coming soon!

Enhancing Referral and Education Networks Within The Maryland EIP

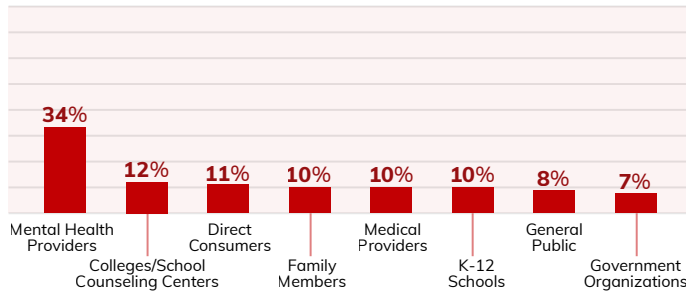
The goal of the MEIP's Outreach & Education (O&E) team is to **reduce the duration of untreated psychosis (DUP) among adolescents and young adults**. To do so, two primary strategies are employed:

- **Strategy 1 (Education):** Train youth-adjacent professionals and other persons to know the signs and symptoms of psychosis, understand the importance of early identification and intervention, and seek or follow best practices related to treatment.
- **Strategy 2 (Outreach):** Increase awareness of available MEIP services and supports and how to access them.

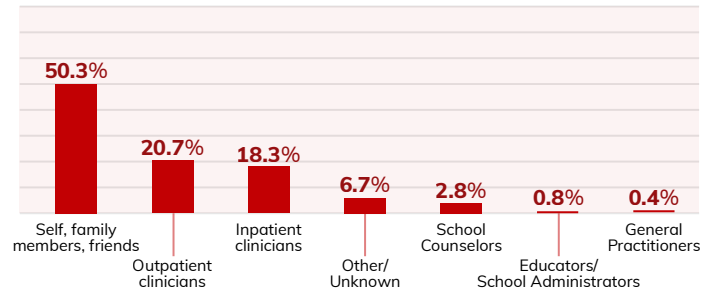


For this meeting, **Dr. Cindy Schaeffer, Professor of Psychiatry at the University of Maryland School of Medicine and Co-Director of the MEIP O&E team**, presented data around current O&E activities and referral sources before soliciting strategic improvement recommendations from Advisory Council members.

Who we currently provide O&E to:



Who calls the MEIP centralized phone line:

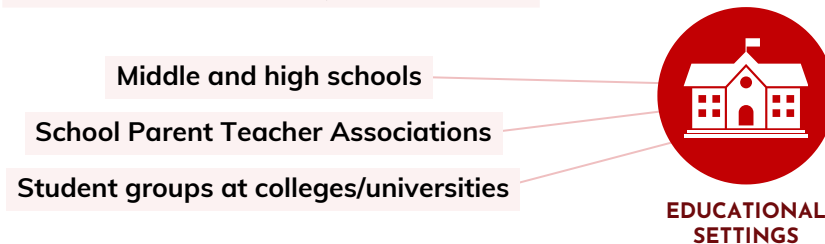
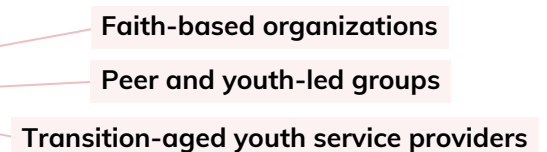


ADVISORY COUNCIL PERSPECTIVES

Who would you suggest for future O&E activities?



Who is missing from current referral sources?



Middle and high schools

Primary care doctors

Medical Residents/Fellows

Outpatient programs



Primary care doctors

Pediatricians

Psychiatric-Mental Health Nurse Practitioners

Helpline responders (211, 988)

Crisis Intervention Teams



Helpline responders (211, 988)

Mobile crisis teams

Trauma centers

1. **Prolonged untreated psychosis is associated with poorer outcomes, making pathways and barriers to care important to understand among college-age young adults.** [Crisanti et al. \(2025\)](#) examined 24 college students at clinical high risk for psychosis or diagnosed with first episode psychosis who were enrolled in Coordinated Specialty Care (CSC). Participants had a median of 5.0 contacts before CSC, and students whose first contact was with non-psychiatric services had longer pathways to care, and overall perceived barriers were in the moderate range. The authors suggest that **psychosis literacy training for non-mental health professionals and anti-stigma campaigns for college students may help reduce delays in accessing early psychosis care.**
2. **Although inequities in pathways to early psychosis care are well documented, less is known about care experiences after treatment begins for ethnoracially minoritized youth.** [Myers et al. \(2023\)](#) conducted a systematic review of 18 U.S. based studies examining service utilization, outcomes, and clinic, family, and cultural-level factors among ethnoracially minoritized youths with early psychosis. Findings suggested that ethnoracially minoritized status may affect care utilization and outcomes, but evidence on moderating factors such as family engagement, therapeutic alliance, provider characteristics, and culturally relevant supports was limited. **The authors call for more diverse, adequately powered studies that examine structural racism, social determinants, and pathways to care that better engage youths and families from minoritized communities.**
3. **Coordinated Specialty Care (CSC) has improved outcomes for individuals experiencing early psychosis, yet early intervention services have largely focused on individual-level changes rather than community-level factors that shape access and engagement.** [Oluwoye et al. \(2023\)](#) use a structural violence framework to review how neighborhood conditions, transportation, policing, and formal and informal community resources influence pathways to and through early psychosis care. The authors argue that CSC programs alone are insufficient if historically excluded communities continue to face limited access and resource distribution. **Future directions call for structural competency, community-centered approaches, and greater investment in community infrastructure to support more equitable pathways to care and recovery.**

RESEARCH OPPORTUNITY

Strengthening Disability Benefit, Work & School Services in Early Psychosis

With funding from the National Institute of Mental Health, researchers from the **University of Maryland School of Medicine and the University of Pittsburgh School of Social Work** are seeking to understand **more about youth and young adult decisions related to school, work, and disability benefits** — both while receiving early psychosis intervention services and after discharge.

Study visits include **a brief interview and online survey (3 visits) and a longer interview (3 visits, optional).** All participants will be compensated \$60 for each study visit, totaling up to \$360.

Who is eligible to participate? Participants of early intervention in psychosis programs aged 18 and older. Former participants and participants aged 15-17 years old may also be eligible; contact for more information.

Email, call, or text with any questions
pathways@pitt.edu
(813) 415-5532

or complete this [interest form](#)
to have a member of the
research team contact you:





ON OUR OWN OF MARYLAND'S TAY PROJECT

On Our Own of Maryland (OOOMD) is a statewide peer-operated behavioral health advocacy and education organization promoting equality, justice, autonomy, and choice for individuals with mental health and substance use needs. **The Transitional Age Youth (TAY) Project** empowers Young Adults 18 to 29 to share their experiences and shape the behavioral health system where they receive care.

Ongoing opportunities:

- **Mentorship & Leadership:** Gain access and connections to opportunities that will further your personal and professional goals. This can be done through 1:1 virtual meetings.
- **Access to Conferences & Events:** Opportunities to attend and participate in conferences, workshops, and community events that support leadership development, learning, and networking.
- **Certified Peer Recovery Specialist (CPRS) Support:** Young adult Peer Support Specialists or those working towards certification can receive guidance, training support, and assistance navigating the certification process.
- **Free Trainings:** Access to ongoing learning opportunities covering a range of topics that support advocacy, leadership, and professional growth for young adults. Many offer CPRS CEUs!



For more information or to get involved, contact TAY Project Coordinator, Kris Locus: krisl@onourownmd.org

MARYLAND COALITION OF FAMILIES

The Maryland Coalition of Families (MCF) offers family peer support at no cost to parents and caregivers across Maryland. As experienced caregivers, we provide support, guidance, and hope to people who love or care for someone with a behavioral health challenge and advocate to improve the systems they rely on. Our Family Peer Support Specialists provide emotional support, resource connection, systems navigation, support groups, and educational workshops to families who have a loved one with mental health, substance use, or problem gambling disorders.

Our services include:

- Assistance to identify and access resources, services, and programs for themselves or their loved one.
- Providing guidance to navigate complex systems including healthcare, education, or child welfare.
- Offering strategies for self-care.
- Build natural support systems with others on similar journeys.
- Building natural support systems to connect with others on a similar journey.
- Helping parents and caregivers share their stories and use their voice to raise awareness, reduce stigma, and advocate for change.

For more information, please visit www.mdcoalition.org

NAMI MARYLAND

Registration is now open for NAMI Maryland's 44th Annual Conference!

Each year, our conference brings together mental health professionals, advocates, individuals with lived experience, family members, community leaders, policymakers, and supporters from across Maryland for two days of learning, connection, and inspiration.

Attendees can expect engaging keynote speakers, educational workshops, valuable resources, networking opportunities, and meaningful conversations focused on advancing mental health awareness, support, and advocacy.

Whether you are a longtime member of the NAMI community or joining us for the first time, this conference offers an opportunity to gain knowledge, share experiences, and strengthen our collective commitment to improving mental health for all.

Join us October 15–16, 2026 for two impactful days of learning, connection, and inspiration. **Secure your spot today!**

