



Department of
Mental Health &
Addiction Services

Identifying Psychosis: What School Staff Can Do

With the right treatment and support, people affected by a first episode of psychosis *can* and *do* get better.

The opportunities for living a quality life are much greater if the student receives **Coordinated Specialty Care for First Episode Psychosis (CSC for FEP)** as soon as possible after symptoms begin. They finish high school, graduate from college, find employment, enjoy long-term relationships and families of their own, volunteer, live independently, and more.

Many individuals experience first episode of psychosis when they are in their teens or 20's. However, students may not recognize their own symptoms which may include:

- Hearing, seeing, tasting, smelling, feeling, or believing things that others do not
- Emotions that do not fit the situation or no emotions at all
- Persistent, unusual thoughts or beliefs that cannot be set aside regardless of what others believe
- Withdrawing from family or friends
- A sudden decline in taking care of themselves, such as not showering or eating

Services are provided by a team of mental health specialists at community mental health agencies throughout Ohio, and can include:

- ✓ Personalized treatment plan based on their goals, needs and preferences
- ✓ Family education and support
- ✓ Engagement with the individual and support persons (where appropriate)
- ✓ Supported employment
- ✓ Medication
- ✓ Supported education services
- ✓ Therapy
- ✓ Case management
- ✓ Other services

mha.ohio.gov/GetHelpEarly

What School Staff Can Do

School staff are in a unique position to identify symptoms and help link students to available treatment resources. CSC for FEP is an early intervention treatment approach designed specifically for young people.

- Engage with the individual (and their supports, where appropriate) about options.
- Find the CSC for FEP in your area. (Use the GetHelpEarly QR code below.)
- Offer to make the call to CSC for FEP team with them (or practice what to say).
- Talk with the CSC for FEP team leader (generically or with permission).
- Connect with school wellness clinic or counseling center.
- Talk about your observations with your supervisor.

Finding CSC for FEP in Ohio

CSC for FEP is offered in community mental health agencies throughout Ohio. Please visit [**mha.ohio.gov/GetHelpEarly**](https://mha.ohio.gov/GetHelpEarly) to find contact information for a program near you.



To find mental health care in communities that do not have CSC for FEP programs, please visit [**findtreatment.gov/locator**](https://findtreatment.gov/locator).

To learn more about **psychosis**:
[**www.nimh.nih.gov/health/publications/understanding-psychosis**](https://www.nimh.nih.gov/health/publications/understanding-psychosis)

For mental health support:

Call 988 for the Suicide and Crisis Lifeline



Text 4HOPE to 741-741 for the Crisis Text Line

CRISIS TEXT LINE |

[**mha.ohio.gov/GetHelpEarly**](https://mha.ohio.gov/GetHelpEarly)