



Early Psychosis Care Center Newsletter



Improving Lives Through
Early Diagnosis and
Treatment

What is EPC?

Missouri's Early Psychosis Care (EPC) Center is a partnership between the Missouri Department of Mental Health, the Missouri Institute of Mental Health, and the Missouri Behavioral Health Council. Our goal is to highlight the importance of early identification and intervention for first episode psychosis (FEP).

The EPC Center is working with behavioral health centers across the state to improve the quality of care for individuals experiencing FEP. We use education and outreach to raise awareness. In these efforts, we share new research, best practices, trends, and strategies.

Word of the Year

From 2022 to 2023, Dictionary.com noticed a 46% increase in searches for the word hallucinate, naming hallucinate the 2023 Word of the Year!

Hallucinate [huh-loo-suh-neyt]

1. To see or hear things that do not exist outside the mind; have hallucinations
2. Computers, Digital Technology. (of a machine learning program) to produce false information contrary to the intent of the user and present it as if true and factual.



Team Member Spotlight

**JJ GOSSRAU,
DIRECTOR OF EARLY
PSYCHOSIS CARE
CENTER**

JJ Gossrau is the Director of Young Adult Services at the Department of Mental Health and the Director of the Early Psychosis Care Center. Her responsibilities include supervision of the development of the Early Psychosis Care Center and collaborating with key stakeholders including state government offices, private and nonprofit community service agencies, universities, and community behavioral health provider agencies. She is passionate about transforming psychosis care for young people and ensuring timely access to effective early intervention services.

Quarterly Research Corner

THE SCHIZOPHRENIA SYNDROME, CIRCA 2024: WHAT WE KNOW AND HOW THAT INFORMS ITS NATURE

This article reviews the most recent findings about schizophrenia to create as complete a picture as possible of the condition. Construct, etiology, pathophysiology, clinical expression, and treatment are all examined. This information is useful in developing a comprehensive background of knowledge to implement while treating individuals who experience or are at risk of developing schizophrenia and/or schizophrenia spectrum disorders.

READ MORE



Join EPC's Youth Advisory Council!



Who can join?

We are looking for individuals aged 15-35 who have personal experience with psychosis. Whether you have been through your own journey or supported someone close to you, we value your unique perspective.

Why join?

- **Influence Change:** Your experiences can encourage others to reach out for support and services.
- **Empower Others:** Improved education has the potential to lessen stigma and increase rates of recovery.
- **Build Connections:** Gain new perspectives from members of the community. Psychosis does not have to be isolating.

JOIN NOW



SCAN THE QR
CODE ABOVE TO
REGISTER!



Email
contact@epcmisouri.org



What is First Episode Psychosis?

Psychosis is a temporary state marked by alteration in or loss of contact with reality. During an episode of psychosis, a person's thoughts and perceptions are disrupted and they may have difficulty realizing what is real and what is not. Providing the best treatment, at the earliest possible point, improves the trajectory and prognosis of the disorder and optimally supports individuals as they work toward personal goals and recovery.

Know the warning signs:

- Hearing, seeing, tasting, or believing things that others don't
- Suspiciousness or extreme uneasiness with others
- Persistent, unusual thoughts or beliefs
- Strong and inappropriate emotions or no emotions at all
- Withdrawing from family or friends
- A sudden decline in self care
- Trouble thinking clearly or concentrating

[READ MORE](#)



The Words You Use Matter!



Psychotic

Drug Abuse

Suffers From

Victim



Person with Psychosis

**Substance Use or
Misuse**

Lives With

Survivor

Upcoming Trainings

Psychosis 101 - May 14th, 2024

Psychosis 101 is a **free** virtual training held multiple times a year by the Missouri EPC Center. **CEUs are available.** Topics include the importance of early intervention and treatment, symptoms, diagnosis, communication with families, the roles of culture and trauma, and education of referral sources.

REGISTER



Assessment 101 - July 31st, 2024

Assessment 101 is a **free** virtual training held multiple times a year by the Missouri EPC Center. **CEUs are available.** This training will focus first episode psychosis (FEP) intake questions. Attendees will learn how to feel comfortable asking questions about psychosis and speaking to individuals who are reporting signs and symptoms of first episode psychosis.

REGISTER



Resources

Behavioral Health – Free Online Course

EPC Missouri's free online course for behavioral health providers gives a detailed overview of valuable information concerning working with individuals experiencing first episode psychosis.

ENROLL



BEHAVIORAL HEALTH COURSE

CLICK THE "START" BUTTON TO BEGIN.

START ▶



Student Mental Health: First Episode Psychosis

What Is First Episode Psychosis (FEP)?
A first episode of psychosis (FEP) involves experiencing a disconnection from reality, which can manifest in various ways. FEP typically emerges during late adolescence or early adulthood, making high school and college students a vulnerable demographic.



What Are the Signs and Symptoms

Student Mental Health – Virtual Resource

Our free online resource provides information for educators on how best to support students experiencing FEP in the classroom, including discussion starters and information about the importance of early intervention.

SEE MORE



Email

contact@epcmisouri.org



Website

www.epcmisouri.org



Unsubscribe

[Click here](#)