

# Mindmap Campaign

Mindmap is a campaign that aims to get young individuals experiencing psychosis into treatment as soon as possible. To do this we are spreading awareness about psychosis and our referral program that is streamlining the pathway to care. Individuals, family, friends, hospitals, teachers, coaches, etc. can call our referral line for psychosis screening and rapid referral to care.

 **203-200-0140**

Calls are confidential.



## Frequently Asked Questions (FAQs)

### What is psychosis?

Psychosis is a medical syndrome that can be diagnosed based on a cluster of characteristic changes in thinking, feeling, and behavior. During an episode of psychosis, Individuals can struggle to differentiate what is real from what is not and may come to believe false explanations for their experiences.

### What are common signs & symptoms of psychosis?

A number of unusual experiences (symptoms) and behaviors (signs) can be present during an episode of psychosis. While symptoms can be subtle and expressed only to a trusted relative or friend, many of the signs can be observed before the individual is willing to acknowledge their need for help. When there is uncertainty about the presence of psychosis, reach out to us or a healthcare professional.

- Disturbances in sensory perception
- Confused thinking or speech
- False beliefs and interpretations
- Suspiciousness, paranoia, or unease with others
- Extreme behaviors in response to these things that seem very real
- Recognizing patterns and signs in random occurrences
- Withdrawing from family and friends
- Decline in self-care and motivation
- Disruptions in school and work life

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## What are common signs & symptoms of Psychosis? (continued)

To learn more about what each of these symptoms can feel or look like, please visit the link below.



Detailed list of Symptoms

[mindmapct.org/about-psychosis](https://mindmapct.org/about-psychosis)

## Is there a difference between psychosis and schizophrenia?

Psychosis is a recognizable syndrome or collection of unusual experiences (symptoms) and observable changes in speech or behavior (signs). Once a trained medical professional has eliminated other causes of psychosis that require distinct treatment (e.g. treatment for epilepsy, or depression) the most common reason for a young person to experience psychosis is the emergence of schizophrenia or a schizophrenia spectrum disorder. Contrary to many myths, these are treatable, and the earlier, the better. Treatment should be individualized and can include a combination of counseling, assistance with work or educational goals, medications, and support for family and friends.

## Who is at risk for experiencing psychosis?

Anyone can experience psychosis, however, certain factors can increase one's risk.

- Individuals ages 16-35 are especially vulnerable
- Family history of schizophrenia or other mental health conditions
- Drug use
- Social or environmental factors
- Traumatic disruptions in key developmental stages of childhood
- Brain injury

## How does substance use play a role in psychosis?

Substance use has the potential to trigger a psychotic disorder or a temporary state of psychosis characterized by delusions, paranoia, and hallucinations. For individuals who already experience psychosis, substance use can worsen symptoms and reduce the effectiveness of antipsychotic medications. These compounding effects often result in crises and emergencies, ranging from psychotic breaks to incidents of violence, self-harm, and suicide. Treating substance-induced psychosis typically involves addressing both the symptoms of psychosis and the underlying substance use.

## How are co-occurring health problems addressed?

Psychosis often comes alongside other health issues, creating what we call co-occurring disorders. This includes a range of physical & mental health problems such as cardiovascular diseases, diabetes, depression, or anxiety. Co-occurring disorders can worsen psychotic symptoms and impact medication effectiveness. For that reason, treatment for co-occurring disorders requires a comprehensive approach, often including coordinated care between different medical professionals.

## What happens to people who experience psychosis? Is it treatable?

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To learn more about the pathway to care and the obstacles people may face, please visit the link below.



The Pathway to Care & Overcoming Obstacles

[mindmapct.org/pathway-to-care](https://mindmapct.org/pathway-to-care)

## Who qualifies for this referral program?

- Individuals must be between the ages of 16 and 35
- Individuals must have recently experienced psychosis symptoms or episodes of psychosis
- Individuals seeking treatment must live within the state of Connecticut
- Individual seeking treatment must be able to communicate in English.

If you are unsure if you qualify, feel free to give us a call

If an individual is experiencing psychosis but falls outside of our target geography and age range, please know that help is still available. Use the SAMHSA Treatment Locator to find an early intervention service.

## What happens when I call?

Callers will be asked for basic information on a secure line. Expect a call back shortly after from an Early Detection and Assessment Coordinator (EDAC) who will screen for symptoms of psychosis and provide immediate referrals to those in need of care.

Mindmap's network of Local Mental Health Authorities (LHMAs) are trusted mental health providers who have agreed to provide treatment to individuals who use our referral line. Once you're connected to care you will work with your treatment provider to figure out which elements of care will be helpful for you.

## Who can make a referral?

Anyone who is concerned about a young individual who may be experiencing symptoms of psychosis.

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## Who can make a referral? (continued)

- **Individuals** experiencing psychosis who are concerned for their own well-being
- **Friends and family** members concerned for a loved one
- **Healthcare providers** with patients in need of evaluation for first-episode psychosis
- **Social Workers** who provide support services and connect individuals to existing resources
- **Emergency care providers** and **crisis responders**, including hospital emergency rooms (911) and suicide prevention helplines (988)
- **Law enforcement** agencies engaged in mental health support as a de-escalation strategy
- **Teachers, coaches, clergy**, and anyone else who interacts with young people regularly
- **Community members** who care about their neighbors' general welfare and quality of life

As trusted members of the community, you can make a difference to those unsure of what to do. Open, welcoming, and compassionate attitudes encourage people who are affected not to suffer in silence.

## Do I have to be able to pay for treatment?

No individual will be turned away, regardless of ability to pay.

## Why young people?

- Early symptoms of psychosis usually emerge in young people between the ages of 16 and 35
- Shortening the duration of untreated psychosis (DUP) means a better quality of life, with fewer negative impacts on young people's relationships, school, employment, etc.
- Getting help sooner makes getting back on track much easier, even for those living with chronic symptoms
- Connecticut is committed to providing evidence-based treatment and community care

## Who is involved in this program?

The Mindmap campaign is brought to you by the STEP Learning Collaborative, a public-academic collaboration between the Department of Mental Health and Addiction Services (DMHAS), the Department of Children and Families (DCF), and Yale's Program for Specialized Treatment Early in Psychosis (STEP), which is based at the Connecticut Mental Health Center (CMHC).

Mindmap is an Early Detection campaign to reduce the Duration of Untreated Psychosis (DUP). Mindmap was developed and successfully tested by STEP with grant support from the NIH. This campaign is now deployed across the state.

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## Who is involved in this program? (continued)

The Department of Mental Health and Addiction Services operates and/or funds Local Mental Health Authorities (LMHAs), who have become Mindmap's network of trusted mental health providers who have agreed to provide treatment to new individuals who use our referral line.

## How can I get involved with the Mindmap campaign?

There are several ways you can help the Mindmap campaign be successful in getting young individuals experiencing psychosis into treatment early:

- Educate yourself on psychosis and its stigmas so you can identify when an individual may need help.
- Make a referral. If you know someone who you think may be experiencing psychosis, call us today.
- Save and share the information in this document and on our website
- Save and share our referral line phone number
- Join STEP Learning Collaborative's regular training sessions geared towards providers who want to better support the first-episode psychosis population.



### Provider Training

[ctearlypsychosisnetwork.org/provider-trainings.html](https://ctearlypsychosisnetwork.org/provider-trainings.html)

- Join STEP Learning Collaborative's Family & Community workshops geared towards individuals who want a better understanding of how to support a loved one who is or may be experiencing psychosis.



### Family & Community Workshops

[ctearlypsychosisnetwork.org/family-and-community-workshops.html](https://ctearlypsychosisnetwork.org/family-and-community-workshops.html)

- Clinicians, administrators, and leaders of healthcare systems who would like to consult about their continuing care of young people with recent onset psychosis between the ages of 16 and 35, can use STEP Learning Collaborative's consultation service.



### Consultation Service

<https://www.ctearlypsychosisnetwork.org/consultation-service.html>

## How can I get involved with the Mindmap campaign? (continued)

- If you have personal experiences that you would like to share in support to Mindmap's mission, please contact our media contact Jennifer Carmichael by phone (860) 388-7652 or email [jcarmllc@gmail.com](mailto:jcarmllc@gmail.com).
- Join our online community by following us on social. Search Mindmap CT.
- Join our email list to receive information, resources, and updates on all things Mindmap. Visit [mindmapct.org](http://mindmapct.org) to join.

## Who can I contact for press and media inquiries?

Press and media are an important part of spreading the word about what we are doing. We appreciate the opportunity to tell our story, break stigmas, and accomplish our goal of getting young individuals experiencing psychosis into treatment as early as possible. Resources and materials can be provided ahead of time so that reporters and journalists can join the conversation informed.

For media inquiries please contact Jennifer Carmichael by phone (860) 388-7652 or email [jcarmllc@gmail.com](mailto:jcarmllc@gmail.com).

For presenter/speaker inquiries please contact Laura Yoviene Sykes [STEPLC@yale.edu](mailto:STEPLC@yale.edu).