

● ● ● | Did You Know?

Three out of 100 people will experience psychosis at some point in their lives.

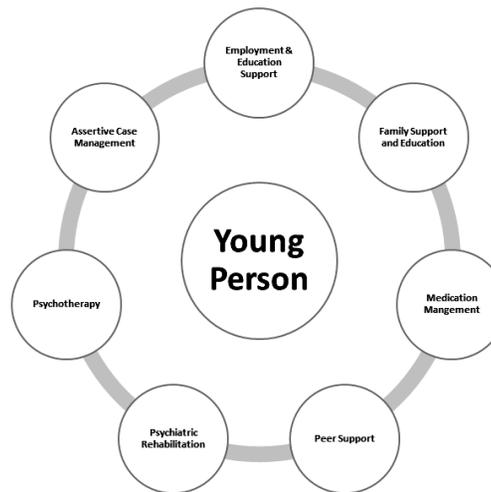
It's more common than you think.



Contact Us

To learn more or to make a referral, please contact:

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Connect 2 Empower



A CMSU Early Psychosis Intervention Program

Providing comprehensive supports to young people experiencing early psychosis



Phone: 570-275-4962



What Is Psychosis?

The word *psychosis* is used to describe conditions that affect the mind, making it hard to think clearly and understand reality.

Signs of Early Psychosis

DIFFICULTY UNDERSTANDING REALITY

- ⇒ Experiencing things that other people are not
- ⇒ Having strong, unusual thoughts or beliefs
- ⇒ Suspiciousness or uneasiness with others

UNCOMMON WAYS OF THINKING & BEHAVING

- ⇒ Acting in ways that are out of the ordinary
- ⇒ New trouble thinking clearly or concentrating
- ⇒ Unusual, overly intense new ideas

STRUGGLING TO EXPRESS EMOTIONS

- ⇒ Having strange feelings or no feelings at all
- ⇒ Strong and inappropriate reactions
- ⇒ Depression, anxiety, or new substance abuse issues

LACK OF MOTIVATION OR INTEREST

- ⇒ Decline in self-care or personal hygiene
- ⇒ Difficulty maintaining meaningful relationships
- ⇒ No longer valuing what was once important
- ⇒ Spending more time alone than usual



Connect 2 Empower

Connect 2 Empower is a recovery-oriented, coordinated specialty care (CSC) program. Services are team-based and collaborative, emphasizing shared decision making as a means to address the unique needs, preferences, and life goals of young people who have experienced early psychosis.

Who We Support:

- ⇒ Young people ages 16—30 who reside in Columbia, Montour, Snyder, or Union counties.
- ⇒ Young people who have experienced psychosis for the first time within the past 24 months.

Our Coordinated Specialty Care Services:

- ⇒ Assertive Case Management
- ⇒ Recovery-Oriented Individual Psychotherapy
- ⇒ Recovery-Oriented Group Psychotherapy
- ⇒ Family Psychotherapy & Support
- ⇒ Family Education Groups
- ⇒ Employment & Education Support
- ⇒ Peer Support
- ⇒ Psychiatric Rehabilitation Services
- ⇒ Medication Management



What Is Coordinated Specialty Care?

- ⇒ The most effective treatment for early or first episode psychosis.
- ⇒ Focuses on the unique needs of the young person, is recovery-oriented, and uses a team-based, person-centered approach.
- ⇒ Multi-disciplinary treatment components including case management, psychotherapy, family support and education, medication management, supported education and employment, and peer support.
- ⇒ Compared to treatment as usual, coordinated specialty care has been shown to be more effective at reducing symptoms, improving quality of life, and increasing involvement in work or school.

Psychosis CAN be treated and recovery IS possible.

Research suggests that early psychosis intervention increases the chance of successful recovery.

