

First Episode Psychosis (FEP)

Early intervention with young adults experiencing first episode psychosis (FEP) can greatly reduce the likelihood of long-term disability. The Connecticut Department of Children and Families (DCF) and the Department of Mental Health & Addiction Services (DMHAS) have contracted with Carelon Behavioral Health to identify individuals ages 12-26 who may be experiencing FEP, and to connect them with specialty programs and/or other appropriate treatment and support systems.

Eligibility

Any youth or young adult identified as having experienced their first episode of psychosis will be eligible for referral to appropriate treatment services as well as coordination of care. This involves assessment, care planning, linkage to community providers, peer support, and advocacy. Generally, youth should be ages 12 – 26 and a Connecticut resident.



Goals

The FEP program's goals are to:

- Identify individuals who are potentially experiencing a first episode psychosis.
- Provide rapid referral to evidence-based and/or appropriate services.
- Coordinate care.
- Support ongoing engagement in treatment and services.
- Support individuals in developing a person-centered recovery plan.

How does the FEP program work?

Carelon Behavioral Health's FEP Program has three components:

Identification

A parent/legal guardian, hospital, physician, or behavioral health provider can refer an individual who may be experiencing FEP, or the individual can self-refer. In addition, the Carelon Behavioral Health team can also identify individuals who may be experiencing FEP.

Engagement

Carelon Behavioral Health's FEP Intensive Care Manager (ICM) and Peer Support Specialist (PSS) will help the individual and family members to understand the diagnosis and options for managing symptoms. The ICM and Peer will work collaboratively with the individual to establish a person-centered recovery plan and to connect them with evidence-based treatment, community services, and natural supports.

Care coordination and support activities

The FEP team provides:

- Education on symptoms of psychosis and tools to manage them.
- Coordination of care among individuals, families, and providers.
- Peer support for the individual and families.
- Assistance with discharge planning and coaching on connecting to a subsequent provider.
- Assistance to individual and families applying for DMHAS supports, such as Young Adult Services (YAS).
- Coordination of care with primary care physicians as needed.

To make a referral

Individuals, family members, and providers can make a referral to the FEP program by contacting Carelon Behavioral Health as follows:

Michelle Queen, LPC, Clinician

Phone: (860) 391-7179

Email: michelle.queen@carelon.com

Neisha Jones, FEP Peer Specialist

Phone: (959) 666-0936

Email: quaneisha.jones@carelon.com

A member of our team will return your call within one business day.

About Carelon Behavioral Health

Carelon Behavioral Health is the country's leading behavioral health management company. Serving 40 million people, we deliver tailored, holistic services to help people live their lives to their fullest potential.