

## UMASS MEMORIAL HEALTH STEP CLINIC

### TO MAKE A REFERRAL OR LEARN MORE ABOUT THE CLINIC:

Contact the Clinic Director Phillip Hodson directly at 508-860-1277 or contact 508-856-MIND (6463).

Main CHL number: 508-860-1000.

### TO LEARN MORE ABOUT COMMUNITY HEALTHLINK:

<https://www.communityhealthlink.org/>

### TO LEARN MORE ABOUT UMASS MIND CLINICAL AND RESEARCH PROGRAM:

<https://www.umassmed.edu/umass-mind>

### TO LEARN MORE ABOUT FIRST EPISODE PSYCHOSIS TREATMENT IN MASSACHUSETTS:

<https://www.mapnet.online/>

## FEES

Fees are covered by MassHealth, Medicare, and most health insurance plans. Clients are responsible for co-pays and deductibles associated with their insurance plan.



## UMass MIND

Clinical and Research Program

Beautiful Mind | Productive Life

Email: [MIND@umassmed.edu](mailto:MIND@umassmed.edu)

Phone: (508) 856-MIND (6463)

Individuals with schizophrenia often face triple jeopardy: a devastating mental illness, co-morbid medical problems, and co-occurring substance use. In addition, they are disadvantaged in their employment, educational attainment, interpersonal relationships, and other social determinations of health. UMass MIND, part of the University of Massachusetts Chan Medical School and UMass Memorial Health, aims to elucidate the etiology of each facet of the triple jeopardy and to develop innovative intervention strategies to promote the whole person health. Through our research, clinical services, community interventions, and global initiatives, we strive to improve the quality of life and health equity in this vulnerable patient population.

Visit [www.umassmed.edu/umass-mind](http://www.umassmed.edu/umass-mind)



UMass Memorial Health is the largest not-for-profit health care system in Central Massachusetts with more than 15,500 employees and 2,100 physicians, many of whom are members of UMass Memorial Medical Group and Harrington Physician Services. We are the clinical partner of the UMass Chan Medical School. Our comprehensive system includes UMass Memorial Medical Center, UMass Memorial Health – Harrington, UMass Memorial Health – HealthAlliance-Clinton Hospital, UMass Memorial Health – Marlborough Hospital, and UMass Memorial Health – Community Healthlink. Together, we impact every aspect of life in the region by making health and wellness services available to everyone, advocating for social equality and providing economic stability and opportunity. There are many ways to heal. We pursue them all. Relentlessly.

Visit [www.ummhealth.org](http://www.ummhealth.org).

*Community Healthlink complies with applicable Federal and Massachusetts civil rights laws and does not discriminate on the basis of race, color, national origin, citizenship, alienage, religion, creed, sex, sexual orientation, gender identity, age, or disability.*

*Español (Spanish)- ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (978) 466-8390.*

*Português (Portuguese): ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para (978) 466-8390.*



# UMASS MEMORIAL HEALTH SCREENING AND TREATMENT OF EARLY PSYCHOSIS (STEP) CLINIC



## FIRST EPISODE PSYCHOSIS (FEP)

FEP typically emerges between one's late teenage years and their early twenties. It can appear as a decline in functioning or self-care, social withdrawal, unusual thoughts, suspicion, or more overt psychotic symptoms – hallucinations, delusions, disorganized speech, or disorganized behaviors. Research shows that early intervention is critically important for improved long-term outcomes – social relationships, independent living, employment, and overall functioning. The purpose of the STEP Clinic, a partnership between Community Healthlink and the UMass MIND Clinical and Research Program, is to provide patients with early psychosis and their families with education, support, and the highest-quality care.

## CHALLENGES FOR PEOPLE WITH SCHIZOPHRENIA

FEP is often a sign of schizophrenia, a lifelong serious mental illness. People with schizophrenia have significantly higher rates of homelessness, unemployment, physical health issues, addiction, and risk of suicide than the general population. Long-term medication management is often needed to restore functioning. It is often challenging for people with FEP or schizophrenia to engage with services and take medications consistently.

## CRITERIA FOR ADMISSION TO THE STEP CLINIC

Individuals aged 18-40, within approximately the first 2-3 years of onset of psychotic symptoms. Our program is not designed to serve individuals who also have intellectual disability, autism spectrum disorder, and communications disorders. Participants must be willing to transfer care to providers in the clinic if they already have outpatient providers elsewhere.



## SERVICES

### MEDICATION MANAGEMENT

Our MD/NP providers are trained in individualized medication treatment to address the specific mental health issues of each patient. Our providers also monitor patients' overall physical health and wellness. CHL has a Genoa Pharmacy, and a Quest Diagnostics lab, both co-located with the STEP clinic.

### INDIVIDUAL PSYCHOTHERAPY

Our clinicians help patients identify and work towards their goals by teaching strategies and skills to build resiliency and cope with psychosis and co-occurring substance use while staying on track with their lives.

## MEET THE STEP TEAM:

### XIAODUO FAN, MD, MPH, MSC (MEDICAL DIRECTOR)

Dr. Fan is a professor of psychiatry at UMass, specializing in psychotic disorders. Dr. Fan's clinical expertise includes early identification and intervention of first episode psychosis, innovative strategies for refractory symptoms of schizophrenia, medical co-morbidity, and real-life function recovery.

## PEER SUPPORT

Our peer support specialist with lived experience can meet patients at home or in the community to provide hope, encouragement, and empowerment, and assist patients with accessing community resources.

## SUPPORTED EDUCATION AND EMPLOYMENT (SEE)

Our SEE specialist helps patients identify and achieve their educational and/or employment goals, including returning to and completing school, seeking a job, and receiving benefits.

## FAMILY EDUCATION AND SUPPORT

We help the whole family learn about psychosis, how to manage it, and how to build resiliency and support each other. We also offer McFarlane Multifamily Therapy Group at CHL, which is a group for patients and their families to collaborate to solve problems.

## PRIMARY CARE REFERRAL AND INTEGRATION

We have close relationship and direct communication with CHL primary care service, which is co-located with the STEP clinic. Primary care referral will be made for new STEP patients who do not have primary care service or who are willing to transfer their primary care service elsewhere to CHL.

## OTHER TEAM MEMBERS INCLUDE:

- STEP Clinic Director
- Therapist
- Neuropsychiatry & Psychiatry Residents
- SEE Specialist
- Nurse Practitioner
- Peer Support Specialist