



The Maryland Early Intervention Program

A collaborative for the early identification and treatment of mental illness with psychosis

What is the Early Intervention Program?

We offer specialized programs with expertise in the early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults at risk for, or in the early stages of, a mental illness with psychosis.

We use an integrated approach to address the health and mental health needs of young adults, including providing support for co-occurring substance use disorders, and metabolic and other co-occurring medical conditions. The EIP is committed to reducing disability by equipping individuals at risk and their families with tools to manage their illness, move successfully through the developmental stages of growth, and establish a life of their choosing.



Who does the Early Intervention Program serve?

- Individuals in the early stages of a mental illness with psychosis who may have strange and unusual experiences, such as
 - ✓ *Hearing or seeing things that others do not see or hear*
 - ✓ *Having unusual thoughts or beliefs that appear as strange to themselves or others*
 - ✓ *Feeling fearful or suspicious of others, sometimes including others they usually trust*
 - ✓ *Isolating themselves from family and friends*
- Health and behavioral health providers interested in
 - ✓ *Learning about early psychosis*
 - ✓ *Receiving consultations on complex cases*
 - ✓ *Implementing or Supporting an Early Intervention Team*
 - ✓ *Referring individuals in the early stages of a mental illness with psychosis for treatment*
- Family members, friends, educators, and others interested in learning about the early stages of a mental illness with psychosis and available services.

What services are available?

We are striving to develop a comprehensive, state-wide program, with services provided within the University of Maryland, as well as by satellite sites across the state. All EIP activities are guided by a multi-disciplinary Advisory Council, including youth, family and consumer advocacy membership. We integrate research into each of these components and will focus on using existing/new objective methods for early detection and prediction of disease emergence, progress, or recovery.

- **Outreach and Education** – to behavioral health providers, schools, colleges/universities, youth and family organizations, and primary care settings.
- **Clinical Services** –for individuals (aged 12-30) having experiences that indicate a risk for future psychosis, who have early signs of psychosis, or who are in the initial stages of psychosis.
- **Consultation Services** – to providers regarding identification and treatment for individuals that may be experiencing symptoms that may be predictive of future psychosis, who have early signs of psychosis, or are in the initial stages of psychosis.
- **Training and Implementation Support** – to providers establishing Early Intervention Teams (EITs) throughout the state; creating a learning collaborative so that EITs and others providing services to those with early psychosis can collaborate, share resources, provide support, and coordinate services.

Who is operating the EIP?

The EIP builds on the foundation of the University of Maryland School of Medicine Department of Psychiatry Maryland Psychiatric Research Center and the Divisions of Child and Adolescent Psychiatry, Community Psychiatry, Psychology, and Psychiatric Services Research; and the University of Maryland Baltimore County Department of Psychology.

How can I learn more?

To get more information, request education, make referrals, or request consultations, contact us at:

(877) 277-MEIP (6347)

E-mail info@MarylandEIP.com

Visit our website at www.MarylandEIP.com



Maryland Early Intervention Program (EIP): Summary

Recent advances in mental illness science support a paradigm shift from the treatment of individuals with an already established illness to early detection and intervention of people who are at high risk for the development of a psychotic illness or are in the initial stages of such an illness. The goal of this new approach is to alter the course of illness, reduce disability, and maximize the likelihood of recovery. People who are at clinical high risk for a psychotic illness can be reliably identified. The clinical high risk state is associated with distress, compromised social and instrumental role function, and has been extensively validated with cognitive and structural and functional neuroimaging data. Further, a significant portion of these individuals will develop full-blown mental illnesses. The early identification and treatment of young people at clinical high risk for a psychotic illness may prevent progression to a psychotic disorder and alter long-term course, and, importantly, will address issues related to suicide and hostile aggression, which are most likely to occur in mentally ill persons prior to treatment.

The Maryland Early Intervention Program (EIP) will be a specialized program with expertise in the early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults with psychotic disorders. The EIP will be composed of three components: 1) Outreach and Education Services, 2) Clinical Services; and 3) Regional Early Intervention Learning Collaborative Teams. Research will be integrated into each of these components and will focus on using existing/new objective methods for early detection and prediction of disease emergence, progress or recovery. These tools will then be used to guide intervention refinement to enhance efficacy and effectiveness. The EIP purpose is to reduce disability and enhance the likelihood that a person with early signs of psychosis will be able to manage their illness, move successfully through the appropriate developmental stages of growth, and establish a life of their choosing. The EIP will take a broad public health perspective, in which we will directly address the issues of aggression, violence, and substance use that are associated with criminal acts and constitute a risk to public safety; and associated problems, such as metabolic risks and other co-occurring medical conditions. The EIP will be built on the foundation of the University of Maryland School of Medicine (UMSOM) Department of Psychiatry Maryland Psychiatric Research Center (MPRC; a joint Department of Health and Mental Hygiene (DHMH) and UMSOM program) and the Divisions of Child and Adolescent Psychiatry, Community Psychiatry, Psychology, and Services Research; and the University of Maryland Baltimore County (UMBC) Department of Psychology, all of which have extensive experience in providing unique services to the citizens of Maryland, including evaluations and novel therapeutics for people with treatment-resistant schizophrenia, statewide evaluation programs relating to serious mental illness in youth, and the provision of consultation services for adverse effects of first and second generation antipsychotic drugs.

At the outset, core personnel and facilities will be provided through the UMSOM Department of Psychiatry and UMBC Department of Psychology. The ultimate goal will be to develop a comprehensive, state-wide program, with primary clinical sites in the Division of Community Psychiatry Carruthers Clinic, the MPRC First Episode Psychosis Clinic, and the Division of Child and Adolescent Psychiatry, and to expand the service model to satellite sites across the state. All EIP activities will be guided by a multi-disciplinary Advisory Council, including youth, family and consumer advocacy membership.