WHO WE SERVE

The Early Psychosis Intervention (EPI) program serves individuals 14–35 years old, residing in Windsor-Essex County, who have experienced a recent onset of psychosis symptoms; (symptoms may include hallucinations, delusions, paranoia, and/or disorganized thinking, with or without a mood component)

Individuals must have had fewer than 3 years of prior EPI treatment and fewer than 5 years since their initial diagnosis of a psychotic illness. Developmental disabilities, ASDs, or substance use diagnoses do not exclude participation in the program, if the individual can engage in some program components. However, some referrals may be redirected if there is a better fit for service elsewhere.

Exclusionary criteria does include, psychosis due to medical conditions, such as an acquired brain injury.

Individuals must be aware of and agreeable to, an EPI assessment and participation in a program where a team of professionals works together to support and guide your care.

HOW TO ACCESS SERVICES:

519-255-7440

windsoressex.cmha.ca

1400 Windsor Avenue
Windsor, Ontario N8X 3L9

Canadian Mental Health Association
Windsor-Essex County

EPI

EARLY PSYCHOSIS INTERVENTION PROGRAM

Supporting Youth & Young Adults in Windsor-Essex



COORDINATED SPECIALTY CARE AND NAVIGATE EPI

The Provincial EPI Program builds on Coordinated Specialty Care (CSC) and the NAVIGATE program to offer a standardized model of care for delivering early psychosis recovery treatment in Ontario.

CSC Guiding Principles Are:

- Rapid and early client and family engagement
- Client-centred care
- Recovery focus
- Systematic delivery to all clients
- Intensive level of support
- Integrated team-based care

NAVIGATE is an evidenced based treatment program that focuses on recovery for youth and emerging adults with a first episode of psychosis. This model defines the foundational components of the provincial EPI program, which include:

1. Individualized Medication Treatment
2. Family Education
3. Individualized Resiliency Training
4. Supported Employment and Education
5. *Peer Support (may include)

PROGRAM OVERVIEW

Psychosis can cause acute distress and confusion in a young person, as well as for their family and friends. If treatment is delayed, it can significantly impact recovery and the development of essential life skills such as achieving independent living, maintaining adult relationships, and building a career. Early intervention, with a focus on team delivered specialized care interventions and recovery, improves outcomes and reduces long term negative effects of this condition for clients and families.



OUR TEAM

You'll be supported by a multidisciplinary team, which may include:

- Individual Resiliency Trainer (IRT)
- Psychiatrist
- Supported Employment & Education Specialist (SEE)
- Family Education Clinician (FEC)
- Peer Support Specialist

TYPES OF TREATMENT AND SERVICES THAT MAY BE OFFERED:

- Initial consultation and assessment
- Individualized medication treatment
- Patient education
- Symptom management
- Support and wellness planning
- Case management
- Ongoing risk assessments
- Family education and support
- Supported employment and education
- Peer support
- Recovery programming