

What is First Episode Psychosis (FEP)?

First Episode Psychosis means someone is having psychotic symptoms for the first time. This usually happens between ages **15 and 30**.

Psychotic symptoms can include:

- Seeing, hearing, smelling, tasting, or feeling things that aren't there (hallucinations)
- Having false thoughts that are not based in reality
- Trouble organizing thoughts
- Feeling very scared or suspicious
- Trouble taking care of self

If you or someone you know is experiencing these symptoms, it is important to get help early. If treatment is delayed, symptoms may get worse and individuals may struggle in school or work, have trouble in social relationships, and lose independence.

What is Coordinated Specialty Care (CSC)?

Coordinated Specialty Care (CSC) is a treatment model for FEP with the goal of early treatment to reduce symptoms, prevent relapse, and provide family support. CSC is a team approach to help people experiencing their first episode of psychosis.

The team can include the following:

- Psychiatrist
- Case manager
- Therapist
- Job or school specialist
- Family support specialist
- Peer Support

CSC programs can help people feel better, stay in school or work, and avoid hospital stays by offering the following:

- Early care: Start treatment soon after symptoms begin
- Medicine Management: Use medicine safely and watch for side effects
- Therapy: Talk therapy and family education
- Help with school or work: Keep the person active in the community
- Care coordination: Make sure all services work together
- Peer Support Services: support from others in recovery

If you or someone you know is experiencing a first episode of psychosis you can find information regarding CSC programs in your area at the following link: <https://heads-up-pa.org/find-a-center/>

If you are a PerformCare Member, and are experiencing the first episode of psychosis, we have staff on standby ready to answer your questions. You can reach Member Services by calling:

- Capital Area (Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties)
1-888-722-8646 (TTY 1-800-654-5984) or PA Relay 711
- Franklin-Fulton Region (Franklin and Fulton counties)
1-866-773-7917 (TTY 1-800-654-5984) or PA Relay 711

Members can also contact us by using our [secure contact form](#).