

The UNM Health Sciences Center Department of Psychiatry offers two specialized programs for individuals at risk of developing a psychotic illness or who are experiencing their first episode of psychosis. Together these programs provide our community with expert early intervention at a time when these services may make the greatest difference in the individual's life.



The EARLY Psychosis Consultation Clinic

Purpose:

To provide professional consultative services for young people who are at high risk of developing a psychotic illness or who are in the earliest stages of such an illness.

Who Qualifies:

- Young people generally from middle-school age through high school (younger children may be seen on an individual basis).
- The individual is in the earliest stages of a psychotic disorder, or showing the early warning signs that they may be developing psychosis. Warning signs can include:
 - Jumbled thoughts or confusion
 - Suspiciousness of others/feeling fearful for no reason
 - Hearing voices/seeing things that are not there or having unusual perceptual experiences
 - Heightened sensitivity to sights, sounds, smells or touch
 - Trouble speaking or writing clearly
 - Dramatic changes in sleep or appetite
 - Declining interest in people, activities and self-care
 - Feeling “something’s not quite right”
- The person does not have a primary substance use issue or significant aggression or disruptive behavior.

Services Offered:

Once a potential client screens as appropriate, clinic services include an initial consultation of up to 3 sessions with our specially-trained staff of psychiatrists, psychotherapists and occupational therapists. Based on the results of the assessment and the needs of the young person and family, the family may participate in treatment in our clinic for a period of time or be referred to other providers.

How to Make a Referral

To make a referral or if you have questions, call the UNM EARLY Psychosis/RAISE team at 1-888-NM-EARLY (1-888-663-2759).

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RAISE

A Research Project of the NIMH

Early Treatment Program

Purpose

The Early Treatment Program (ETP) is part of the RAISE Project, a large-scale research project funded by the National Institute of Mental Health. ETP is designed so that a person receives treatment soon after he or she experiences the early signs of schizophrenia. NAVIGATE, one of the treatments being studied in ETP, is a comprehensive team-based treatment program for people who are experiencing the early symptoms of schizophrenia. The NAVIGATE team works with individuals and their family members or other supportive people to help them negotiate the road to recovering from the symptoms and experiences that can be typical of schizophrenia.

Who Qualifies:

- Aged 15-40
- One of the following diagnoses in the differential:
 - Schizophreniform Disorder
 - Schizophrenia Disorder
 - Schizoaffective Disorder
 - Psychotic Disorder NOS
 - Brief Psychotic Disorder
- Less than six months of cumulative lifetime treatment of antipsychotic medications for any indication

Services Offered:

Participants in ETP will be offered NAVIGATE services and will be asked to complete periodic research tasks. Participation can last for 2-3 years. Services include:

- Individual Resiliency Training (IRT) -Training to provide skills and information for managing symptoms
- Support for going to school or work
- Education program for participants and their families about how to manage the participant's health
- Medication management visits

The University of New Mexico Health Sciences Center was chosen as one of 35 national sites to offer the RAISE ETP program. All services are offered on the UNM Health Sciences Center campus.

How to Make a Referral

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