

STEP Learning Collaborative

The STEP Learning Collaborative is a public-academic collaboration between DMHAS, DCF and Yale's STEP Program.

Through partnership with agencies across the state we aim to deliver safe, timely, and effective pathways to and through care for every young person experiencing recent onset schizophrenia in Connecticut.



- Rapid access to a network of outpatient care, regardless of insurance
- Individualized support for engagement into care
- Ongoing monitoring of outcomes
- Trainings and consultation for providers
- Education and workshops for families
- Virtual resources
- Participation in a statewide system to improve access and care quality



Learn more about STEP LC here.

m.yale.edu/STEP

Treatment Works

Psychosis is treatable, and it is widely accepted that the earlier people get help the better the outcome. With treatment, recovery in psychosis is the expectation, not the exception.

Referral Steps

- 1 Call or Fill Out the Online Form**
Even if you're not sure about eligibility, give us a call.
- 2 Call Back from an EDAC**
An Early Detection and Assessment Coordinator (EDAC) will contact you within 1 business day to learn more about the symptoms you or your loved one is experiencing.
- 3 Screening for Psychosis**
The EDAC will ask questions to better understand the symptoms.
- 4 Rapid Referral (if eligible)***
The EDAC will quickly connect you to care close to where you live.

**If an individual is not eligible, they will still be referred to appropriate care.*

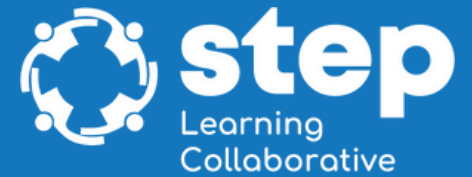


Scan here to make a referral.

m.yale.edu/STEP/connect-to-care

Eligibility

- Individuals must be between the ages of 16 and 35
- Individuals must have recently experienced psychosis symptoms or episodes of psychosis
- Individuals seeking treatment must live within the state of Connecticut



Learn about Psychosis

Anyone can call us. We can help.

Screenings and rapid referrals to care.



203-200-0140

About Psychosis

Psychosis is a medical syndrome that can be diagnosed based on a cluster of characteristic changes in thinking, feeling, and behavior. During an episode of psychosis, individuals can struggle to differentiate what is real from what is not and may come to believe false explanations for their experiences.



3 out of every 100 people will experience psychosis in their lifetimes.

Once medical or substance-related causes have been ruled out, the most likely reason for a young person to experience psychosis is the onset of a schizophrenia spectrum disorder.

Who is at risk?

Anyone can experience psychosis, however certain factors can increase one's risk.

- ✓ **Individuals ages 16-35 are especially vulnerable.**
- ✓ **Family history of schizophrenia or other mental health conditions.**
- ✓ **Substance use.**

Signs and Symptoms



Hearing or seeing things others can't



Thinking or speaking in a confused way



Believing that one has special powers or abilities



Feeling suspicious or paranoid



Recognizing patterns or signs that others don't



Avoiding social interaction or withdrawing from others



Exhibiting extreme behaviors



Neglecting self-care and losing motivation



"I think I've met a range of people with schizophrenia and psychosis and we look like anyone and everything. We have a range of interests and things we care about. We're just people like anyone else.

- Individual with Lived Experience of Psychosis



Benefits of Early Treatment

- More willing to engage in treatment
- Lower risk of relapse
- Lower risk for suicide
- Better engagement at work and school
- Retention of social skills and support
- Decreased need for hospitalization
- Quicker recovery and better outcomes
- Less family conflict and stress



"Seeking treatment is aligned with your own self agency. It's still your life, your body, your mind."

- Individual with Lived Experience of Psychosis



CONNECTICUT
Mental Health & Addiction Services



The STEP Learning Collaborative is a public-academic collaboration between the Department of Mental Health and Addiction Services (DMHAS), the Department of Children and Families (DCF) and Yale's Program for Specialized Treatment Early in Psychosis (STEP), which is based at the Connecticut Mental Health Center (CMHC).

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