

# TREATMENT OPTIONS

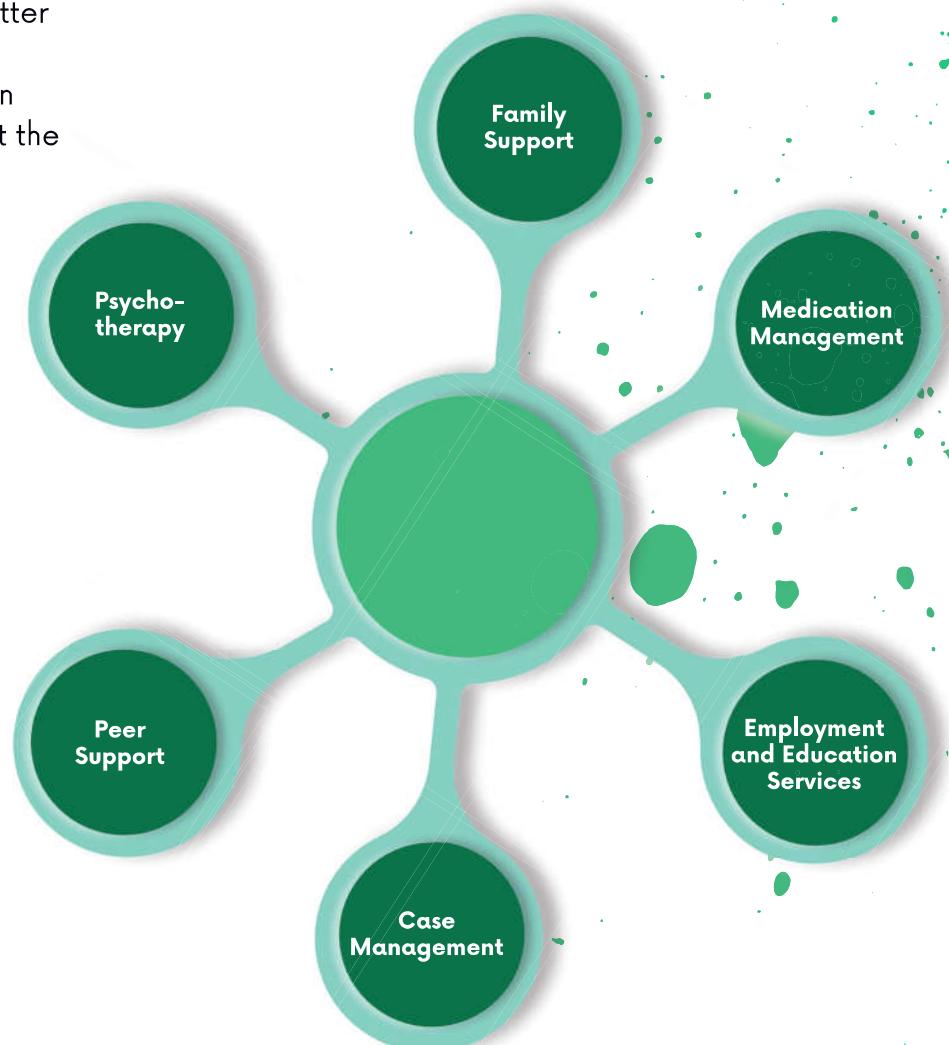
Knowing where to start in helping an **emerging adult** receive treatment for **psychosis** can be hard due to the various intersecting needs they have. However, first and foremost is to help those with **FEP quickly access care through early treatment** so that they can create a **personalized care and recovery pathway**.

## Early Treatment

**Early treatment** leads to better recovery - the first step is to **recognize** the **signs** and then help the **emerging adult** get the support they need.

Treatment recommendations might include **psychoeducation, therapy, medication, peer support**, or a combination of these supports. This multi-element approach is called **Coordinated Specialty Care**, which is now the standard of care for **early psychosis**.<sup>15</sup>

## Elements of Coordinated Specialty Care<sup>14</sup>



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## Coordinated Specialty Care

**Coordinated Specialty Care** uses a **recovery-oriented team approach** with different elements to promote easy access to care and shared decision-making among specialists, family/caregivers, and **emerging adults**. Elements of **Coordinated Specialty Care** are described below.

### Individual or Group Psychotherapy

Focuses on the **emerging adult's personal goals** while developing **knowledge** and **skills** to build resilience and coping mechanisms in response to **psychosis**.

### Family Support and Education Programs

Helps to teach **emerging adult's family or caregiver** about **psychosis**. This includes **tools** for **coping** and **communication** for the family and the **emerging adult** so they can better help them in the recovery process.

### Medication Management

Focuses on the **emerging adult** choosing the best **medication regimen** for them regarding type and dose. They will need to talk with a **healthcare provider** to discuss the risks and benefits of different types of medications along with side effects, costs, and methods (e.g., pill, injection).

### Supported Employment and Education Services

Helps the **emerging adult** with **employment** or potentially **furthering their education** by having a personal guide to help with the process of applying to jobs or schools.

### Case Management

Allows an **emerging adult** to work with a **case manager** to **help access needed support services**.

### Peer Support

Connects an **emerging adult** to **someone with lived experience** to **offer hope** and **eliminate stigma**. See **PEER SUPPORT** chapter for more details.