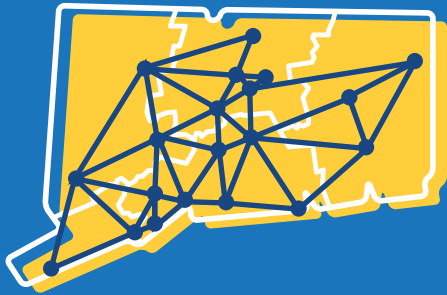# STEP Learning Collaborative

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 first episode psychosis in Connecticut.

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

Join our virtual family & community workshops

Join our provider focused training sessions

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.

If you or someone you love is struggling with any signs or symptoms and live in Connecticut, please call our referral line. An Early Detection and Assessment Coordinator (EDAC) will be able to help screen for psychosis, differentiate it from other, related illnesses, and direct you 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

If you are unsure if you qualify, feel free to give us a call.

📞 **203-200-0140**

Call today for you or someone else. Calls are confidential.

Visit our website for more info.
mindmapct.org

mindmap
a clear path to mental health

step
Learning Collaborative

Is it Psychosis?

We can help.
Screenings and rapid referrals to care.

About Mindmap

Mindmap is an Early Detection campaign that aims to minimize delays to care for individuals early in the course of a psychotic illness. Mindmap was developed and successfully tested by STEP in collaboration with Red Rock Branding. The Mindmap campaign is being deployed within the statewide STEP Learning Collaborative to improve pathways to care at the collaborating agencies. The early detection campaign runs statewide, screening individuals for psychosis across Connecticut through the use of a single referral line. Anyone can call.

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

After ruling out other causes like epilepsy or depression, the most common reason for a young person to experience psychosis is the emergence of schizophrenia or a schizophrenia spectrum disorder.

Signs & Symptoms

Psychosis can present differently for each individual. Even if unsure, there are many benefits to calling as soon as possible for help.

Hearing or seeing things others can't

Confused thinking or speech

Believing in special powers or abilities

Feeling suspicious or paranoid

Exhibiting extreme behaviors

Recognizing patterns or signs that others don't

No longer wanting to socialize or be around others?

Decline in self-care and motivation

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

✔ drug use

✔ social or environmental factors