



First Episode Psychosis (FEP) Program

Southeastern's FEP Program is a new and innovative early intervention service for youth and young adults age 16-30 years old. This program is for those who have recently started experiencing symptoms of psychosis.

Based on the program from On Track NY, our mission is to, *"Reduce duration of untreated psychosis and provide specialized early intervention services to promote long term recovery and reduce disability."*

Some of the signs may include the following:

- Auditory Hallucinations (hearing things that other people don't hear)
- Visual Hallucinations (seeing things that other people don't see)
- Paranoid Feelings (feeling unusually afraid or suspicious)
- Unusual beliefs
- Disorganized thinking

Southeastern's FEP Program helps people achieve their goals for school, work, and relationships by using the *Shared Decision Making* approach from On Track NY. Services are tailored to the needs of each individual. Working collaboratively, the individual and the team select the best mix of services and supports, including:

- Psychiatric treatment, which may include medication
- Individual and group psychotherapy utilizing Evidence Based approaches, including Cognitive Behavioral
- Supported vocational and educational services with an individualized approach
- Recovery-oriented services with the use of WRAP (Wellness Recovery Action Plan), which is now on SAMHSA's National Registry for Evidence Based Practices
- Family education and support

Southeastern's FEP Program Team Includes:

- Clinical Team Leader- Melissa Tauer, MS, LPC-MH, QMHP, NCC
- Team Coordinator- specializing in outreach/recruitment and program coordination
- Primary Clinicians/Clinical Therapists- providing individual and group psychotherapy, and family therapy
- Supported Education and Employment Specialist
- Psychiatrist
- Nurse

We accept referrals from hospitals, schools, other community agencies, family members, or self-referrals. Referrals can be made in the following ways:

- Complete the referral form, along with Authorization form and fax to 605-336-0873 ATTN: Lisa Freeborn
- Contact the Team Coordinator – Lisa Freeborn at 605-336-0503, or directly at 605-271-8543
- Email the FEP Team at FEP@southeasternbh.org