



# Coordinated Specialty Care for First Episode Psychosis

Each program is limited to 30 people enrolled at one time.

### What is psychosis?

Psychosis is a symptom of mental illness. People experiencing psychosis may hallucinate or exhibit signs of paranoia, delusions, and disorganized thoughts and behaviors. For example, a person experiencing psychosis may:

- Hear voices that only they can hear.
- See something that only they can see.
- Believe they have special powers.
- Be suspicious of others.
- Have trouble thinking clearly or concentrating.

Sometimes, psychosis can be a symptom of a mental illness such as depression, bipolar disorder, schizoaffective disorder, or schizophrenia.

There are many possible causes of psychosis, including physical or mental illness, substance misuse, stress or trauma. Psychosis can affect any person, across all socioeconomic and ethnic groups. First episode psychosis describes the first occurrence of psychosis in people in their late teens to mid-twenties. About 100,000 people experience psychosis each year.

### Is psychosis treatable?

Yes, psychosis is treatable. Treatment is most effective when it begins in the year symptoms first occur. Research shows that one of the most effective treatment models for first episode of psychosis is the CSC model.



### Who is eligible for the CSC for First Episode Psychosis Program?

People 15–30 years old with a psychotic disorder diagnosed within the past two years are eligible for these services. Qualified applicants may have private insurance, Medicaid, Medicare or no health insurance at all.

### How long does it last?

The program can last up to 36 months.

### Where are programs located?

As of May 2022, Texas has 27 CSC for First Episode Psychosis sites across the state serving about 153 counties.

### Contact information:

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