



WELCOME!

“Author Panel Discussion: Focal Point 2016 (Early Psychosis Interventions)” will begin shortly...

- Move any electronic handheld devices away from your computer and speakers
- We recommend that you close all file sharing applications and streaming music or video
- Check your settings in the audio pane if you are experiencing audio problems
- During the presentation, you can send questions to the webinar organizer, but these will be held until the end
- Audience members will be muted during the webinar

A recording of this webinar will be available online at
<http://www.pathwaysrtc.pdx.edu/webinars-previous.shtml>



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The screenshot shows the website for the Research & Training Center for Pathways to Positive Futures. The header features the logo and the text "PATHWAYS 2 POSITIVE FUTURES". A navigation menu on the left includes links for Home, About, Research, Training, Publications, Connect, and Resources. The main content area displays a news article titled "Upcoming Webinar: 'Implementing Early Psychosis Intervention in the Real World'" with details on the date (January 26, 2016) and time (10am - 11:00am PST / 1pm - 2:00pm EST). Below the article is a section for "Recruiting Teams for Free Fall Online Training Program" with a video player showing two women. On the right, there is a "NEWSLETTER SIGN UP" form with fields for email address, first name, and last name, and a "Sign Up!" button. A large orange arrow points from the right side of the page towards the newsletter sign-up form.

www.pathwaysrtc.pdx.edu



Acknowledgments/Funders



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Pathways RTC Webinar

RESEARCH & TRAINING CENTER FOR PATHWAYS TO POSITIVE FUTURES



Author Panel Discussion: Focal Point 2016 (Early Psychosis Interventions)

April 26, 2016

Host:

*John D. Ossowski, M.S., L.M.S.W.
Pathways RTC Dissemination Manager,
Focal Point 2016 Co-Editor*

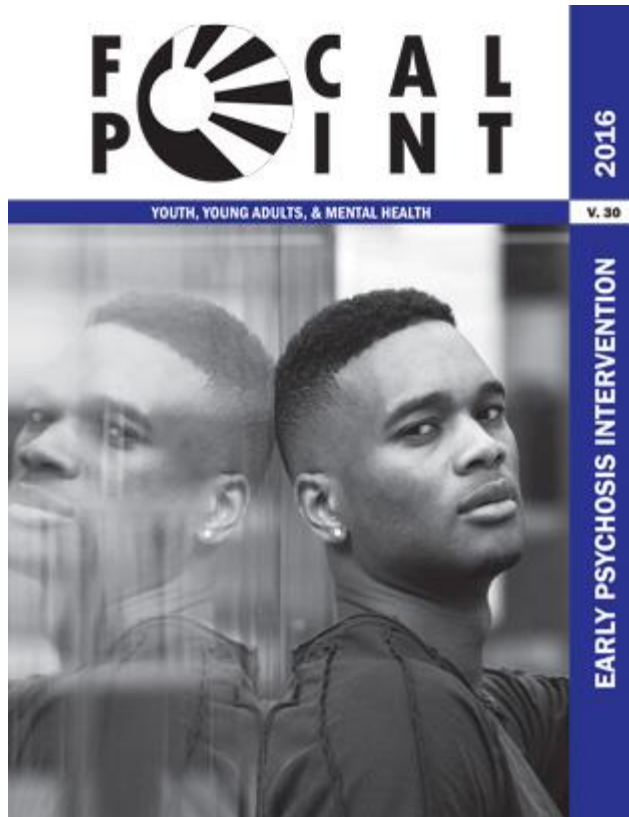
Panel:

*Nicholas Buekea, Sarah Deal, Marrissa
Gottlob, Ryan Melton, Andre Pruitt,
Sarah Blajeski and Tamara Sale*





Focal Point 2016: Early Psychosis Interventions



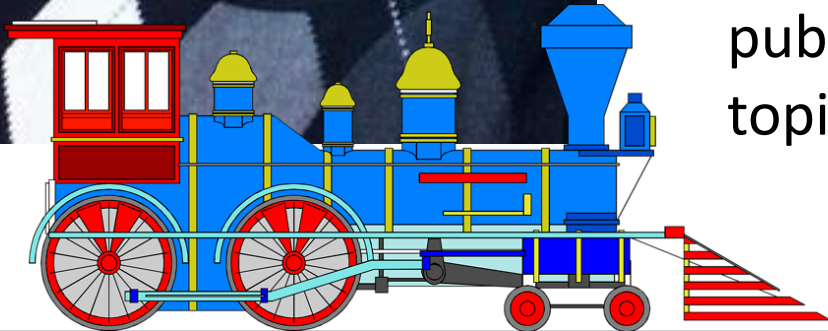
- Focal Point is the RTC's annual research review, dedicated to youth, young adults and mental health.

Download a free copy from:

<http://pathwaysrtc.pdx.edu/focalpointS16>



John D. Ossowski: Co-Editor



- Responsible for meeting production deadlines and page limit quotas.
- Offering input on how to stay on track.
- Working with our fearless web and graphic designer (Nicole Aue) to ensure the best quality publication for this important topic.



Nicholas Buekea: EASA Young Adult Leadership Council



- Policy Research Assistant for Pathways to Positive Futures (Project S/PAC) and an EASA Young Adult Leadership Council member.
- Portland State University graduate and a prospective student of occupational therapy.
- Contributed to the Focal Point article to spread awareness about EASA, share personal struggles and successes within the mental health care system, and highlight the uniqueness of individuals who face psychosis.
- Nicholas loves to play piano and will be a new uncle in July.



Sarah Deal: CBT for Recovery and Resiliency



- Sarah is a clinician working in the field of psychosis intervention and is observing a "paradigm shift" in how practitioners are conceptualizing and approaching psychosis.
- Normalization and collaboration are key ways to help clients change the way they think about their symptoms and condition in the greater context of life.
- Sarah hopes that this shift will continue to impact the way people in the mental health field, medical practice, and general public think about mental illness
- Sarah enjoys teaching undergraduate courses as well as long-distance and trail/ultrarunning.



Marrissa Gottlob: Using the Senses to Navigate Early Psychosis

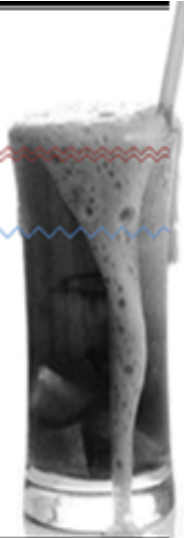


- Marrissa is an occupational therapist in Portland, OR.
- People experiencing psychosis tend to have a distinct pattern of sensory preference that can contribute to or be confused with symptoms of psychosis. These preferences can be used as potent, tangible tools for success.
- Occupational therapy explicitly specializes in sensory processing, how it supports or impairs a person doing what they need or want to do, and how to harness individual sensory preferences to live life to the fullest.



Marrissa Gottlob: Using the Senses to Navigate Early Psychosis

| | |
|-------------------------|--|
| Over Stimulated | Brain feels everything too much - distracted by reacting to overwhelming stimulation Emotions, memory, and thinking become disorganized |
| "just right" | <i>Alert and calm, able to regulate emotions, organize thoughts</i> |
| Under Stimulated | Not enough information for the brain to process Difficult to pay attention, process thoughts Irritable, on edge, zoned out |



Sensory Profile of Psychosis: A bigger glass means more soda – but if you continue to pour without giving time for the soda to settle, the cup can fill too quickly and bubble over



Ryan Melton: IPS and Modifications for FEP Programs



- The article will review the evidence based practice of Individual Placement and Support (IPS) model of supported employment
- The article reviews tips regarding cultural modifications to the practice to support young people with psychosis
- Provides a case example to illustrate those tips on IPS practice with young people with psychosis
- Ryan has a 6-year-old obsessed with house design shows and is expecting a second child this summer.



Andre Pruitt & Shannon Blajeski: Data Trends – Seeking Help for Family Members



Andre Pruitt



Shannon Blajeski



Andre Pruitt



- Andre hopes to expand awareness of the impact to families dealing with first episodes of psychosis, increase cultural implications when addressing people experiencing first episodes of psychosis, and emphasize the interconnection between families and professionals.
- The Data Trends article affirms the importance of the interaction between families and service providers, family members' understanding of psychosis and how this influences seeking treatment, and the stigmas based on spiritual, cultural, or historical reasons.
- Andre loves riding his VT 1800 motorcycle through the country. He also enjoys camping and exploring the wilderness.



Shannon Blajeski



- Shannon, MSW, is a doctoral student with 15 years of clinical experience working with people with severe mental illness. Her research interests include the “real life” aspects of living with psychosis.
- The Data Trends article is a synthesis of the research on family experiences when a child is experiencing a first episode of psychosis based on both an metasynthesis of the research (Data Trends) and local findings of the EASA DUP Study exploring individual and family experiences with early psychosis.
- Shannon is very close to being able to play an F-Chord on a guitar.



Tamara Sale, Co-Editor, Introduction



- We have been implementing early psychosis intervention in Oregon since 2001.
- The authors and topics in the issue are by folks who we know that are doing extremely important work.
- The topics represent a small subset of very important subjects.
- We have included overviews of the international and national scene, family and young adult perspectives, work that is happening on defining fidelity in the field, and elements of community supports including supported employment and education, cognitive behavioral therapy and occupational therapy approaches.
- Tamara enjoys exploring Oregon in search of the history of the Missoula flood, wild horses, big horn sheep and migrating birds.



Your Questions Answered!



Download Focal Point from:
<http://pathwaysrtc.pdx.edu/focalpointS16>