



On My Way A program by: Child and Family Focus



On My Way is a Coordinated Specialty Care (CSC) approach to treating young people that recently experienced their first episode of psychosis. The FEP Team offers young people an array of services, including low-dose medication management, individual and group therapy, family education, case management, supported education and employment, and Peer Support Services. Service coordination is guided by the young person's voice and choice. On My Way seeks to improve the quality of life of young people by providing hope through empowerment to guide their own recovery, educating them about their psychosis, re-establishing and strengthening relationships, and re-integrating them back into the community whether it's attending school or working.

The On My Way team is composed of a Team Leader who supervises the overall process by ensuring that all team members are working together towards the young person's identified needs and goals. The Team Leader along with the Lead Therapist provides psychosis psychoeducation to young people and their families both individually and in groups. The Psychiatrist provides low dose anti-psychotic medication management and monitors the response to the medication making any changes related to feedback from the young person. The therapist works with the young person to identify the obstacles that they see as barriers to their success, as well as providing case management services to connect them with community and natural supports. The Supported Education and Employment specialist provides support to the young person based on their identified needs and goals in those areas. And the Certified Peer Specialist provides support to the young person by sharing their story and providing hope that they can effectively live with their psychosis. The CPS also encourages the young person to express their voice in the coordination of their recovery to ensure individualized care.

On My Way is based on other First Episode Psychosis programs that are evidence-based. The target population is young people (ages 15-30) who have experienced their first psychotic episode in the past year, and have a diagnosis on the Schizophrenia Spectrum or Bipolar with psychotic features. Drug-induced psychosis is exclusionary and is assessed at intake. Appropriate referrals will be completed for those individuals excluded from the On My Way program. On My Way is primarily a community-based program with the exception of medication management. It is the mission of the program to meet the young people where they are to provide the needed services.

Potential referral sources will consist of High Schools, Colleges, Psychiatric Inpatient Hospitals, mental health providers, crisis intervention specialists, residential treatment facilities, self-referral etc. The Team Leader will determine eligibility using a number of pre-screening tools. Referrals should be made with the input and consent of the young person. All inquiries relating to the On My Way program and the referral process can be made to the On My Way Team Leader, Daniel Fisher, by phone (610) 325-3131 ext 27 or via e-mail dfisher@childandfamilyfocus.org.