

IMHR Epicenter

Early Psychosis Intervention (EPI) Treatment



What makes the IMHR Epicenter unique?

Adulthood can be an uncertain and frightening future for a young person experiencing psychiatric symptoms for the first time. An initial psychotic episode may often include symptoms such as delusions, hallucinations, disorganized thinking, or unusual behavior. Early Psychosis Intervention (EPI), the mission and practice of the IMHR Epicenter, has been shown to improve mental health symptoms and lead to a path of recovery.

Who is best served by the Epicenter?

Although many people may benefit from our services, the ideal candidates for the IMHR Epicenter services are individuals between the ages of 15 and 35, who have had their first episode of psychosis within the past five years, and can understand the role that Epicenter staff and services can play in their recovery process.

How is the IMHR Epicenter supported?

The Epicenter's unique approach in administering mental health services was launched by the Institute for Mental Health Research, with the support & guidance of Mercy Maricopa Integrated Care (MMIC). Financial support is provided through MMIC state block grants, local community grants and private donations.

Other sources of revenue include client contributions for direct service through private pay sliding scale fees, or potentially network insurances.

What professional services are available for delivering early psychosis intervention?

The services for each person seeking to work with the IMHR Epicenter are based on individualized goals. A team of professionally trained staff, including master or doctorate level licensed professionals and a nurse practitioner, will help determine the appropriate services to reach personal goals. Services may include the following:

- Individualized planning & goal setting
- Cognitive Behavioral Therapy
- Individual and group counseling
- Family psychoeducation
- Metacognitive remediation
- Supported employment & education
- Psychiatric evaluations
- Medication Management

What type of support is available for clients and families?

Depending on the goals each person for themselves, many support staff can help along the way. An education and employment specialist is often a key person to provide guidance for entering & or staying in the workforce or school. Knowledgeable peer support specialists work with clients and their families, individually or in small groups, to bring a first-hand understanding of how these concerns impact your whole life, and offer confidence, encouragement

What other services does IMHR Epicenter provide?

Behavioral health assessments, therapy, (individual, family) and crisis assistance are available for any individuals with general mental health and/or substance abuse issues, regardless of the EPI model criteria.

What is IMHR Epicenter?

Epicenter is a different, vibrant model which provides comprehensive treatment for early psychosis intervention in a youth friendly, community setting – not a sterile, medical environment.

The model uses rapid response, with a variety of supports, to reduce the



What model is the IMHR Epicenter founded on?

Based on the research of Dr. Nicolas Breitboard, studies have shown that with early psychosis intervention, people need fewer inpatient hospital stays and ER visits, experience fewer relapses, as well as a decrease in symptoms, and improved handling of school and work. Overall, participants experience enhanced quality of life and are able to reengage back into their lives sooner.



1415 N. 1st Street
Phoenix, AZ 85004
P: 602-595-5447
F: 602-595-4537
www.imhrepicenter.org