

# Newsletter

WINTER 2022/2023 | ISSUE #5



PSYCHOSIS EVALUATION & RECOVERY CENTER  
UNIVERSITY OF PENNSYLVANIA  
DEPARTMENT OF PSYCHIATRY



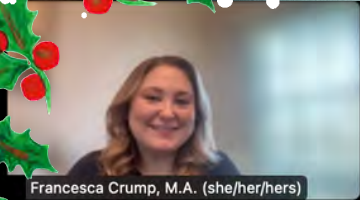
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# SEASONS GREETINGS FROM PERC



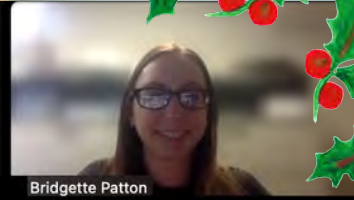
Francesca Crump, M.A. (she/her/hers)



Steven Lawley



Monica E Calkins



Bridgette Patton



Riley J Capizzi (He/Him/His)



Elisa Nelson



Stephanie Allison Korenic



Pankhuri Aggarwal (She/Her)



Arielle Ered



Christian Kohler



William Smith (he/him)



Adam



Josh Mervis








## A Special Gift from the Friday Service Club

This winter, a generous group of medical students have chosen to provide each participant in the PERC program with a gift to support them in their recovery. First & second-year medical students from the Sidney Kimmel Medical College of Thomas Jefferson University established the Friday Service Club; a student organization that dedicates a portion of their time as medical students, to helping others. On the first Friday of every month, Students meet to create personal care packages for individuals receiving treatment from local clinics, such as PERC. As future medical practitioners, students of the Friday Service Club recognize the importance of altruism and being of support to others. For these students, this can range anywhere from, advocating for changes in healthcare policy & legislature, to making care packages for local clinics.



"WHILE, A STRONG FOUNDATION IN THE BASIC SCIENCES AND A GOOD BEDSIDE MANNER ARE BOTH CRITICAL SKILLS FOR A DOCTOR... BUT WHAT DEFINES A SUCCESSFUL PHYSICIAN IS NOT ONLY TREATING ONE'S PATIENTS, BUT ALSO THEIR COMMUNITY."

~ 2ND YEAR SKMC STUDENT



## CT-R Tip of the Season



"Start a new festive tradition with your family this year that gives each family member an opportunity to contribute!"



## Staff Spotlight



*A very warm welcome to **Dr. Arielle Ered, PhD** as she returns to PERC for a Postdoctoral Fellowship with the University of Pennsylvania.*

**Arielle Ered, PhD** is a postdoctoral fellow and psychotherapist at the University of Pennsylvania's Psychosis Evaluation and Recovery Center (PERC) program. She completed her Bachelor of Arts in Psychology at the University of California, Los Angeles and worked as a research coordinator within the Aftercare Program, coordinating several studies aiming to improve clinical care for individuals in the first episode of psychosis. She then obtained her Masters and Doctorate in Clinical Psychology and Neuroscience at Temple University where she conducted research on clinical, cognitive, and neural outcomes following childhood trauma in individuals along the psychosis spectrum and joined PERC as a practicum student therapist. She then completed a clinical psychology internship at Vanderbilt University Medical Center within the psychosis track and returned to UPenn for her postdoctoral fellowship (she just couldn't stay away from PERC!). Dr. Ered is passionate about providing evidence-supported psychotherapy for individuals with psychosis, has expertise in exposure therapies for PTSD and anxiety disorders, and is experienced in working with individuals with medical comorbidities and folks on the LGBTQIA+ spectrum.





# Program Updates

## RECENT EVENTS

- **NOVEMBER 14TH 2022**
  - **Family Psychoeducation & Support Group**
    - *Supporting Loved One's Self-Care Strategies*
    - Riley Capizzi, M.A. & Elisa Nelson, PhD
  - **Participant Group**
    - *Self-Care Skills & Strategies*
    - Steven Lawley, M.A., LPC & Pankhuri Aggarwal, M.A., M.A.
- **DECEMBER 19TH 2022**
  - **Family Psychoeducation & Support Group**
    - *Measuring Recovery: Findings from the Psychosis Evaluation and Recovery Center (PERC)*
    - Monica Calkins, PhD & Elisa Nelson, PhD
  - **Participant Group**
    - Planning for the Holidays
    - Steven Lawley, MA, LPC & Riley Capizzi, M.A.

## UPCOMING EVENTS

- **JANUARY 16TH 2022**
  - **Family Psychoeducation & Support Group**
    - *Medicare/Medicaid*
    - Elisa Nelson, PhD
  - **Participant Group**
    - GAME NIGHT!
    - Steven Lawley, M.A., LPC & Riley Capizzi, M.A.
- **FEBRUARY 13TH 2022**
  - **\*COMBINED GROUP\***
  - **Family & Participant Psychoeducation & Support Group**
    - *Crisis Management*
    - Elisa Nelson, PhD & Steven Lawley, M.A., LPC







# Penn Medicine



UNIVERSITY OF PENNSYLVANIA - DEPARTMENT OF PSYCHIATRY - NEUROPSYCHIATRY PROGRAM

**Dear PERC Participant and Family,**

As the year draws to its end, we want to let you know that our offices will be closed as of **Saturday December 24<sup>th</sup>, 2022** and will reopen **Tuesday January 3<sup>rd</sup>, 2023**.

Please be aware that during this period of time we may not be able to respond to phone calls, emails, or refill medications.

**Medication Refills**

Please check with your pharmacy to determine whether you will need additional refills prior to **January 3<sup>rd</sup>, 2023** and inform us before **December 24<sup>th</sup>, 2022**. Medication refill requests can be submitted online through MyPennMedicine.org

**Emergency**

In the case of an emergency please call **911** or go to the nearest emergency room

**Pennsylvania Hospital Crisis Response Center**

Located at 801 Spruce Street, 1st Floor, Philadelphia, PA 19107, #215-829-5433

From all of us, we wish you a joyful and happy holiday season!

With best wishes,

Christian Kohler, MD

Monica Calkins, PhD

Philip Campbell, MD, PhD

Adam Rossano, MD PhD

Elisa Nelson, Ph.D.

H. Steven Lawley, MA, LPC

Amenia Coleman, MEd, MPhilEd

Stephanie Korenic, MA

Joshua E. Mervis, PhD, RYT

Pankhuri Aggarwal, M.A., M.A.

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Arielle Ered, Ph.D.

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Riley Capizzi, M.A.

10<sup>th</sup> Floor, Gates Building • 3400 Spruce St. • Philadelphia, PA 19104-4283  
Phone: 215-662-2826 • Fax: 215-662-7903

# Winter Activities

Things to Do in Philadelphia



Celebrating Hannukah



Celebrating Kwanzaa



Must See Holiday Attractions



New Years Activities





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## Coordinated Specialty Care Services:

- Recovery Planning: The individual and the treatment team work collaboratively to develop a recovery plan that identifies goals and plans for services, and methods based on the individual's needs and preferences.
- Cognitive Behavioral Therapy (CBT)/Case Management: A Master's Level Specialist provides a form of CBT developed to treat psychosis by Aaron Beck and colleagues.
- Psychopharmacology: The program provides ongoing evidence-based psychopharmacology for early-episode psychosis, with emphasis on minimizing medication exposure and side effects.
- Multi-family Group Psychoeducation: Ongoing monthly meetings provided by an experienced clinician provide education, support and coping strategies for families.
- Recovery-Oriented Cognitive Therapy for Families: A closed, 12-week group for families aimed at improving families understanding, coping, and communication skills with their family member in the early stages of psychosis.
- Supported Employment and Educational Services: A dedicated support person establishes plans for functional goals and recovery with the participant. The support person assists possible return to school, access to jobs and training programs.
- Peer Support Services: Individuals in recovery offer peer support and education services in the community to young persons currently experiencing psychosis in an effort to help maintain functioning.
- Telehealth Services: Optional telehealth services available for therapy and case management appointments.
- Additional Treatment: We coordinate with IOPS, PHP's, and local substance use treatment programs when participants are enrolled in multiple programs.
- Participant Process Group: The program offers ongoing monthly process groups that are facilitated by a licensed psychotherapist to support psychosocial skill development & functioning.



Research Opportunities  
at



**Department of  
Psychiatry**




**Eligibility Survey**



Use this QR code to complete our confidential online screener to determine whether you qualify for one of our studies.

You can also call us at **833-LiBI-BBL (833-542-4255)** to complete the screener over the phone.





**WOULD YOU LIKE TO BE MORE  
CONNECTED TO YOUR  
COMMUNITY?**

**ConnectionsRx is a research project  
focused on connecting you to your  
community.**

We are seeking individuals:

- Between the ages of 18 and 30
- Living with a bipolar, major depression, or schizophrenia diagnosis
- Interested in engaging in the community

**YOU MAY BE COMPENSATED UP TO \$45 FOR YOUR TIME.**



**TO LEARN MORE ABOUT THIS RESEARCH PROJECT, EMAIL  
CONNECTIONSRX@TEMPLE.EDU**



# Crisis Management Resources



## NAVIGATING A MENTAL HEALTH CRISIS

It can be a challenge to determine if a situation is a crisis. Some general indicators can be:

- The behavior puts the person at risk of harming themselves or others.
- Without crisis responding or intervention, the person is likely to have significantly reduced levels of functioning (e.g. placed in a more restrictive setting like the hospital or jail).
- The person cannot resolve a situation with the skills and resources available.

### Potential Signs of a Crisis

- Inability to cope with daily tasks
- Hygiene, eating, sleep difficulties
- Sudden changes in mood
- Increased energy or pacing
- Disorganized or delusional speech
- Suicidal thoughts or behavior
- Increased agitation
- Verbal threats
- Physical violence
- Destroys property
- Inappropriate language
- Abusive behavior
- Hurts others
- Self-injury
- Drug/Alcohol abuse

### Guidelines for De-escalation

- Ask how you can help
- Use clear language
- Use "I" statements
- Present self as a calming influence
- Use non-threatening body language
- No touching, shouting, or sudden movements
- Provide validation/acceptance
- Use active listening skills
- Paraphrase concerns
- Focus on strengths
- Build hope - resolution is possible!
- Reduce distractions (ask others to leave, turn off the TV, etc.)
- Do not personalize
- It is okay to be silent
- Speak quietly and calmly (avoid yelling)

### Behaviors & Responses to Avoid

- Challenging delusional thinking or beliefs that seem untrue or false to you
- Arguing or threatening
- Intense questioning
- Sarcasm, laughing, or humor
- Sudden or unannounced actions
- Restricting the person's movements
- Other statements or actions that you expect could increase the person's fear or aggression

**REMEMBER!**

EVERY SITUATION IS UNIQUE AND CRISIS SITUATIONS CAN BE HARD TO PREDICT.

### Additional Ways to Help

- Do not leave the person alone unless you are concerned about your personal safety.
- Take a break from de-escalation if needed, but try to remain in contact in some way.
- Mental health professionals always advocate seeking professional help for someone who has suicidal thoughts.
- Try to involve the person in the decision-making about what to do, who should be told, and how to seek professional help.
- Use phrases that support feelings of control and safety:
  - "Would that be all right?"
  - "Do I have that right?"
  - "So, let me see if I got this. You are saying..."
  - "Would you mind if I..."
  - "I can see why you'd feel that way."

[headsup-pa.org](http://headsup-pa.org)

@headsuppa @HeadsUpPA @HeadsUpPAorg



## 24/7 INFORMATION AND SUPPORT

**988 Suicide and Crisis Lifeline** (call or text 988, or chat [988lifeline.org](http://988lifeline.org))

**Crisis Text Line** Text "HOME" to 741-741

**Trevor Project** suicide prevention and crisis intervention organization for LGBTQ young people.

**Text: 'START' to 678-678 or call 1-866-488-7386**

## CALLING 911



### Remember:

Try and stay calm.

Let the operator know the person is having a mental health crisis.

Ask them to send someone who is trained in mental health crises.

## Crisis Checklist

Adapted from SAMHSA, 2018

It is important to prepare **BEFORE** a crisis occurs. Talk with the person during calm times and make a plan.

Keep the information below in a location that is easy to remember and access - 911 may ask you for this information when you reach out for help.

- Person's general information
- Contact information for family
- Contact information for health care professionals
- Strategies and treatments that have worked in the past
- A list of what might make the situation worse and a list of what might help
- Current medication(s) and dosages
- Current diagnosis(es)
- Person's treatment preferences
- Contact information for nearby crisis centers or emergency rooms
- Contact information for adults the person trusts
- Safety plans

**IF YOU ARE CONCERNED ABOUT PERSONAL SAFETY AT ANY TIME, LEAVE THE LOCATION IMMEDIATELY**

to learn more or find a center near you, visit: [headsup-pa.org](http://headsup-pa.org)



Funding for HeadsUp provided through Community Mental Health Services Block Grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) Grant Award Number: 5M033411-01. © 2022 HeadsUp. All Rights Reserved.



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# Additional Resources & Links:

**PERC**



**Heads-Up**

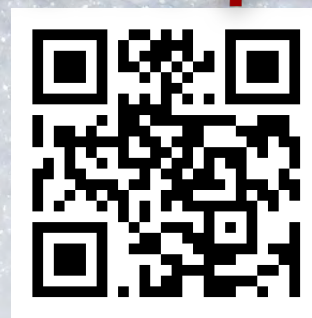


Focused on ending the stigma  
around psychosis

[headsUp-pa.org](http://headsUp-pa.org)



**FindHelp.org**



**NAMI**



**NAMI  
Philadelphia**

