#### • PERC SUMMER • DEBUG SUMMER

LIVED

**A**EXPERIENCES

## CT-R TIP OF THE SUMMER "Do the things you used to love to do over the summer to increase energy and activate positive beliefs and memories!"

INSPIRING HOPE

Research Opportunities

Perelma

UNIVERSITY of PENNS

# SUMMERTIME ACTIVITIES







Visit PENNS LANDING FREE WALK WITH A VIEW OF THE WATER



FAIRMOUNT PARK FREE HIKING TRAILS



#### **ROSE TREE PARK**

FREE SUMMER Concert Series Calendar



#### **UNIVERSITY CITY EVENTS**

FREE CITY EVENT CALENDAR



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READING TERMINAL MARKET

FREE TO WALK



#### VISIT PHILLY

WEBSITE LISTS Things to do in Pennsylvania



# PERC Inspiring hope



Thank you to those who contributed to PERC's Inspiring Hope Project, now displayed in PERC's waiting area pictured above! Haven't had a chance to submit a message, picture, or your own artwork yet? PERC is still accepting submissions! See next two pages for details!



## **Inspiring Hope Project:** Messages of Hope

If you would like to share a message of hope for the Inspiring Hope Project, please submit your contributions in PDF format to Steven Lawley, MA, LPC <u>steven.lawley@pennmedicine.upenn.edu</u>

Contributors are also encouraged to submit their original artwork to the *Heads Up Creative Gallery* [https://www.headsup-pa.org/for-me/creative-gallery/]



## **Inspiring Hope Project**

If you would like to submit a contribution, please keep the following guidelines in mind:

#### What CAN be submitted?

A message, picture, image, or original artwork that inspires hope

#### What CANNOT be submitted?

- No personal information
- + Accepted submissions will be posted anonymously
- No inappropriate, offensive, sensitive, violent, or sexual content will be accepted

#### How should I submit my contribution?

- Submissions should be emailed in PDF or JPEG format to:
  - Steven Lawley, MA, LPC steven.lawley@pennmedicine.upenn.edu





NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMIWalks promotes awareness of mental health, raises funds for NAMI's free programs, and builds community by letting people know they are not alone.

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### PERC



Thank you to those who were able to donate to PERCS fundraising efforts for NAMIWalks on May 7, 2022!

> Together we raised: <u>\$3,980!</u>

Missed the event? No worries! Join us for NAMIWalks again on 09/25/2022!

- To join the PERC team:
- Use the QR code
- Click "Join our Team" and/or "Support Us" to help fundraise for NAMIWalks!





## **LIVED EXPERIENCES RESOURCES**

Please note that some of the following videos, books, and essays include descriptions of specific psychosis-spectrum symptoms (e.g., visual or auditory hallucinations), past suicidality, trauma history, past substance use, and other events relating to involuntary hospitalizations on their respective roads to recovery. If you would like a version of this list with trauma-informed notes on each resource, please reach out to Stephanie at: stephanie.korenic@pennmedicine.upenn.edu

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#### • Cecilia McGough:

- Graduated from Penn State (Astrophysics) and discovered a pulsar while still in high school
- Founder and executive director of Students with Psychosis
- MindMap Video on her advocacy work (including Students with Psychosis) and lived experiences: https://www.youtube.com/watch?v=ckhf3uEBsRc
- TEDx PSU talk on combatting stigma associated with psychosis: https://www.youtube.com/watch?v=xbagFzcyNiM

#### • Dr. Nev Jones

- Assistant Professor at the University of Pittsburgh, School of Social Work
- Faculty profile: https://www.socialwork.pitt.edu/people/nev-jones
- Profile on Dr. Jones that was published in The Lancet Psychiatry
- Nev Jones: Fixing a Broken System by Jules Morgan https://www.thelancet.com/action/showPdf?pii=S2215-0366%2821%2900470-3

#### • Bethany Yeiser

- President of the CURESZ Foundation, which she co-founded with her psychiatrist Dr. Nasrallah in 2016
- Motivational speaker and author (see book below)
- TEDx Cincinnati Talk: https://www.youtube.com/watch? v=iPGd6l76l9A&t=1s
- Website: https://www.bethanyyeiser.com/

#### • Dr. Eleanor Longden

- Postdoctoral Service User Research Manager at the Psychosis Research Unit (PRU) in Manchester – through her career, she's drawn from her lived experiences of psychosis to advocate for compassionate person-centered approaches
- PRU Website: <u>https://www.psychosisresearch.com/doctor/dr-</u> <u>eleanor-longden/</u>
- TED Talk: <u>https://www.youtube.com/watch?v=syjEN3peCJw</u>



#### • Jonny Benjamin:

- Award-winning mental health campaigner, film producer, public
  speaker, writer and vlogger.
- Youtube: <u>https://www.youtube.com/watch?v=PL8ZI3dwLHc</u>
- Website: https://jonnybenjamin.co.uk/

#### • Ashley Smith

- Video where she shares her journey: <u>https://www.youtube.com/watch?v=ZHpKvmTJOhA</u>
- "Overcoming Schizophrenia" blog: <u>http://overcomingschizophrenia.blogspot.com/</u>

#### • Dr. Elyn Saks

- Professor of Law, Psychology, and Psychiatry and Behavioral Sciences at the University of Southern California, Gould School of Law
- TEDGlobal talk: <u>https://www.ted.com/talks/elyn\_saks\_a\_tale\_of\_mental\_illness\_from\_the\_inside?language=en</u>

### People with lived experiences supporting loved ones:

#### • Dr. Xavier Amador

- Clinical psychologist and director of the L.E.A.P. Institute
- Founder of NAMI's Scientific Council and nationally launched Family to Family, Peer to Peer, and In Our Own Voices, as well as their national initiative on Assertive Community Treatment
- Brother with lived experience
- Bio: https://leapinstitute.org/about-dr-amador/
- TEDx OrientHarbor: <u>https://youtu.be/NXxytf6kfPM</u>



 Collection of video stories from parents/family members who have also supported loved ones available on <u>HeadsUp PA</u>website: <u>https://www.headsup-pa.org/for-friends-family/stories/</u>





#### Books by, or about, individuals with lived experiences:

#### • Mind Estranged: My Journey from Schizophrenia and Homelessness to Recovery by Bethany Yeiser

- In her novel, Bethany describes her journey; after gradual onset of her symptoms and a period of homelessness, she went on to recover from schizophrenia, returned to college, and graduated with honors.
- Companion book by her mother, Karen S. Yeiser: Flight from Reason: A Mother's Story of Schizophrenia, Recovery and Hope
- Timeline in this book parallels Mind Estranged: My Journey from Schizophrenia and Homelessness to Recovery

#### • The Collected Schizophrenias by Esme Weijun Wang

 In describing her own journey toward being diagnosed with schizoaffective disorder, Esme discusses the medical community's own disagreements concerning diagnostics and follows an arc detailing how symptoms have come up at different times in her own life. Esme's analytical eye as a former lab-based researcher at Stanford allows her to artfully balance research with her own personal narrative.



### Additional first-person accounts and collections:

#### • Living With Schizophrenia

 Video from the LEAP institute including interviews with individuals living with schizophrenia and health professionals they work with: https://www.youtube.com/watch?v=48YJMOcykvc

#### • After Winter: A Real Life Schizophrenia Story

 Quentin's story of resilience after he was diagnosed with schizophrenia as a teenager in Canada: https://www.cfmhn.ca/2019/05/14/after-winter-a-real-lifeschizophrenia-story/

#### • Voices of Recovery

• A collection of 24 brief clips featuring individuals sharing their stories of recovery, compiled as part of the RAISE Connection Program by OnTrackNY:

https://vimeopro.com/user23094934/voices-of-recovery

- First Person Accounts Collection in Schizophrenia Bulletin: The Journal of Psychoses and Related Disorders
  - A collection of writings by individuals with lived experiences: https://academic.oup.com/schizophreniabulletin/pages/first\_perso n\_accounts
- Living Well with Schizophrenia YouTube Channel: videos created by Lauren Kennedy (who has lived experience) and her husband Robert West; content includes psychoeducation videos, hallucination simulator videos with her commentary based on her own lived experiences, videos on specific topics based on her own experiences, and interviews with others who have lived experiences with psychosisspectrum symptoms

#### "Portraits of Schizophrenia" video collection: https://www.youtube.com/watch? v=enCt74UzTxM&list=PLDgFtG7YA9Y5LFGUsx5cZ4Qc2pmOt5OWO

**"Talking with People Living with Schizophrenia" video** collection: https://www.youtube.com/watch? v=vaRDhsMnIaQ&list=PLDgFtG7YA9Y4hv31XUqWv-oC37Tsbprhb





### **PERC Staff Spotlight** Bridgette Patton, BA

Bridgette Patton, BA, is a Supported Employment and Education Specialist (SEES) and clinical coordinator at the University of Pennsylvania's Psychosis Evaluation and Recovery Center (PERC) program, She studied psychology at Michigan State University and obtained a Bachelor of Arts in Psychology from Temple University. She also completed IPS Supported **Employment training at the IPS Employment Center** at the Rockville Institute. Prior to joining PERC, Bridgette worked as a clinical research assistant and coordinator at the Brain and Behavior Laboratory and Schizophrenia Research Center within Penn Medicine Neuropsychiatry. She has also worked on multiple sponsored clinical drug trials for novel, oral, and injectable medications to assess the efficacy in individuals with psychosis at Penn. As part of the PERC team, Bridgette has provided and assisted with a variety of services including supported employment and education, cognitive remediation, and psychoeducation. She currently provides supported employment and education services to assist with clients' vocational, scholastic, and social integration goals. She meets with individuals to develop and help obtain their work. school. and volunteer interests and goals. She offers support with goal planning and development, interest and skills assessments, resume and cover letter writing, searching opportunities, completing applications, interview practice, requesting accommodations, and more. She also has training and experience administering cognitive and behavioral health assessments. Bridgette also helps with PERC referrals, screening, and scheduling.

## RECENT PERC EVENTS

#### January 2022 • Setting Our Focus for Family Support in 2022

#### February 2022

 Supported Education and Employment at PERC

#### **March 2022**

• Family Only Support Group

#### April 2022

•Certified Peer Support Specialists at PERC

#### May 2022

• NAMIWALKS

#### June 2022

• Treatment Planning and Adapting to Life Post-PERC



September 2022 • PERC Program Overview PERC is part of the Neurodevelopment and Psychosis Section, which pursues cutting edge research on brain functioning, biology, genetics and treatment associated with psychosis.

These initiatives hold the potential of better understanding this condition, pursue new and more effective treatments, and decrease the stigma of mental illness. Perhaps we can ask you to review the current projects listed below about whether you are interested in participating?



#### A Translational and Neurocomputational Evaluation of a DIR Partial Agonist for Schizophrenia

This research study is studying PF-0641252 as a possible treatment for early-course schizophrenia, schizoaffective disorder or related psychotic disorder. The National Institute of Mental Health (NIMH) is funding this research study.

The purpose of this research is to test whether an experimental drug, added to a person's usual medication regimen, can help thinking and memory in people with schizophrenia. If you decide to take part in this research study, the general procedures include some clinical assessments and interviews, some computer tests, blood work, and a physical exam. Upon successfully completing the screening process, you would complete 7 total study visits (the first being spread across a few days), 5 of which would be test days involving study treatment with the pill named PF-06412562 in which you will receive a randomized dose.

#### Open to ages 18 to 45.

Study participants will be compensated for their time and travel.

#### SSBC: Schizophrenia Spectrum Biomarker Consortium

The purpose of this research study is to identify biological markers for schizophrenia and related mental illnesses. We are gathering medical information, behavioral assessments, cells and genetic material (DNA), as well as blood and cerebrospinal fluid (CSF), and brain images from persons who appear to have a psychiatric disorder and those who do not in order to make this research possible.

This research study is open to in

- Diagnosed with Schizophrenia Spectrum Disorder, ages 18 to 40
- Healthy controls, ages 18 to 40
- Individuals "clinically high risk" exhibiting symptoms that usually precede the onset of schizophrenia spectrum disorders, ages 18 – 30

Study procedures include clinical interview, computerized test, MRI, blood draw, urine test and spinal tap (lumbar puncture).

Clinical high-risk population will complete baseline visit and follow-up visits every 6 months for up to 3 years, with shorter check-in visits every 3 months. Schizophrenia spectrum disorder and healthy comparison population: baseline visit and follow-up visits every 6 months up to 3 years

Study participants will be compensated for their time and travel.



## NEW RESEARCH OPPORTUNITIES



### DO YOU HAVE A FAMILY MEMBER WHO'S RECEIVING CARE AT THE PSYCHOSIS EVALUATION AND RECOVERY CENTER AND HAS USED MARIJUANA

#### IN THE LAST 6 MONTHS?

You may be eligible to participate in a paid research study

The University of Pennsylvania Perelman School of Medicine is seeking volunteers whose family members are receiving first episode psychosis care and have used marijuana in any amount in the last 6 months To find out if you might be eligible, contact Donna Bencivengo. 267-608-6348

Donna.bencivengo@pennmedicine.upenn.edu

Eligible participants can earn up to \$25 in gift cards.

UMB IRB #HP-00093111

ARE YOU RECEIVING SERVICES AT THE PSYCHOSIS EVALUATION AND RECOVERY CENTER? HAVE YOU USED MARIJUANA IN THE LAST 6 MONTHS?

You may be eligible to participate in a paid research study

The University of Pennsylvania Perelman School of Medicine is seeking volunteers who are receiving first episode psychosis care and have used marijuana in any amount in the last 6 months To find out if you might be eligible, contact Donna Bencivengo. 267-608-6348

Donna.bencivengo@pennmedicine.upenn.edu

Eligible participants can earn up to \$50 in gift cards.

UMB IRB #HP-00093111

### Research Participants Needed for an Online Research Study



#### We are Seeking Volunteers

Ages 18 to 35

Mentally healthy or having a diagnosis of mood, anxiety or psychotic disorder

#### What You'll Do

- · Puzzle-like computerized games, which measure memory and attention
  - An interview about your life experiences, thoughts, feelings and
    aspects of mental health

#### **Duration:**

3-4 total hours, up to 3 sessions (virtually or in person)

Participants will be compensated for time and travel

### Contact: Kelly Kennedy 267-624-3690 kelly.kennedy@pennmedicine.upenn.edu

## Services Offered at PERC

<u>Recovery Planning:</u> 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.

<u>Cognitive Behavioral Therapy (CBT)/Case Management:</u> A Master's Level Specialist provides a form of CBT developed to treat psychosis by Aaron Beck and colleagues.

<u>Psychopharmacology:</u> The program provides ongoing evidence-based psychopharmacology for early-episode psychosis, with emphasis on minimizing medication exposure and side effects.

<u>Multi-family Group Psychoeducation:</u> Ongoing monthly meetings provided by an experienced clinician provide education, support and coping strategies for families.

<u>Recovery-Oriented Cognitive Therapy for Families:</u> A closed, l2-week group for families aimed at improving families understanding, coping, and communication skills with their family member in the early stages of psychosis.

<u>Supported Employment and Educational Services:</u> 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.

<u>Peer Support Services</u>: 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.

<u>Telehealth Services:</u> Optional telehealth services available for therapy and case management appointments.

<u>Additional Treatment:</u> We coordinate with IOPS, PHP's, and local substance use treatment programs when participants are enrolled in multiple programs.

<u>Participant Process Group:</u> The program offers ongoing monthly process groups that are facilitated by a licensed psychotherapist to support psychosocial skill development & functioning.

