

# Behavioral Health Charlotte EAGLE PROGRAM For First Episode Psychosis

Thank you for your interest in the Eagle (first episode psychosis) Program at Behavioral Health Charlotte. Our evidence-based program provides wrap-around services to young adults (ages 15 to 30) and their families who live in Mecklenburg County and have dealt with psychosis in the past three years.

## The program's wrap-around services include:

- Individual and family therapy
- Psychiatric services and medication management
- Case management services
- Peer support services
- Employment and educational support services

We aim to partner with adolescents and young adults on their journey to attaining independence and self-sufficiency. Our team supports and helps families learn how to work with their family members to manage symptoms and meet treatment goals. Our program also provides employment/educational counseling to help participants achieve educational goals or learn marketable skills related to their professional interests.

All medication needs are managed by a psychiatric nurse practitioner and medical director. There are therapists to support patients with medication compliance, dual-diagnosis (substance abuse and psychosis), and other mental health issues, environmental stressors and triggers related to their psychosis. Our therapists, peer support specialist and supported employment specialist assist program participants using a recovery-focused, person-centered approach.

## Acceptable diagnoses with diagnostic codes\*:

- a. Schizophrenia (F20.9)
- b. Schizophreniform disorder (F20.81)
- c. Schizoaffective disorder:
  - i. Bipolar type (F25)
  - ii. Depressive type (F25.1)
- d. Brief psychotic disorder (F23)
- e. Unspecified schizophrenia spectrum and other psychotic disorder (F29)
- f. Bipolar disorder with psychotic features (where psychosis is prominent feature) (F31.2)

## Inclusion criteria\* for the Eagle Program:

- Person is between the ages of 15 - 30
- Person resides in Mecklenburg County
- First episode of psychosis occurred within the past three years
- No previous diagnosis of a neurodevelopmental disorder or intellectual disability
- IQ is above 70
- Substance use disorder is not the primary diagnosis
- Psychosis was not solely substance induced

## Patient Referrals and Additional Information

Please contact the Eagle Program coordinator at 704-444-5895.

*The Eagle Program at Carolinas HealthCare System was created wholly, or in part, with funding from the federal Community Mental Health Services Block Grant Fund (CFDA #93.958) as a project of the NC Division of Mental Health, Developmental Disabilities & Substance Abuse Services.*

*\*Please note that because this is a grant-based program, which is being managed by The State of NC, we are unable to make any exceptions with respect to inclusion criteria.*



Carolinas HealthCare System

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