

OnTrackNY: Resources for All Team Members

<i>Title</i>	<i>Type</i>	<i>Description</i>
Manuals		
Team Manual	Manual	The OnTrackNY Team manual provides a detailed overview of the clinical concepts and administrative processes that are the foundation of the team approach to First Episode Psychosis services. The manual reviews the different staff roles that comprise an OnTrackNY team, and briefly describes the interventions they deliver. The manual's appendix includes key clinical tools all members of the team can use to support recovery work with young people experiencing first episode psychosis.
Family Involvement Resources Manual	Manual	The OnTrackNY Family Involvement Resources Manual addresses the importance of families and offers strategies to be used by the team to reach out to and engage families at the beginning of treatment. The manual provides in-depth instruction regarding specific interventions to be used with participants and families around participant- and family-related goals. There are many tools included in the manual that clinicians can use to guide discussions with participants and families about family involvement options.
Six Articles on Key Concepts/Focus Areas		
<i>Topic: Engagement</i>		
Disengagement from Mental Health article	Article	A review of the literature on treatment dropout among people with schizophrenia, examining the extent and correlates of disengagement from care, and suggesting strategies to facilitate engagement in treatment.
<i>Topic: Recovery Model and Implications for Treatment</i>		
Oil and Water article	Article	A review of the concepts of recovery from mental illness, recovery-oriented care, and evidence-based medicine, and an argument for a complementary relationship between Recovery- and evidence-based practices.
<i>Topic: Shared Decision Making</i>		
Shared Decision-Making article	Article	This journal article by Deegan and Drake discusses the importance of using shared decision making in medication management. Shared decision making provides a framework for moving from initial preferences to informed preferences by taking the team (including the client and family members) through specific steps that allow the exploration of options, utilizing available information and client preferences to explore the pros and cons of each option and then arriving at an agreed upon decision.
<i>Topic: Social Skills/ Social Functioning</i>		
Early Detection article	Article	This journal article by Melle et al., highlights the importance of having an early detection program for of the first episode of schizophrenia and suicidal behavior, given the high risk of suicide early in the course of schizophrenia. When comparing clients who have nonaffective psychosis across treatment units that have either an early detection program or without, study findings showed that the rate of severe suicidality (plans or attempts) was significantly higher in patients from treatment units without the early detection program relative to those with an early detection program.
Safety Planning Intervention article	Article	Journal article that describes the suicide planning intervention (SPI) which consists of a written, prioritized list of coping strategies and sources of support that individuals can use to alleviate a suicidal crisis. The basic components of the SPI include (a) recognizing warning signs of an impending suicidal crisis; (b) employing internal coping strategies; (c) utilizing social contacts and social settings as a means of distraction from suicidal thoughts; (d) utilizing family members or friends to help resolve the crisis; (e) contacting mental health professionals or agencies; and (f) restricting access to lethal means.
<i>Topic: Trauma-Informed Care</i>		

Trauma and Psychosis article	Article	This journal article presents findings on the relationship between interpersonal trauma and the likelihood of a classification of psychosis using data from the National Comorbidity Survey. Childhood physical abuse was found to be the most significant predictor of psychosis.
Modules		
<i>Substance Abuse Treatment</i>		
FIT Module 12: Stage-Wise Treatment ©2009 RFMH	Online Class	This training module provides an introduction to the Stages of Change and the Stages of Treatment models including what they are, how they interact and the importance of providing interventions that work best for each stage. Participants will learn the four stages of treatment, the goal of each stage, the interventions that match the stage and how best to recognize clients' stages of treatment.
FIT Module 13: Early Stages of Change ©2010 RFMH	Online Class	This is the second of four modules that discuss the stages of change, stages of treatment and stage-specific treatment interventions. This module concentrates on early change and stages of treatment. It begins with an overview of the Stages of Change and Stages of Treatment and how they are related. You will learn how to assess a client's stage of change accurately and how to use Motivational Interviewing as a primary tool in the early stages of treatment. The module then explores treatment interventions for each of the three early stages of change: pre-contemplation, contemplation and preparation. Real-life case studies illustrate interventions that are helpful during early stages of change.
FIT Module 14: Later Stages of Change ©2010 RFMH	Online Class	This is the third of four modules that discuss the stages of change, stages of treatment and stage-specific treatment interventions. This module concentrates on later stages of change. It begins with a short review of the Stages of Change, lists the criteria for accurately assessing clients in these later stages and examines treatment interventions for each of two later stages (action and maintenance). Real-life case studies illustrate interventions that are helpful during later stages of change. You will also learn about treatment approaches for clients in multiple stages for different disorders; for example, contemplation of substance use and action for mental health issues.
FIT Module 22: Individual Interventions ©2010 RFMH	Online Class	This training module describes the use of individual interventions in the treatment of people with co-occurring disorders. Participants will learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate; and strategies for developing the therapeutic relationship, especially the use of motivational interviewing skills. Participants will also learn how to use a stage-based approach in designing treatment plans for individual interventions, including criteria for assessing a client's stage of change and matching interventions appropriate for each stage.
FIT Module 08: Motivational Interviewing ©2009 RFMH	Online Class	This training module provides an introduction to motivational interviewing, a client-centered, directive method for enhancing a client's own desire to change. This is the first of three training modules that focus on the development of motivational interviewing skills. Participants will learn about the spirit and the four principles of motivational interviewing including expressing empathy, developing discrepancy, rolling with resistance and supporting self-efficacy. Participants will also learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client's change talk.
FIT Module 09: Motivational Interviewing II ©2010 RFMH	Online Class	This second of three training modules on motivational interviewing builds upon the introduction provided in the first. Participants will learn how and when to use four essential skills of motivational interviewing: open-ended questions, affirmations, reflective listening and summaries.
FIT Module 10: Motivational Interviewing III ©2010 RFMH	Online Class	This third of three training modules on motivational interviewing provides additional skills that focus on working with clients who are ambivalent about change. Participants will learn three techniques to help people deal with their ambivalence including: amplified reflection, double-sided reflection, and coming alongside to roll with a client's resistance.

FIT Module 11: Motivational Interviewing and Harm Reduction ©2010 RFMH	Online Class	The first module on Motivational Interviewing introduced the basics of this valuable technique. If you're not familiar with Motivational Interviewing, please review that module before you continue with this one. This module examines crisis management and harm reduction. You will learn when it's appropriate to use Motivational Interviewing for harm reduction, how to use it and the ethical issues around using Motivational Interviewing.
<i>CBT/Social Skills Training</i>		
FIT Module 19: CBT for Coping Skills and Problem Solving ©2010 RFMH	Online Class	This module is an overview of Cognitive Behavioral Therapy (CBT) and its application in treating both addiction and mental health symptoms. You will learn the basics of CBT for co-occurring disorders, the learning theories behind CBT, principles for implementing CBT and strategies for using CBT in addiction counseling. The two fundamental components of CBT are conducting a functional analysis and teaching coping skills. You will learn how to use the functional analysis and the steps to teaching coping skills as well as how to apply CBT for problem solving and goal setting.
FIT Module 21: Social Skills Training ©2010 RFMH	Online Class	Clients with co-occurring disorders often need help learning social skills. In this module, you will learn how you can teach clients by breaking skills into smaller steps and helping them practice new behaviors. You will also understand how social skills training can help people refuse drugs, avoid social isolation and develop healthier relationships. You will be able to download and use sample group curricula and printable lists of steps.
<i>Suicide Prevention</i>		
Assessment of Suicidal Risk Using C-SSRS ©2013	Online Class	The Columbia Suicide Severity Rating Scale (C-SSRS) was developed to assist practitioners and others to better identify people at suicide risk. This module introduces the C-SSRS, discusses its importance, and provides information about its structure. In addition, the learner is provided with detailed instructions concerning the administration of the scale.
Safety Planning Intervention for Suicide Prevention ©2013	Online Class	This module teaches the learner about the Safety Planning intervention developed by Dr. Barbara Stanley and Dr. Gregory Brown. This intervention is designed to help individuals who struggle with suicidal urges and thoughts to manage them so that safety is maintained.
<i>The IPS Model of Supported Employment</i>		
IPS: Introduction to the Individual Placement and Support (IPS) Model of Supported Employment ©2012	Online Class	This hour-long module is designed for practitioners, supervisors and program leaders who are involved in providing IPS services. It focuses on the importance of employment to persons diagnosed with a serious mental illness, the rationale for IPS, IPS fundamentals, core practitioner skills, and implementing IPS in NYS. It offers video clips of consumer and practitioners, interactive exercises, and links to resources and web sites.
<i>Wellness Self-Management</i>		
Wellness Self-Management (WSM) ©2013 RFMH	Online Class	This web based course is a resource for behavioral health services providers and organizations committed to providing Wellness Self-Management (WSM) services to adults with mental health problems and/or Wellness Self-Management Plus (WSM+) services to adults who are simultaneously dealing with mental health and substance use problems. This course will provide learners with important information and strategies to conduct an effective WSM and/or WSM+ program. Specifically, learners will be able to 1) Describe the key principles, philosophy and practices of WSM/WSM+, 2) Identify the benefits of the WSM/WSM+ programs for consumers, practitioners and organizations and 3) Competently conduct a WSM/WSM+ group. The entire course should take no more than 45 minutes to complete. You don't need to complete the course in one sitting. Your information will be saved as you go along.
Videos		
<i>Shared Decision Making</i>		

Shared Decision Making (SDM) Viewer Guide	Manual	This PDF document is a companion piece to the seven-shared decision making (SDM) videos in this series including introduction and chapters 1 to 6. The manual also provides quizzes and answer keys, and discussion questions, for each of the chapters.
SDM Introduction	Video	This video module introduces the SDM video series and provides a brief definition of SDM and overview of each of the six chapters within the series. At the end of this module (and all other modules within the series), there is a self-quiz, list of discussion questions, and list of suggested resources for further learning about SDM
SDM Chapter 1: What is Shared Decision Making?	Video	In this chapter, shared decision making is broadly defined as we explore its origins in general medicine. The evidence to support the practice of shared decision making is discussed and the ethical imperative that underscores its use is presented.
SDM Chapter 2: Shared Decision Making in Behavioral Health	Video	In this chapter, we narrow the scope from shared decision making in general medicine, to shared decision making in behavioral health. We discuss the question of the relevance of shared decision making for people diagnosed with serious mental illness, especially in relation to decision capacity. We also explore various crossroads and continuing care decision points encountered in routine work. We place special emphasis on the fact that shared decision making is not just for decisions about medications. Shared decision making can also be used at other decision points such as deciding to return to work or school, deciding to move away from home, deciding when or if to disclose psychiatric history in a new relationship and the like.
SDM Chapter 3: Why SDM with Young People?	Video	In Chapter 3, we raise the question of why shared decision making is important for teams working with young people and their families. In particular, we explore the importance of a developmental approach and how to involve families in shared decision making, especially when working with teens.
SDM Chapter 4: Decision Aids	Video	Decision aids are specially crafted tools that support shared decision making. They can be used during appointments or prior to consultations with the team. Links to various decision aids for your use are included in this Viewer's Guide
SDM Chapter 5: Doing shared Decision Making	Video	In Chapter 5, we look at the specifics of how to do shared decision making. We learn how to set up a lending library and other techniques for building a programmatic infrastructure to support shared decision making. We also present a three-part method to support shared decision making that includes Choice Talk, Option Talk and Decision Talk. Shared decision making can be done in the office, but it can also be done when working with folks out in the community.
SDM Chapter 6: You Are Part of the Team	Video	Chapter 6 is a bit different than the others. Chapter 6 was created specifically for individuals and their supporters or family members. It explains why shared decision making is important and what to expect from the team. Clearly, being asked to collaborate in decision making will be a different kind of experience for many people. This video will help folks better understand the importance of being a member of the decision-making team. Although this video was made for individuals and families, it is recommended that the team study it as well.
<i>Demonstration Videos</i>		
Engaging Clients around Substance Use	Video	Duration: 7min. A video demonstration for clinicians on on how to engage clients around their substance use. Exploration of pros and cons of substance use with the client in order to assess for stage of stage and matching it with stage of treatment is demonstrated. Shared decision making and meeting the client where she/he is at, are also illustrated.
Initial Engagement in OnTrack Services	Video	Duration: 15 min. Video illustrates how to use engagement strategies prior to client's enrollment into an early intervention program, noting that while information about eligibility may be gathered at this time, it is not the goal of this session. Clinician's objective here is to provide information about OTNY services and to engage with the young person and her family

Substance Use Evaluation	Video	Duration: 15 min. Video illustrates how the ORC conducts an eligibility evaluation for a client with psychosis in the context of substance use by ruling out substance-induced psychosis and looking at temporal relationship between psychosis and substance use by creating a timeline. A completed timeline is shown at the end of video.
Team Meeting	Video	This video demonstrates an OnTrack team discussing one of their clients during a weekly team meeting. Each team member discusses his or her work with the client and any challenges the client is facing, and the team develops a plan for next steps with the client and family.
Skills Building in Session	Video	In this video, an OnTrack clinician engages a client in a skill-building exercise in support of the client's recovery goal of making new friends. After helping the client identify a scenario – starting a conversation with the barista at a local coffee shop – the clinician uses role play to work with the client on enhancing her social skills.
Family Engagement	Video	This video demonstrates an OnTrack clinician discussing with a client how family support might be helpful to him as he considers returning to school. After talking through some of the client's reservations about involving his family in this decision, the client and clinician agree on a plan to invite the client's parents to their next session.
<i>RAISE Recovery Videos</i>		
Voices of Recovery	Online Resource - Videos	http://practiceinnovations.org/ConsumersandFamilies/ViewAllContent/tabid/232/Default.aspx
Voices of Recovery Manual	Manual	This PDF document describes the 24 recovery videos and provides suggestions for using the videos with clients and families, and issues to consider. The manual also provides transcripts of the videos plus questions for reflection.
<i>Pat Deegan's Introduction to First Episode Psychosis: Her Story</i>		
Pat Deegan: Introduction video	Video	This video introduces Pat Deegan, PhD, a psychologist and independent consultant who specializes in research on the topics of recovery and empowerment of people diagnosed with mental illness. She is an activist in the disability rights movement, a lecturer at Dartmouth and at Boston College, and a frequent collaborator with OnTrackNY. In this series of videos, she shares her own recovery journey after being diagnosed with schizophrenia in her teens.
Pat Deegan: The Experience of First Episode Psychosis	Video	Pat talks about experiencing the onset of symptoms of schizophrenia as a high school student and her efforts to make sense of and cope with her experience. She offers a number of suggestions for clinicians working with people experiencing psychosis, including attending to the person's basic needs for food, water, and safety; using simple, clear language; and remaining curious and respectful.
Pat Deegan: Help That Hurts	Video	In this video, Pat addresses the concept of "toxic help" -- messages that can be damaging to clients, leading to hopelessness and despair. She recalls her experience of being told that she will need to take medication for the rest of her life, for a condition from which people do not recover. She encourages clinicians to avoid focusing on clients' medication "compliance" and to approach their clients with a willingness to walk alongside them in a spirit of humility and collaboration.
Pat Deegan: Early Recovery	Video	Here, Pat recalls the turning point in her recovery: her decision that she was "not going to do this anymore ... not going to be a schizophrenic" and that she would instead "become Dr. Deegan and change the mental health system so that no one gets hurt in it again." Several months later, she took the first step toward this goal, which was to accompany her grandmother on a trip to the grocery store. As she continued on her journey, she began to realize the power of "personal medicine" – one's own strategies for managing symptoms and staying well – and the importance of finding the right balance between personal medicine and psychiatric medicine.
Pat Deegan: Recovery	Video	In the final video of this series, Pat talks about her recovery journey: the role of mental health treatment, including therapy and medication; the importance of her marriage, her relationship with her daughter, and her connection to a higher power; recovery as transformation rather than restoration to a former self; and the value of peer support.
<i>The Spirit of OnTrack</i>		

SPIRIT OF ONTRACK: Viewer's Guide	Manual	This PDF document is a companion piece to the seven Spirit of OnTrack videos in this series including introduction and chapters 1 to 6. The manual also provides quizzes and answer keys, and discussion questions, for each of the chapters.
Spirit of OnTrack: Introduction	Video	This video module introduces the Spirit of OnTrack video series and provides a brief overview of each of the six chapters within the series. This series was created to present the culture, vision, and spirit of how dedicated recovery oriented clinicians reach out, engage and support the recovery of young people with early psychosis. At the end of this module (and all other modules within the series), there is a self-quiz, list of discussion questions, and list of suggested resources for further learning.
Spirit of OnTrack: Chapter 1 – Recovery	Video	In this chapter, we establish recovery as one of the core clinical concepts underlying the work of OnTrack teams. We distinguish between cure and recovery and describe the importance of conveying hope to families and individuals. Learning to see the young person with psychosis as are salient individual with which the team can collaborate is a central focus of this video.
Spirit of OnTrack: Chapter 2 – Coming to Terms with a Diagnosis of Psychosis	Video	This chapter focuses on the effort of young people and families to make sense of the experience of psychosis. OnTrack teams do not insist that all individuals adopt a medical understanding of their condition. Instead, teams seek to support individuals and families as they grapple with the existential meaning of this unanticipated turn of events. Clinicians are not expected to abandon their perspective and understanding of psychotic disorders. Rather, the task is to help young people and families find an understanding of the condition that empowers them to gain control and make good choices for recovery.
Spirit of OnTrack: Chapter 3 – Navigating the Duty to Care and Dignity of Risk	Video	In Chapter 3, we begin by asking how to do recovery oriented work with people who appear to be making a self-defeating choice. Do we just “let people” make a self-defeating choice? Is it better to persuade, or somehow stop the person from making a bad choice? In many respects, this chapter gets to the heart of the work and offers teams a method for navigating risk management.
Spirit of OnTrack: Chapter 4 – Creating a Culture of Respect	Video	Research has shown young people can be especially attuned to issues of respect and confidentiality. OnTrack teams are encouraged to take very specific steps to build a culture of respect, including modifying the physical space of the program and being very aware of respectful communication. In our experience, creating a culture of respect is a sensitive topic many teams would rather avoid. However, we encourage you to accept the challenge, develop a detailed plan for transforming your team culture, and stick with it over time. The result will be a more positive and healing experience for individuals and families. It will also result in better team morale and mutual respect.
Spirit of OnTrack: Chapter 5 – Professional Boundaries as a Means of Building Relationships	Video	In Chapter 5, we deconstruct some assumptions about professional boundaries. We emphasize the need to balance clinicians' personal and professional boundaries with the needs of young people to know clinicians and feel connected with the team. We then offer a 5-part algorithm to guide clinicians in establishing boundaries that are consistent but flexible and responsive to individual needs. This, in turn, will help the team build stronger relationships with families and young people.
Spirit of OnTrack: Chapter 6 – From Compliance to Partnership	Video	In this chapter, we argue that the framework of compliance actually disempowers clinicians and can lead to less effective practice. Learning to use treatment optimally is a journey that takes time. It is a dynamic process throughout which individuals and families need the ongoing support and guidance of the team. Partnering with people on this journey is an important role of OnTrack teams.
Webinars		
<i>Substance Abuse</i>		
OTNY SA Webinar 1: Overview of OnTrackNY Team Approach to Substance Use for Young People	Video	A 74-min recorded webinar providing an overview on motivational Interviewing as a way to work with people who are not yet committed to change. Address substance use in young people with psychosis by matching stage of change with stage of treatment is presented, with the following general guidelines: Use MI strategies and shared

with FEP and Motivational Interviewing for Young People		decision making for clients with any use/low readiness; offering skills for limiting use when client has low-moderate use with high readiness; offering behavioral treatment strategies for high severity of use and high readiness.
Family Programs		
OnTrack: A Family Friendly and Family Centered Program	Video	In the first of a four-part series, Dr. Lisa Dixon M.D. and Helle Thorning Ph.D., describe how a family friendly and family centered program should look like for the OnTrack team. The topics covered are; why consider family, defining who family can be, the impact of psychosis on the family, core principles and components of the OnTrack NY family program, key considerations and the benefits when involving families.
OnTrack: Overview of the OnTrackNY Family Program	Video	In the second of this four-part series, Dr. Lisa Dixon M.D. and Amy Drapalski Ph.D., outline the OnTrack NY family programs. They talk about the context and basic approach in providing family services in OnTrack. They discuss what a family friendly team looks like and set the stage on how to work with families through engaging with them. They also talk about specific family services that are offered as part of the OnTrack team.
OnTrack: Engaging and Working with Families	Video	In the third of this four-part series, Helle Thorning Ph.D. and Amy Drapalski Ph.D., discuss engaging and working with families around young people with psychosis. They offer suggestions around talking with the young person about family involvement and provide tools to assist the young person when they are deciding on whether they want to include family. They also go into detail about key considerations when engaging with families and talking to them about being involved in the young persons' care.
OnTrack: Monthly Family Psychoeducational Group Training	Video	In the final video of this four-part series, Helle Thorning Ph.D. and Amy Drapalski Ph.D., discuss the benefits of family groups. They provide an overview of the monthly family psychoeducational group structure and its context. They offer suggestions on things to consider when starting a family group. They also discuss potential challenges and opportunities for problem-solving.
Tools for Clinical Work (Documents)		
Designated Observer	Document	A worksheet for clients who wish to involve another person, such as a family member or friend, when making medication changes. The role of the designated observer is to notice any differences in the client's interactions with others, mood, attitude, personality, symptoms, or side effects, and to log these observations for review with the client.
Finding Personal Motivation	Document	A worksheet to help clients explore what might motivate them to take medication: goals, activities they would like to resume, relationships that are important to them.
Surviving Stress	Document	Stress management tips and tools.
Psychiatric Medicine and Me	Document	A worksheet to help clients communicate how they see themselves when they are doing well; areas where they would like to grow and improve; their hopes and fears about medication use; and how medication is or is not working for them.
Preparing to Talk	Document	A worksheet for clients to complete before a visit to their psychiatrist, therapist, or other team member, to help ensure that the issues most important to the client are discussed in the session and that the client and team are collaborating on treatment decisions.
Improving Concentration Tips	Document	Suggestions for improving concentration skills.
Fidelity Evaluation and Data Collection		
OnTrackNY Data Collection System Training	Video	
Acquire Demo Slides	Presentation	
Acquire EDC Quick Guide	Manual	
OnTrackNY Admission Packet	Document	
OnTrackNY Referral Packet	Document	

OnTrackNY Discharge Packet	Document	
OnTrackNY Follow-up Packet	Document	
OnTrackNY Readmitted Packet	Document	
OnTrackNY Program Components Quarterly Data Collection	Document	
OnTrackNY Time Frames	Document	
OnTrack Schedule Next Assessment Appointment Calendar	Document	

OnTrackNY: Resources for Recovery Coaching		
Title	Type	Description
Manuals		
Recovery Coaching Manual	Manual	The Recovery Coaching manual provides a comprehensive and detailed description of behavioral interventions that clinicians can work on with clients and their families. These behavioral interventions include social skills training, substance use treatment, coping skills, and behavioral activation. The manual also contains tool and templates that support the above work, such as templates and sample pros and con worksheet, decisional balance exercise for substance use, and session outlines for social skills training and problem-solving skills, as well as activities sheet for behavioral activation
Articles		
<i>Topic: Co-Occurring Disorders</i>		
A Systematic Review of Psychosocial Research article	Article	This article reviews 45 studies of psychosocial interventions for people with co-occurring substance use disorder and severe mental illness. Three types of interventions (group counseling, contingency management, and residential dual diagnosis treatment) show consistent positive effects on substance use disorder, whereas other psychosocial interventions have significant impacts on other areas of adjustment. Findings demonstrate a need for multiple types of interventions when working with clients who have a dual diagnosis.
<i>Topic: Family Involvement</i> Involving Families in the Care of Persons with Schizophrenia article	Article	This journal article provides an overview of the impact of mental illness on the family and the role of the family in recovery, a summary of available services, and recommendations for ways to work with people and families to overcome barriers to family involvement and increase the likelihood of family participation in care. By taking a more individualized, tailored approach to working with families, providers can help increase the likelihood of family involvement, which can lead to better outcomes for clients.
<i>Topic: Psychosocial Treatments</i>		
The 2009 Schizophrenia PORT article	Article	The 2009 Schizophrenia Patient Outcome Research Team (PORT) psychosocial treatment recommendations provide a comprehensive list of current evidence-based psychosocial treatment interventions for persons with schizophrenia. A total of 16 treatment recommendations were provided: the revision of 11 previous treatment recommendations and 5 new treatment recommendations. There were 13 interventions and/or outcomes for which there was insufficient evidence for a treatment recommendation, and a statement was written to summarize the current level of evidence and identify important gaps in our knowledge that need to be addressed
<i>Topic: Social Skills/ Social Functioning</i>		

Skills Training article	Article	This is a journal article that presents a comprehensive overview of three general psychosocial interventions for schizophrenia: social skills training (SST), cognitive behavior therapy (CBT) and cognitive rehabilitation (CR). Principles, theory and empirical evaluation for each approach are also discussed extensively. Of the three, SST has the strongest empirical support and can be considered an evidence-based treatment, but specifically as a targeted treatment for social impairment, and not as a broad-based treatment for schizophrenia.
Webinars		
<i>Substance Abuse</i>		
OTNY SA Webinar 1: Overview of OnTrackNY Team Approach to Substance Use for Young People with FEP and Motivational Interviewing for Young People	Video	A 74-min recorded webinar providing an overview on motivational Interviewing as a way to work with people who are not yet committed to change. How to address substance use in young people with psychosis by matching stage of change with stage of treatment is presented, with the following general guidelines: Use MI strategies and shared decision making for clients with any use/low readiness; offering skills for limiting use when client has low-moderate use with high readiness; offering behavioral treatment strategies for high severity of use and high readiness
OTNY SA Webinar 2: Motivational Interviewing for Young People w/FEP & Basic Skills OARS	Video	An 86-min recorded webinar on how to use motivational interviewing skills with young people who are in the early stages of change. An overview of motivational interviewing and OARS (Open questions, Affirming, Reflecting, Summarizing), modifications to MI for young adults with early psychosis, and examples of using modified OARS with young adults with early psychosis are provided. Practice exercises are also included in this webinar.
OTNY SA Webinar 3: Motivational Interviewing for Young People with FEP-Eliciting Change Talk Responding to Resistance	Video	A 61 min recorded webinar, reviewing OARS technique (Open questions, Affirming, Reflecting, Summarizing), along with how to recognize and respond to change talk; how to recognize and respond to to sustain talk. The goal of MI of increase change talk and decreasing sustain talk is discussed. Practice exercises with participants are also included in this webinar
OnTrackNY Family Psychoeducation Slide Deck		
OnTrack Family Slides Introduction	Presentation	
OnTrack Family Slides Causes	Presentation	
OnTrack Family Slides Recovery	Presentation	
OnTrack Family Slides Treatment	Presentation	
OnTrack Family Slides Crisis Prevention & Planning	Presentation	
OnTrack Family Slides Communication Skills	Presentation	
OnTrack Family Slides Stigma	Presentation	
OnTrack Family Slides Substance Use	Presentation	
OnTrack Family Slides Disclosure	Presentation	
Modules		
Cognitive Behavioral Therapy: Overview, Tools, and Interventions	Online Class	

OnTrackNY: Resources for Team Leaders

Title	Type	Description
Manuals		
Team Manual	Manual	The OnTrackNY Team manual provides a detailed overview of the clinical concepts and administrative processes that are the foundation of the team approach to First Episode Psychosis services. The manual reviews the different staff roles that comprise an OnTrackNY team, and briefly describes the interventions they deliver. The manual's appendix includes key clinical tools all members of the team can use to support recovery work with young people experiencing first episode psychosis
Outreach/ Recruitment Coordinators Manual	Manual	This manual provides a detailed description of the role and functions of The Outreach Recruitment Coordinator (ORC). The manual outlines outreach and recruitment activities including outreach in the community, screening and fielding all referrals, and conducting eligibility evaluations. The manual also contains tools that support the above work, with templates for outreach and referral tracking, resources for redirecting referrals, as well as tools for evaluation such as a timeline and substance use assessment table
Primary Clinician's Manual	Manual	The Primary Clinician Manual provides a detailed description of the role of the primary clinician in working with clients and their families. The manual outlines primary clinician activities including screening and assessment, goal setting and treatment planning, safety planning, case management and community-based work, and transitioning from an OnTrackNY team. The manual also contains tools that support the above work, notably examples of 10 core sessions that Primary Clinicians will deliver.
Recovery Coach Manual	Manual	The Recovery Coaching manual provides a comprehensive and detailed description of behavioral interventions that clinicians can work on with clients and their families. These behavioral interventions include social skills training, substance use treatment, coping skills, and behavioral activation. The manual also contains tool and templates that support the above work, such as templates and sample pros and con worksheet, decisional balance exercise for substance use, and session outlines for social skills training and problem solving skills, as well as activities sheet for behavioral activation.
Supported Education & Employment Specialists Manual	Manual	The Supported Education & Employment Specialist section of the Manual informs the trainee and team of the essential functions of the SEES role. This section includes a toolbox of forms necessary to provide SEES services as well as tools that can assist teams, SEES, and participants to think through and plan next steps toward education, training, and employment. There is a strong focus on the importance of engagement with participants and community resources
Medical Manual	Manual	The medical manual provides an overview of the prescriber (MD/NP/PA) and nurse roles within the OnTrack team. Includes information on the approach to prescribing, monitoring, initial workup, coordination of medical care, and health education
Articles		
Singh Running Effective Team	Article	Attributes of effective community mental health teams, barriers to teamwork, and strategies for improving team effectiveness. While focusing on community mental health care in the U.K., the author's observations and recommendations are applicable to teams in the U.S. as well.
PTSD Treatment		
Brief Trauma Treatment Manual	Manual	This manual focuses on the treatment of PTSD symptoms in individuals who are experiencing early psychosis. The treatment program is designed to be completed in three sessions, although additional sessions can be provided based on the individual's learning style and needs. It consists of two main parts: 1) Breathing Retraining: Breathing retraining is taught in the first session (and reviewed in the subsequent sessions) as a way for clients to

		immediately begin to manage their anxiety; and 2) Psycho-education: The client is provided with basic information about trauma symptoms and related problems so that he or she understands that his/her own reactions are normal. This information is presented using information handouts, worksheets, and discussion.
PTSD Trauma Video	Video	Accompanying the Brief Trauma Treatment manual is a 25 minute long DVD that presents a discussion of trauma by people who have experienced trauma in their own lives as well as a psychologist with experience working with people who have experienced trauma. The DVD serves two purposes: 1) to help guide discussion about PTSD symptoms and associated problems, and 2) to illustrate the personal side of the disorder by providing real-life vignettes of individuals who have PTSD and serious mental illness (SMI).

OnTrackNY: Resources for Primary Clinicians		
Title	Type	Description
Manuals		
Primary Clinician's Manual	Manual	The Primary Clinician Manual provides a detailed description of the role of the primary clinician in working with clients and their families. The manual outlines primary clinician activities including screening and assessment, goal setting and treatment planning, safety planning, case management and community-based work, and transitioning from an OnTrackNY team. The manual also contains tools that support the above work, notably examples of 10 core sessions that Primary Clinicians will deliver.
Recovery Coaching Manual	Manual	The manual outlines recovery coaching strategies for the primary clinician role, including optional sessions consisting of social skills training, substance use treatment, coping skills, and behavioral activation. The manual also contains tool and templates that support the above work.
Articles		
<i>Topic: Family Involvement</i>		
Unmet Needs of Families article	Article	Drapalski, A., Marshall, T., Seybolt, D., Medoff, D., Peer, J., Leith, J., & Dixon, L (2008). Unmet Needs of Families of Adults with Mental Illness and Preferences Regarding Family Services. <i>Psychiatric Services</i> : June 2008, Vol.59, No. 6, pp.655-662. This article discusses a study that used a survey to assess the information and educational needs of family members of adults with mental illness and their preferences regarding how to address those needs. The results of this study provide important information concerning the ongoing needs of families of individuals with mental illness.
Involving Families in the Care of Persons with Schizophrenia article	Article	Drapalski, A., Leith, J., & Dixon, L. (2009). Involving Families in the Care of Persons with Schizophrenia and Other Serious Mental Illnesses: History, Evidence, and Recommendations. <i>Clinical Schizophrenia & Related Psychoses</i> : April 2009, Vol. 3, No. 1, pp. 39-49. This article provides an overview of the impact of mental illness on the family and the role of the family in recovery, a summary of available services, and recommendations for ways to work with people and families to overcome barriers to family involvement and increase the likelihood of family participation in care.
<i>Topic: Strengths Perspective</i>		
A Strengths Perspective article	Article	Description: Weick, A., Rapp, C., Sullican, W.P., & Kisthardt, W. (1989). A Strengths Perspective for Social Work Practice. <i>Social Work</i> , July 1989, Vol. 34, No. 4, pp. 350-354. This article provides a perspective about the history of social work practice encourages practitioners to develop a strengths perspective and discusses the implications for a strengths based practice.
PTSD Treatment		

Brief Trauma Treatment Manual	Manual	This manual focuses on the treatment of PTSD symptoms in individuals who are experiencing early psychosis. The treatment program is designed to be completed in three sessions, although additional sessions can be provided based on the individual's learning style and needs. It consists of two main parts: 1) Breathing Retraining: Breathing retraining is taught in the first session (and reviewed in the subsequent sessions) as a way for clients to immediately begin to manage their anxiety; and 2) Psycho-education: The client is provided with basic information about trauma symptoms and related problems so that he or she understands that his/her own reactions are normal. This information is presented using information handouts, worksheets, and discussion.
PTSD Trauma Video	Video	Accompanying the Brief Trauma Treatment manual is a 25 minute long DVD that presents a discussion of trauma by people who have experienced trauma in their own lives as well as a psychologist with experience working with people who have experienced trauma. The DVD serves two purposes: 1) to help guide discussion about PTSD symptoms and associated problems, and 2) to illustrate the personal side of the disorder by providing real-life vignettes of individuals who have PTSD and serious mental illness (SMI).
Tools		
APA DSM5 Cultural Formulation Interview Tool	Document	

OnTrackNY: Resources for Outreach/ Recruitment Coordinators		
Title	Type	Description
Manuals		
Outreach/ Recruitment Coordinators Manual	Manual	This manual provides a detailed description of the role and functions of The Outreach Recruitment Coordinator (ORC). The manual outlines outreach and recruitment activities including outreach in the community, screening and fielding all referrals, and conducting eligibility evaluations. The manual also contains tools that support the above work, with templates for outreach and referral tracking, resources for redirecting referrals, as well as tools for evaluation such as a timeline and substance use assessment table
Articles		
Caton Differences	Article	A useful article for eligibility evaluations, this article looks at Differences Between Early-Phase Primary Psychotic Disorders With Concurrent Substance Use, and Substance-Induced Psychoses
Corcoran Trajectory	Article	This article is a qualitative study with families looking at the trajectory leading to a first episode psychosis. It helps to elucidate evolution and temporal development of psychotic symptoms among clients.
Yung Prodromal Phase	Article	The Prodromal Phase: Past and Current Conceptualizations. This article reviews previous literature on prodrome and proposes a new model for conceptualizing prodromal changes.
Webinars		
OTNY Webinar: Strategies for Re-directing Referrals (08-12-2014)	Online Class	Duration: 44 min. A recorded webinar that teaches strategies on how to help connect clients with services and re-direct referrals. Considerations of why and when to re-direct referrals along with importance of having a systematic approach to redirecting referrals and breaking down between good referrals vs. bad referrals. Factors to consider when making a referral are as follows: Level of care needed; Insurance/Financial ability; Geographic/Location needs; Specialty programs; and Additional Supportive Services
Early Intervention Services for FEP_ Conducting an eligibility evaluation First and Mendon	Video	Duration: 1hr 44 min. A recorded webinar on what an eligibility evaluation consists of, how to assess for FEP by assessing for qualifying symptoms, ruling out mood, substance-induced psychosis, and psychosis due to a general medical condition

Resources		
Outreach and Recruitment Coordinator Presentation (revised)	Power Point Presentation	This PowerPoint presentation consists of 43 slides and is one of several outreach promotional materials that the ORC can use for outreach in the community. It provides background information and an overview of the OnTrackNY model along with its components and guiding principles. The following are also included: research findings, a list of current OnTrackNY programs throughout New York State, eligibility criteria, and screening and referral process to OTNY programs.

OnTrackNY: Resources for MDs/ Prescribers & Nurses		
<i>Title</i>	<i>Type</i>	<i>Description</i>
Manuals		
Medical Manual	Manual	The medical manual provides an overview of the prescriber (MD/NP/PA) and nurse roles within the OnTrack team. Includes information on the approach to prescribing, monitoring, initial workup, coordination of medical care, and health education.
Clozapine: A Manual for Clinicians	Manual	The clozapine manual, developed by the NYS Office of Mental Health, provides guidance on starting patients on clozapine, monitoring, management of adverse effects, and information on interactions.
Handbooks/Tools		
Individual Behavioral Treatment Clinician Manual	Manual	This clinician manual focuses on behavioral strategies for managing metabolic problems in individuals with schizophrenia, with a focus on nutrition and exercise.
Personal Behavioral Therapy Handbook	Handbook/Document	This handbook for clients is used with the clinician manual above and has handouts on topics such as self-monitoring, nutrition, and exercise, including forms that can be used for homework.
Decisional Balance Worksheet	Document	The decisional balance worksheet can be used in a session with the clinician and individual (and family) to list pros and cons of options when using a shared decision-making process.
Essentials of Schizophrenia (Book)	Book – Ref Only	This is the reference for a textbook on schizophrenia.
Modules		
Considering Clozapine ©2011 RFMH	Online Class	This module for individuals and families provides information on clozapine, including individuals speaking about their personal experiences with clozapine.
Motivating Clozapine Use: An Aid for Prescribers ©2013 RFMH	Online Class	This module for clinicians provides information on the use of clozapine by clinicians, including strategies for how to speak with individuals about the use of clozapine
Webinars		
Medication Treatments for Substance Use Disorders: An Overview	Video	This recorded webinar reviews the use of medications for the treatment of substance use disorders.
OnTrack Webinar on Long Acting Injectable Medications (LAIs)_06-20-2016	Video	This recorded webinar reviews the use of long acting injectable medications for individuals with a first episode of psychosis.

OnTrackNY: Resources for Supported Education & Employment Specialists		
<i>Title</i>	<i>Type</i>	<i>Description</i>
Manuals		

Supported Education & Employment Specialists Manual	Manuals	The Supported Education & Employment Specialist section of the Manual informs the trainee and team of the essential functions of the SEES role. This section includes a toolbox of forms necessary to provide SEES services as well as tools that can assist teams, SEES, and participants to think through and plan next steps toward education, training, and employment. There is a strong focus on the importance of engagement with participants and community resources
Modules		
IPS: Job Development ©2013	Online Class	IPS Job Development -- This module focuses on discusses the essential skills of job development. It is intended for employment specialists, all other members of the treatment team, program supervisors, and managers. It is recommended that all team members become familiar with the community-based OnTrack services that are being provided to participants.
Webinars		
OTNY Webinar: Engagement and Assessment for Work and School (08-12-2014)	Online Class	This learning tool provides the trainee with practicing SEES sharing their experience and expertise in assessing and engaging participants in the conversation and process of approaching education and employment. Real life examples and scenarios are provided
Books		
Supported Employment	Book – Ref Only	A. Swanson, S.J, Becker, D.R., Drake, R.E., & Merrens, M.R. Supported Employment: A Practical Guide for Practitioners and Supervisors. Lebanon, NH: Dartmouth Psychiatric Research Center, 2008. B. Swanson, S.J. & Becker, D.R. Supported employment: applying the individual placement and support (IPS) model to help clients compete in the workforce. Minnesota: Hazelden, 2011.
IPS Employment Resource Book	Book - PDF	This tool helps SEES, participants, and their families to think through employment options and to plan next steps. It is designed to help participants who are thinking and wanting to find a job and career decide what to do prior, during, and after securing employment. This book includes an index of tools, templates, and samples to help job hunters to work through the process.
Articles		
Individual Placement and Support article	Article	This abstract offers the trainee the objective and empirically based perspective of what informs the OnTrack model and how this practical skills-based training is shaped.

OnTrackNY: Resources for Peer Specialists		
<i>Title</i>	<i>Type</i>	<i>Description</i>
Manuals		
Peer Specialist Manuall	Manuals	
Job Description		
Peer Specialist Role for OnTrackNY	Document	
Webinars		
OnTrack: Introductory Webinar for Peer Specialists	Video	

Optional Resources Below

OnTrackNY: Supplementary Resources for All Team Members		
Title	Type	Description
Topic: First Episode/ Early Intervention & Treatment		
Book: The First Episode of Psychosis: A Guide for Patients and their Families	Book – Ref Only	The First Episode of Psychosis: A Guide for Patients and their Families. Compton, M.T., & Broussard, B. (2009). New York: Oxford University Press.
The 2009 Schizophrenia PORT article	Article	
National Alliance on Mental Illness (NAMI): Information on First Episode of Psychosis	Online Resource	http://http://www.nami.org/template.cfm?section=First_Episode (Broken Link)
National Institutes of Mental Health: Coordinated Specialty Care for First Episode Psychosis	Online Resource	http://www.nimh.nih.gov/health/topics/schizophrenia/raise/coordinated-specialty-care-for-first-episode-psychosis-resources.shtml
Addington Promise of Early Intervention	Article	
Topic: Co-Occurring Disorders		
Book: Epidemiology of substance use disorders among persons with chronic mental illnesses	Book – Ref Only	Mueser, K. T., Bennett, M. & Kushner, M. G. (1995). Epidemiology of substance use disorders among persons with chronic mental illnesses. In A. F. Lehman & L. B. Dixon (Eds.), Double jeopardy: Chronic mental illness and substance use disorders, Vol. 3, pp. 9-25. Longhorne, Pa: Harwood Academic Publishers.
Predicting Post-Treatment Initiation article	Article	
Association of Pre-Onset Cannabis article	Article	
A Systematic Review of Psychosocial Research article	Article	
Prevalence of Substance Abuse article	Article	
Comorbidity of Mental Disorders article	Article	
SAMHSA	Online Resource	http://www.samhsa.gov/co-occurring/
Topic: Critical Time Intervention		
Critical Time Intervention article	Article	
Topic: Family Involvement/ Support/ Education/ Interventions		
Three-year Outcome of Family article	Article	
Unmet Needs of Families article	Article	
Involving Families in the Care of Persons with Schizophrenia article	Article	Drapalski, A., Leith, J., & Dixon, L. (2009). Involving Families in the Care of Persons with Schizophrenia and Other Serious Mental Illnesses: History, Evidence, and Recommendations. <i>Clinical Schizophrenia & Related Psychoses</i> : April 2009, Vol. 3, No. 1, pp. 39-49. This article provides an overview of the impact of mental illness on the family and the role of the family in recovery, a summary of available services, and recommendations for ways to work with people and families to overcome barriers to family involvement and increase the likelihood of family participation in care.
Multifamily Group Treatment article	Article	

Integrated Treatment of First-Episode Psych article	Article	
The Psychological Well-Being article	Article	
Topic: Lived Experience		
The First Episode of Psychosis article	Article	
The Lived Experience of Using Psychiatric Medication article	Article	
Recovery The Lived Experience article	Article	
How I Perceive and Manage My Illness article	Article	
Books: The Center Cannot Hold/ The Quiet Room	Book – Ref Only	The Center Cannot Hold: My Journey Through Madness. Saks, E.R. (2007). New York: Hyperion. The Quiet Room: A Journey Out of the Torment of Madness. Schiller, L., & Bennett, A. (1994). New York: Warner Books.
Topic: Medical Care		
Consensus Development Conference article	Article	
Physical Health Monitoring article	Article	
Edward Nursing Care	Article	
Park Description of a healthy lifestyle intervention	Article	
Topic: Mental Health Law		
Bazelon Center	Online Resource	http://www.Bazelon.org/
Topic: Peer Support/ Community Integration		
The Icarus Project	Online Resource	http://www.theicarusproject.net/
The Institute for Recovery and Community Integration	Online Resource	http://www.mhrecovery.org/
Lived Experience Research Network	Online Resource	http://www.lernetwork.org/
National Empowerment Center	Online Resource	http://www.power2u.org/index.html
National Mental Health Consumers' Self Help Clearing House	Online Resource	http://www.mhselfhelp.org/
Temple Univ. Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities	Online Resource	http://tucollaborative.org/index.html
Topic: Psychopharmacology		
Considering Clozapine ©2011 RFMH	Online Class	

Evidence-Based Treatments: The Cochrane Reports	Online Resource	http://www.cochrane.org/
Meltzer Clozapine Treatment	Article	
Topic: Relapse Prevention		
Álvarez-Jiménez Preventing the Second Episode	Article	
Robinson Predictors of Relapse	Article	
Topic: Recovery Model and Implications for Treatment		
Scientific and Consumer Models of Recovery article	Article	
Empirical Correction article	Article	
Choices in Recovery	Online Resource	http://www.choicesinrecovery.com/
Pat Deegan Associates/Common Ground	Online Resource	https://www.patdeegan.com/
SAMHSA's National Consensus Statement on Mental Health Recovery	Online Resource	http://store.samhsa.gov/product/National-Consensus-Statement-on-Mental-Health-Recovery/SMA05-4129
Substance Abuse and Mental Health Services Administration (SAMHSA) Recovery to Practice	Online Resource	http://www.samhsa.gov/recoverytopractice/
Recovery from severe mental illnesses	Book – Ref Only	Davidson, L., Harding, C., Spaniol, L. (2005). Recovery from severe mental illnesses: Research evidence and implications for practice, Volume 1. Center for Psychiatric Rehabilitation, Sargent College of Health and Rehabilitation Sciences Boston University.
Topic: Sexuality		
Deegan, P. 2001. Human Sexuality and Mental Illness: Consumer Viewpoints and Recovery Principals	Online Resource	http://beyachad.tripod.com/updates/doc-rtf/articles_sex.pdf (Broken link)
A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children	Document	A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children PDF
Topic: Shared Decision Making		
Shared Decision Making and Evidence Based Practice article	Article	
Dartmouth-Hitchcock Center	Online Resource	http://patients.dartmouth-hitchcock.org/shared_decision_making.html (Broken Link)
Mayo Clinic National Resource Center for Shared Decision Making	Online Resource	http://shareddecisions.mayoclinic.org/
News & progress in Shared Decision Making	Online Resource	http://informedmedicaldecisions.org
<i>Examples of decision aids in the public domain can be found at the following sites:</i>		
List of decision aids, links, and quality ratings of decision aids:	Online Resource	http://decisionaid.ohri.ca/AZlist/html

Decision aid on antidepressants	Online Resource	
Decision aid on whether to use medicine to help sleep	Online Resource	http://www.healthwise.net/cochrane/decisionaid/Content/StdDocument.aspx?D OCHWID=za1120
Decision aid on whether to use medicine to quit smoking	Online Resource	http://www.healthwise.net/cochrane/decisionaid/Content/StdDocument.aspx?D OCHWID=zw1124&SECHWID=zw1124-Intro
Decision aid for using medicine to treat PMS	Online Resource	http://www.healthwise.net/cochrane/decisionaid/Content/StdDocument.aspx?D OCHWID=aa45364&SECHWID=aa45364-Intro
SAMHSA "Cool Tools"	Online Resource	http://store.samhsa.gov/shin/content/SMA09-4371/SMA09-4371.pdf
Topic: Social Skills		
Skills Training article	Article	
Social Cognitive Impairments article	Article	
Do Recent-Onset Schizophrenia Patients article	Article	
A Meta-Analysis of Controlled Research article	Article	
Psychological Treatments in Schizophrenia article	Article	
Social Network Among Young Adults article	Article	
VA VISN5 MIRECC Social Skills Training Program	Online Resource	http://www.mirecc.va.gov/visn5/training/social_skills.asp
Mueser Clinical Handbook of Schizophrenia	Document - Handbook	
Book: Social skills and social functioning	Book – Ref Only	Mueser, K.T., & Bellack, A.S. (1998). Social skills and social functioning. In K.T. Mueser & N. Tarrier (Eds.), Handbook of Social Functioning in Schizophrenia. Needham Heights, MA: Allyn & Bacon (pp. 79-96)
Topic: Stigma		
Schulze Subjective Experiences	Article	
Topic: Strengths Perspective		
Implementing Person-Centered Care, Practices & Planning	Online Resource	http://www.personcenteredtreatmentplanning.com/
Principles of Strengths Model	Online Resource	http://mentalhealth.socwel.ku.edu/principles-strengths
Book: Breaking away: The potential and promise of a strengths-based approach to social work practice	Book – Ref Only	Sullivan, W.P., & Rapp, C.A. (1994). Breaking away: The potential and promise of a strengths-based approach to social work practice. In R.G. Meinert, J.T. Pardeck, & W.P. Sullivan (Eds.), Issues in social work: A critical analysis (pp. 83-104). Westport, CT: Auburn House.
Topic: Substance Abuse Treatment		
Adapting Motivational Interventions article	Article	
Substance Abuse Treatment article	Article	

Motivational Interviewing	Online Resource	http://www.motivationalinterview.org/
Stages of Change	Online Resource	http://www.aafp.org/afp/2000/0301/p1409.html
Substance Abuse Treatment Resources	Online Resource	http://casaa.unm.edu
Books: Behavioral Treatment/ Motivational interviewing/ Integrated treatment for dual disorders	Books– Ref Only	<p>Bellack, A.S., Bennett, M.E., & Gearon, J.S. (2007). Behavioral Treatment for Substance Abuse in People with Serious and Persistent Mental Illness: A Handbook for Mental Health Professionals. NY: Taylor and Francis.</p> <p>Miller, W. R., & Rollnick, S. (2002). Motivational interviewing: Preparing people for change (2nd ed.). New York: Guilford Press.</p> <p>Mueser, K. T., Noordsy, D. L., Drake, R. E., & Fox, L. (2003). Integrated treatment for dual disorders: A guide to effective practice. New York: The Guilford Press</p>
Topic: Suicide/Safety Planning		
Suicide Among Schizophrenics article	Article	
Suicidal Behavior in Schizophrenia Characteristics article	Article	
Suicide Attempts in Schizophrenia article	Article	
Mamo Managing Suicidality	Journal – Article	
Topic: Supervision		
Mental Health Evidence Based Practice Project	Online Resource	http://www.socialwork.buffalo.edu/ebp/supervision/index.htm (Broken link)
SAMHSA Mentoring & Clinical Supervision Programs	Online Resource	http://toolkit.ahpnet.com/Dealing-with-Stress-in-the-Workplace/Impact-of-Stress-on-Retention/Want-to-Reduce-Stress-and-Burnout-in-Behavioral-He/Mentoring-and-Clinical-Supervision-Programs.aspx
Slide sets & other resources for Clinical Supervision: A Competency-Based Approach by Carol Falend	Online Resource	http://www.cfalender.com/
Topic: Supported Education and Employment		
IPS Employment Resource Book	Handbook	
Vocational Intervention article	Article	
Individual Placement and Support article	Article	
Advocates for Children	Online Resource	http://www.advocatesforchildren.org/
Dartmouth IPS Supported Employment Center	Online Resource	http://www.dartmouth.edu/~ips/
University of Washington: Academic Accommodations for Students with Psychiatric Disabilities	Online Resource	http://www.washington.edu/doi/Brochures/PDF/psych.pdf (Broken link)
SAMSHA Supported Employment EBP Kit	Online Resource	http://store.samhsa.gov/product/Supported-Employment-Evidence-Based-Practices-EBP-KIT/SMA08-4365

Books: A Working Life for People with Severe Mental Illness/ Individual Placement and Support	Book – Ref Only	Becker, D., & Drake, R. A Working Life for People with Severe Mental Illness. New York: Oxford Press, 2003. Drake, R.E., Bond, G.R., & Becker, D.R. Individual Placement and Support: An Evidence-Based Approach to Supported Employment. New York: Oxford University Press, 2012.
Topic: Trauma-Informed Care		
Traumatic Life Events article	Article	
Relationships Between Trauma and Psychosis article	Article	
Trauma Exposure article	Article	
SAMSHA TIP Sheet	Online Resource	http://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-Health-Services/SMA14-4816
Topic: Wellness Self-Management		
Wellness Self-Management (WSM) Manual – English	Workbook	
Journals		
Early Intervention in Psychiatry	Journal	http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1751-7893
Psychosis: Psychological, Social, and Integrative Approaches	Journal	www.tandfonline.com/loi/rpsy20#sthash.cDrEY2oH.dpuf
Associations, Organizations, and Informational Websites		
Active Minds – College Students and Mental Health	Online Resource	http://www.activeminds.org/about/our-story
The Brain & Behavior Research Foundation/NARSAD	Online Resource	http://bbrfoundation.org/
Bring Change 2 Mind (Anti-Stigma)	Online Resource	http://bringchange2mind.org/
Hearing Voices Network	Online Resource	http://www.hearingvoicesusa.org/
International Early Psychosis Association	Online Resource	http://iepa.org.au/
International Society for Psychosocial and Social Approaches to Psychosis	Online Resource	http://www.isps.org/
National Alliance on Mental Illness	Online Resource	http://www.nami.org/
National Institute of Mental Health	Online Resource	http://www.nimh.nih.gov/index.shtml
Psychiatric Rehabilitation Association	Online Resource	http://www.uspra.org/about-pra
Psychosis Sucks: Website of Fraser Early Intervention Program in Canada	Online Resource	http://www.psychosissucks.ca/
Schizophrenia.com General Information	Online Resource	http://www.schizophrenia.com

Schizophrenia Research Forum	Online Resource	http://www.schizophreniaforum.org/
Substance Abuse and Mental Health Services Administration	Online Resource	http://www.samhsa.gov/
Other U.S. First-Episode Programs		
<i>California</i>		
San Francisco and Surrounding Areas: Prevention and Recovery in Early Psychosis:	Online Resource	http://prepwellness.org/
<i>Connecticut</i>		
New Haven, CT: Yale University School of Medicine STEP Program	Online Resource	http://www.step.yale.edu/psychosis/firstepisode.aspx
<i>Illinois</i>		
Chicago, IL: University of Illinois at Chicago First Episode Psychosis Program	Online Resource	http://www.psych.uic.edu/
<i>Maine</i>		
Portland, ME: Maine Medical Center: Portland Early Identification & Referral Service (PIER)	Online Resource	http://www.mmc.org/pier_body.cfm?id=2094 (Broken Link)
<i>Maryland</i>		
Baltimore, MD: Early Psychosis Intervention Clinic at Johns Hopkins Bayview Medical Center	Online Resource	http://www.hopkinsmedicine.org/psychiatry/specialty_areas/schizophrenia/patient_information/treatment_services/early_psychosis.html
Baltimore, MD: University of Maryland School of Medicine First Episode Clinic	Online Resource	http://www.mprc.umaryland.edu/NRP/fec_clinic.asp
<i>Massachusetts</i>		
Boston, MA: Beth Israel Deaconess Medical Center PREP Program	Online Resource	http://www.bidmc.org/Centers-and-Departments/Departments/Psychiatry/The-Prevention-and-Recovery-in-Early-Psychosis---PREP/Program-Information.aspx
Boston, MA: Mass. General First-Episode and Early Psychosis Program	Online Resource	http://www.massgeneral.org/schizophrenia/services/treatmentprograms.aspx?id=1571
<i>Michigan</i>		
Wayne State University Psychiatric Center: Services for the Treatment of Early Psychosis (STEP)	Online Resource	http://prognosis.med.wayne.edu/article/new-schizophrenia-program-focuses-on-those-in-early-stages-of-illness
<i>Minnesota</i>		
Minneapolis, MN: University of Minnesota Medical Center	Online Resource	http://www.uofmmmedicalcenter.org/Specialties/Behavioralhealth/FirstEpisodePsychosis/
<i>New York</i>		
OnTrackNY Program Sites:		
Brooklyn, NY: Kings County Hospital	Online Resource	http://www.nyc.gov/html/hhc/html/news/press-release-20140506-kchc-mental-health-adolescents.shtml
Long Island, NY: North Shore/Long Island Jewish Medical Center	Online Resource	http://www.northshorelij.com/hospitals/treatment/early-treatment-program

New York, NY: New York State Psychiatric Institute	Online Resource	http://nyspi.org/nyspi/patients-and-families/ontrack-ny-connections-program
Westchester, NY: Mental Health Association of Westchester	Online Resource	http://www.mhwestchester.org/html/ontrackny1.html (Broken link)
Other New York Programs:		
New York, NY: Parachute NYC	Online Resource	http://www.nyc.gov/html/doh/html/mental/parachute.shtml
<i>North Carolina</i>		
Carrboro, NC: University of North Carolina Outreach and Support Intervention Services (OASIS)	Online Resource	http://www.med.unc.edu/psych/cecmh/oasis (New link)
<i>Ohio</i>		
Northeast Ohio Medical University Best Practices in Schizophrenia Treatment Center: FIRST Programs	Online Resource	http://www.neomed.edu/academics/bestcenter/bestpracticefirstepisodepsychosis
<i>Oregon</i>		
Early Assessment and Support Alliance (Various Counties)	Online Resource	http://www.oregon.gov/oha/amh/Pages/easa.aspx
<i>Texas</i>		
University of Texas-Southwest Medical Center First Episode Psychosis Program (Dallas, TX)	Online Resource	http://www.utsouthwestern.edu/education/medical-school/departments/psychiatry/research/clinical/fepp/index.html (Incorrect link)