



FIRST EPISODE PSYCHOSIS (FEP) EPIC Montana

What is FEP?

Montana's FEP program, EPIC Montana, is part of the Substance Abuse and Mental Health Services Administration's (SAMSHA) early intervention strategies for treating individuals experiencing the first signs of psychosis. Montana's program utilizes an evidence-based model entitled Specialized Treatment Early in Psychosis (STEP). STEP is an interdisciplinary team approach to providing comprehensive care for individuals early in the onset of a psychotic illness, which starts with thorough assessment. Treatment may include medication management, community coaching (e.g., support in getting back to school or work), individual and group therapy, as well as support and education for family members and friends. The goal of the program is to improve functioning, minimize symptoms for the individual, and reduce stress for the individual and the family.

Who is eligible?

- Age 15-25;
- Has an IQ of 70 or above;
- Has symptoms which are likely to be signs of an existing or emerging schizophrenia spectrum disorder;
- Has had other causes of psychosis ruled out; and
- Resides in Gallatin, Park, Sweet Grass, Stillwater, Carbon, or Yellowstone County.

What services are provided?

- Screening and diagnosis;
- Medication management;
- Individual resiliency training;
- Family education; and
- Case management.

Who can treat FEP?

In Montana, the Billings Clinic has partnered with South Central Montana Regional Mental Health Center and the Montana Chapter of the National Association for Mental Health to provide diagnosis and treatment of individuals experiencing FEP.

EPIC Montana
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1-855-5-EPICMT (1-855-537-4268)

Visit the Addictive and Mental Disorders Division at:
<http://dphhs.mt.gov/amdd/Mentalhealthservices>