

# RESILIENCE TEAM: Treatment for First Episode Psychosis at Maine Medical Center

## Welcome to the Resilience Team!

We are dedicated to helping Maine young adults achieve positive clinical outcomes when treated for early symptoms of psychosis.

The Resilience Team at MMC is inspired by the “RAISE” research study on coordinated specialty care for first episode psychosis. The Resilience Team is a transdisciplinary treatment team made up of social workers, psychiatrist, educational/ vocational specialist, case manager and peer support specialists.

The team works with young adults and families in setting individualized goals to work toward desired outcomes through:

- Comprehensive assessment
- Individual counseling
- Family counseling
- Multifamily groups
- Medication Management
- Employment/Education support
- Case management
- Peer Support
- Reducing stigma by outreach and education in the community

## Early intervention makes a difference!

Research demonstrates that early intervention in first episode psychosis is associated with:

- More rapid and complete recovery
- Preservation of brain functioning
- Preservation of psychosocial skills
- Decreased needs for intensive treatments
- Maintained connections with supports
- Reduced stigma and perception of rejection

### For more information:

Call Vanessa Davy, LCSW,  
Team Leader at 207-662-3003

### To Make a Referral:

Call Tan Twhigg, LCSW,  
Outreach & Referral Coordinator  
(207) 662-3102.