

Panel Discussion On Early Intervention

Facilitator, Lauren Utter, PsyD



About the Panel Discussion

Dr. Lauren Utter will provide an overview of early intervention treatment for psychosis, based on a Coordinated Specialty Care (CSC) model, which promotes shared decision making and offers treatment tailored to first episode psychosis including psychotherapy, medication, family education and support, work and education support, peer support, nursing, and care coordination. This overview will be followed by a facilitated panel discussion by young adults who are participants or recent graduates of a first episode psychosis program. Topics covered will include successes and challenges in recovery, engagement with treatment providers, the role of work and school, and the impact of family support on overall well-being.

About Dr. Utter

Lauren Utter, PsyD, is the Team Leader for the OnTrackNY first episode psychosis program at Northern Rivers Family of Services in Albany, N.Y. She is a licensed clinical psychologist and graduate of William James College (formerly the Massachusetts School of Professional Psychology). She completed her clinical internship and postdoctoral training at the Yale School of Medicine and received specialized training in early intervention for psychosis at the Yale STEP Clinic. Dr. Utter is a trained Hearing Voices Support Group facilitator and is passionate about working with individuals and their family members who have been affected by psychosis.

Continuing Education Credits: 1