

## Public Education & Intervention: ARTS & MUSIC

The **Arts and Music module** presents an opportunity for individuals to harness and express their creative abilities and talents while offering a platform for social interaction via art therapy groups, music therapy groups, and Dual Diagnosis Theatre Dramatherapy.

### Goals:

- Offer art therapy groups and events as a holistic treatment approach for severe mental illness
- Offer music therapy sessions and events to manage symptoms of severe mental illness and improve social interactions and daily function
- Offer dramatherapy as adjunctive treatment for individuals with severe mental illness and co-occurring substance use

### Past Event:



## Public Education & Intervention: EARLY DETECTION & INTERVENTION

The **Early Detection and Intervention module** presents an opportunity for young individuals exhibiting early signs of psychosis to collaborate with mental health care providers to improve access to treatment options. This module also gives young individuals an opportunity to train as peer mentors to support fellow youth exhibiting signs of severe mental illness.

### Goals:

- Increase awareness of psychosis and promote health seeking behavior in young individuals
- Collaborate with student counseling staff to improve access to early treatment options
- Train young individuals to recognize and detect early signs of psychosis among fellow peers and provide peer-based support

### Past Event: Early Psychosis Education



## Community Intervention Program (CIP)



**UMass MIND**  
Community Intervention Program

Beautiful Mind | Productive Life

Email: [MIND@umassmed.edu](mailto:MIND@umassmed.edu)

Phone: (508) 856-MIND (6463)

## What is CIP?

The Community Intervention Program (CIP) is an ongoing initiative of UMass Mind at UMass Medical School, whose mission is to improve the lives and wellbeing of individuals living with a severe mental illness via meaningful community engagement.

## Why is CIP Important?

Those affected by a severe mental illness have a mortality rate that is 2-4 times higher, a life expectancy that is 20-30% shorter, and death that is up to 3 decades earlier than that of the general population. The CIP initiative is specifically committed to addressing the needs of those living with severe mental illness. CIP aims to promote wellness via meaningful community engagement as recent trends in psychiatry indicate movement towards a more holistic approach to the treatment of severe mental illness.

## WHO CAN PARTICIPATE?

The program is open to any and all interested participants in the Central Massachusetts area who have lived experience with severe mental illness and would like to engage in their communities in new and meaningful ways.

If you would like to get involved or partner with our program, please contact us by phone at **(508) 856-MIND (6463)** or by email at **MIND@umassmed.edu**

## Professional Education and Training

Our program has developed training curriculums and events to provide professional education about the early detection and intervention for psychosis. Our education events have also focused on addressing medical comorbidities, including substance use and metabolic risk in psychosis. Our professional education events aim to bring together different categories of people involved in the mental health care ranging from clinicians and community representatives to government workers. We provide education and training transferring knowledge to college counseling center staff, clinicians, case managers, social workers, and local health or mental health providers on an integrated care model for the treatment of multiple dimensions of schizophrenia.



## Public Education & Intervention:

## HEALTHY LIVING

**The Healthy Living module** presents an opportunity for individuals to establish healthy lifestyle changes via recovery and support-based discussions and activities with a focus on helpful coping strategies and reducing stigma.

### Goals:

- Promote healthy food choice and eating habits
- Increase physical activity and exercise
- Address co-occurring substance use in individuals with severe mental illness
- Present alternative coping strategies and how to build support systems
- Reduce stigma of severe mental illness

## Past Event: Cooking Demonstration

