

The STEP Clinic

For more information or to schedule an intake, please contact:

508-856-MIND
(508-856-6463)

mind@umassmed.edu



UMass Psychotic Disorders
Clinical and Research Program

Beautiful Mind | Productive Life

The UMass Medical School Psychotic Disorders Program includes four highly integrated major components: specialty clinical care, cutting edge research, community outreach and engagement, and global initiatives. We aim to better understand the mechanisms of illness, develop innovative interventions, provide the best quality of care, and ultimately improve the quality of life for those who suffer from psychotic disorders.

[www.umassmed.edu/psychiatry/
psychotic-disorders-research-program/](http://www.umassmed.edu/psychiatry/psychotic-disorders-research-program/)



UMassMemorial
Community Healthlink

Community Healthlink is a multi-service, private, non-profit organization committed to promoting, maintaining and restoring the dignity, well-being and mental health of individuals and families in Central Massachusetts.

Community Healthlink is a proud member of UMass Memorial Health Care. UMass Memorial is the largest not-for-profit healthcare system in Central Massachusetts with 1,700 physicians and more than 13,000 employees. Our comprehensive network of care includes outpatient clinics, community based practices, long term care facilities, home health, hospice, rehabilitation and mental health services. UMass Memorial is dedicated to promoting health and wellness in the community, and is proud to be the clinical partner of the University of Massachusetts Medical School.

Screening and Treatment of Early Psychosis (STEP) Clinic



A partnership between
Community Healthlink &
UMass Medical School

Mission

Schizophrenia and other psychotic disorders are life-long illnesses. Patients face a triple-jeopardy of devastating mental illness, co-occurring medical disorders and high rates of substance abuse.

Research shows that intensive, integrated treatment early in the course of psychotic disorders leads to improved long-term outcomes. The purpose of Community Healthlink's STEP Clinic is to provide both patients and families with education, support and the highest-quality medical care during the crucial early phase of this disease.



Target Population

Individuals between the ages of 18 and 40 who are experiencing early psychotic symptoms or who are experiencing psychotic prodrome, which are early signs that a psychotic illness might be about to happen.

Services

The STEP Clinic provides:

- 1. Comprehensive Evaluation**
We will meet with both the patient and the family to get a thorough history and assessment. Before beginning treatment we will decide on what treatment goals matter most to everyone.
- 2. Psychopharmacology**
Our physicians will optimize medications using the most up-to-date clinical evidence. We can also refer you to research studies for new medications that are being investigated.
- 3. Psychotherapy**
Our therapists use a form of talk therapy designed to help people who deal with unusual things like strange voices or feeling scared about things more than others.
- 4. Family Therapy and Education**
We feel that keeping the whole family informed and supported is an important aspect of recovery.
- 5. Physical Health & Wellness Monitoring**
CHL offers primary care services in the same clinic where STEP is located. This allows us to help STEP clients keep track of things like blood pressure, weight, blood sugar, cholesterol and other important health indicators, and allows for direct communication between providers.
- 6. Substance Abuse Screening & Treatment**
Almost half of individuals with a psychotic disorder will develop a substance abuse problem in his/her life, and up to 90% use tobacco. Screening, motivational interviewing and medication can be administered by staff to help prevent and reduce substance abuse.
- 7. Multiple Family Group Therapy**
Using the McFarland model.

Specialized Staff

Xiaoduo Fan, MD, MPH, MSc (Director)
Dr. Fan is an internationally renowned clinician and researcher specializing in psychotic disorders. Dr. Fan's clinical expertise includes early identification and intervention for first episode psychosis, innovative strategies for refractory symptoms of schizophrenia, medical co-morbidity and real life functioning recovery.

Sarah Langenfeld, MD (Medical Director)
Dr. Langenfeld believes that mental health treatment should be collaborative and guided by the goals of the individuals receiving treatment. Her interests include working with individuals with psychosis and integrating mental and physical health care.

Amy Harrington, MD
Psychiatrist, Addiction Specialist

Jinging Ciu, MD
Psychiatry Resident

Denise Krot-Nowak, LMHC, LADC1
STEP Clinic Program Director
and Clinical Psychologist

Stephanie Connors, NP
Primary Care Nurse Practitioner

Phillip Hodson, MA
Clinician

Matthew Fox, MSW
Clinician