



Module 3: 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 serious 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

Module 4: DIVERSITY & INCLUSION

The **Diversity and Inclusion module** promotes mental health services for individuals in often marginalized communities. This includes cultural-specific approaches to destigmatization, education, and raising awareness.

Goals:

- Reduce stigma of serious mental illness and seeking help for it
- Develop tools to improve the mental health of local communities
- Improve accessibility to mental health services in underserved communities



Module 5: COMMUNITY EDUCATION & SUPPORT

The **Community Education and Support module** presents an opportunity for individuals living with serious mental illness and their families to receive education and support in areas including mental health, self-care, and community integration.

Goals:

- Utilize community partners to improve the unmet needs for individuals with serious mental illness, and their families
- Provide education on a wide variety of topics including mental illness, public education, and community resources
- Create a supportive community network for those with lived experience, their families, and community organizations

COMMUNITY INTERVENTION PROGRAM FOR SERIOUS MENTAL ILLNESS (CIP-SMI)



UMass MIND
Community Intervention Program

Beautiful Mind | Productive Life

Email: 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 serious mental illness via meaningful community engagement.

WHY IS CIP IMPORTANT?

Those affected by a serious 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 serious 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 serious 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 serious 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**

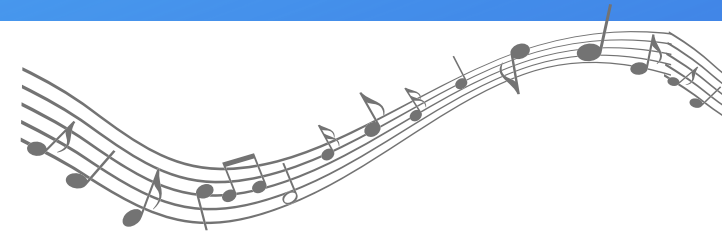


Module 1: HEALTHY LIVING

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 serious mental illness
- Present alternative coping strategies and how to build support systems
- Reduce stigma of serious mental illness



Module 2: 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 serious mental illness
- Offer music therapy sessions and events to manage symptoms of serious mental illness and improve social interactions and daily function
- Offer dramatherapy as adjunctive treatment for individuals with serious mental illness and co-occurring substance use

