

# Coordinated Opportunities for Recovery and Empowerment (CORE)

*Coordinated Opportunities for Recovery and Empowerment (CORE), a program of Wraparound Milwaukee – Children’s Community Mental Health Services, provides hope and support to youth and young adults (ages 10 – 23) experiencing psychosis, or at clinical high risk for psychosis (CHR-P). Through connections to community based service, the CORE program can help encourage a positive quality of life, now and in the future.*

**The right care for teenagers and young adults after a first psychotic episode decreases later relapses by more than 50%\***

\*According to the Child Mind® Institute

## What is psychosis?

Psychosis is a medical condition that affects the brain. It can start at any age and can be triggered by things such as:

### Genetics

- Family history

### Stressors

- Physical illness
- Substance use (marijuana, hallucinogens and stimulant medications)
- Psychological or physical trauma

Typically, psychosis causes interference with the brain’s ability to distinguish between perceptions and reality. Signs and symptoms of psychosis often begin during the critical stages of brain development. When youth and young adults are experiencing hormonal changes during puberty, they are at an increased risk of developing first episode psychosis.

Psychosis can be unexplained, confusing and scary—not only for the

youth or young adult experiencing it, but also for their family, friends and others involved in their lives.

Psychosis is not preventable, but it is manageable with help from community-based support services like those provided through the Wraparound Milwaukee – Children’s Community Mental Health Services’ CORE program.

The sooner the youth or young adult is properly screened and diagnosed with psychosis and receives appropriate treatment tailored to their unique needs, the sooner their return to a healthy, positive, more productive life can begin.

## What does psychosis look like?

As youth enter their teenage years and early adulthood, changes in mood, attitude and even energy level can be expected as their minds and bodies develop. The following, however, are early warning signs

that youth or young adults may be experiencing symptoms of psychosis:

- Delusions
- Disorganized thinking or speech
- Disruption or decline in self-care
- Extreme uneasiness with others
- Fixation on false beliefs
- Hallucinations
- Lack of emotions
- Strong and inappropriate emotions
- Suspiciousness
- Trouble concentrating
- Unusual thoughts or perceptions
- Withdrawal

If a youth or young adult you know is showing signs of psychosis, contact a health care professional or [call the Resource and Referral Line at 414-257-7607](tel:414-257-7607) for more information and to schedule a screening.



Call the CORE program at 414-257-7607 for more information and to schedule a screening.

## What is the CORE program and how can it help?

Our CORE program is designed to make life changing connections between those in need and specially selected community-based service providers who are uniquely qualified to care for youth and young adults experiencing psychosis.

All participation in the CORE program is 100% voluntary for those who are willing to seek treatment and meet the following eligibility requirements:

- **Individuals between the ages of 10 – 23**
- **Are a Milwaukee County resident**
- **Are eligible for Medicaid**
- **Have experienced the onset of psychosis within the last two years**
- **Have a medical diagnosis of psychosis (not otherwise specified), schizophrenia, schizoaffective disorder or schizophreniform**

Or

- **Is Clinically High Risk for Psychosis based on family history and/or current symptoms**

A screening provided through the CORE program can help determine eligibility. From there, the youth and young adults can be connected with life-changing support, education, and short-term and long-term care strategies—at no cost to participants—to help get their lives back on track.

3 in 100 people are affected by psychosis during their lives.\* **Contact the CORE Program today!**

\*According to the National Alliance for Mental Illness (NAMI)

## Your dedicated CORE team

Empowering youth and young adults in their recovery is an essential part of the CORE program. Each youth or young adult drives the development of their CORE Team, which includes highly qualified, caring and compassionate professionals who will assist with:

### 1. CARE COORDINATION

Identifying and coordinating personal, community and professional supports to meet needs, teach skills, and “wrap” those supports around the youth or young adult and their family

### 2. THERAPY

Providing support, guidance, education and awareness to help reduce symptoms of psychosis, manage stress, avoid triggers and learn coping strategies

### 3. EMPLOYMENT AND EDUCATION SUPPORT

Assisting the youth or young adult in taking steps to successfully meet their individual goals for education and/or employment

### 4. PEER SUPPORT

Gaining insight into healing and a sense of hope from others who have lived through similar experiences with psychosis and learned to live a healthy, productive life

### 5. OCCUPATIONAL THERAPY

Provide individualized assessment and intervention that places special emphasis on sensory processing and sensory modulation techniques to alleviate distress caused by psychosis-related sensory sensitivity.

### 6. MEDICATION MANAGEMENT

Educating about the benefits and side effects of taking antipsychotic medications that may be prescribed by a healthcare professional as part of a personalized treatment plan

In addition to the members of the CORE Team, the youth or young adult’s parents, other family members, friends and caregivers are important partners in the treatment and recovery process.



MILWAUKEE COUNTY  
DEPARTMENT OF HEALTH  
& HUMAN SERVICES  
**BEHAVIORAL  
HEALTH SERVICES**

**CORE**  
Coordinated Opportunities for Recovery and Empowerment

Empowering safe, healthy and meaningful lives by ensuring that everyone gets connected to great behavioral health care.

The Milwaukee County Behavioral Health Services (BHS) is the community’s connection point to vital, high-quality behavioral health care. We provide care and treatment to adults, adolescents, and children with mental illness, substance abuse disorders and co-occurring illnesses.

It’s in our DNA to constantly and courageously push for better in our community because everyone in Milwaukee County deserves access to behavioral health services that can help them and change their lives. Because every single person deserves access to compassionate, quality care, no matter their ability to pay.