

**Interventions for Changes in Emotions, Perception, and Thinking (INTERCEPT)** is a mental health program unlike others. Because we only work with people aged 15 to 28, so we can focus on their unique mental wellness needs.

- We work with individuals to help them identify, monitor, and manage troubling changes in behavior and mental health.
- The primary goal of INTERCEPT is to prevent the development of psychotic disorders in young people showing signs of being at-risk for these conditions.
- Understanding what matters in their lives, our services and support are designed to minimize disruptions to their ability to engage in school, work, and relationships.

**When you have a patient who meets the criteria outlined in this brochure, we hope you'll help them take the first step to wellness by referring them to INTERCEPT.**

**For more information on INTERCEPT, call or email.**

**UR Medicine Mental Health & Wellness**

INTERCEPT: Interventions for Changes in Emotions, Perception, and Thinking

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Part of Strong Memorial Hospital



## **INTERCEPT: Interventions for Changes in Emotions, Perception, and Thinking.**

For those aged 15 to 28 experiencing new mental health concerns.



## What We Do

INTERCEPT: Interventions for Changes in Emotions, Perception, and Thinking is the first mental health specialty program of its kind in Upstate and Western New York.

For your patients aged 15 to 28 who are experiencing new and distressing symptoms, it offers opportunities to address those symptoms in the early stages—helping to prevent progression to more serious conditions such as psychotic disorders.

## Who We Work to Help

Our focus is on teenagers and young adults experiencing symptoms like these:

- Withdrawing from friends and family
- Difficulties in school or at work
- Loss of interest in hobbies and activities
- Loss of motivation
- Trouble with attention, concentration, and memory
- Feeling sad, angry, or irritable
- Changes in sleeping or eating patterns
- Less concern with appearance or clothes
- Feeling suspicious of others
- Feeling like things are unreal
- Changes in visual, auditory, and/or bodily perceptions
- Changes in personality
- Feeling confused
- Trouble with speaking in a direct, organized way

## Treatment Components

We offer a continuum of care for patients and their families. Treatment is tailored to the unique needs of each patient and may include:

- Cognitive-behavior therapy and other forms of individual psychotherapy
- Group therapy
- Psychoeducation
- Safety planning
- Problem solving
- Goal setting
- Relapse prevention
- Social skills training
- Treatment for substance use
- Medication if needed
- Other interventions as needed, including for sleep, nutrition, and exercise

## Our Care Team

Our experienced UR Medicine providers include medical and therapeutic professionals as well as skilled social workers. They all have a special interest in and focus on supporting the mental well-being of young people.

Steven Silverstein, PhD—Director

Trisha Kilbourn, MSW, LCSW—Clinical Coordinator, Primary Therapist

Rachael Ross, LMHC-P—Primary Therapist

Su Lei Yi Soe, MFT—Marriage and Family Therapist

Alexander Brumfield, MFT—Marriage and Family Therapist

Tanya Tran, PhD—Primary and Group Therapist

David Graves, PMHNP-BC—Medication Management

Lyvia Bertolace, MD—Outreach Coordinator

Iwona Juskiwicz, MD—Data Manager

