



Wondering why the way you think or feel today just isn't the same as it used to be?

Experiencing changes in how things look or sound?

Being told that you're "not acting like yourself"?

It might not seem like it right now, but you're not alone.

INTERCEPT is here to help.

**Contact your doctor for a referral.
Or reach us directly by
phone or email.**

UR Medicine Mental Health & Wellness

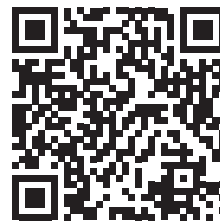
INTERCEPT: Interventions for Changes in
Emotions, Perception, and Thinking

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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.



Structured Around You

The URMCI Intercept Clinic is specifically designed for individuals, ages 15 to 28 years old, who are experiencing worrisome changes in their thoughts, experiences, and/or feelings.

Our Mission

To help assess for and treat symptoms which are sometimes prodromal for psychosis (first time symptoms emerging before a full psychotic episode) and to prevent the development of a first episode of psychosis, as well as serious and persistent mental health illnesses.

When might a young person be at risk?

Changes in thinking and behavior help to identify when a young person is at risk.

Symptoms MAY include:

- Feeling suspicious of others
- Feeling like things are unreal
- Hearing, seeing, feeling, smelling things that you wonder if others may or may not also be experiencing too
- Trouble with communication – either what you might be trying to communicate and/or your understanding of what others are trying to communicate to you
- New ideas and beliefs that others may struggle to understand
- Trouble with speaking in a direct, organized way
- Withdrawing from friends and family
- Difficulties in school or at work
- Loss of motivation to do daily tasks
- Trouble with attention, concentration, and memory
- Changes in feelings and emotions
- Changes in sleeping or eating patterns

Symptoms MAY include (continued):

Even if a young person is experiencing at-risk signs or symptoms of psychosis, it does not necessarily mean that they have or will later have schizophrenia. Many of these at-risk signs and symptoms can be related to other things, such as depression, anxiety, trauma, physical illness or injuries, or frequent drug and alcohol use. However, if a young person experience any of above listed signs and symptoms, it is important that they talk to a mental-health professional specialized in the assessments and interventions for psychotic symptoms. The earlier the intervention of early warning signs of psychosis, the better the outcomes.

Building Blocks to Wellness

Comprehensive Services of the INTERCEPT Clinic include:

- Clinical evaluation and assessment
- Supportive counseling
- Evidence-based psychotherapy – Individual, Group, and Family formats available
- Following along or monitoring of symptoms
- Relapse prevention
- Clinical treatment with medication, if eligible
- Case management services
- Peer support
- Assistance with accessing and navigating community supports and services (e.g., work and school)
- Options to participate in research studies – generally aims to understand how to better help individuals with at-risk signs of serious mental illness

NOTE: Some services subject to patient need and eligibility

A Care Team That Truly Cares

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.

Depending on your particular needs, your care team will include some of the following individuals:

Steven Silverstein, PhD—Director

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

Lilliam Torres-Diaz, LMFT—Primary and Family Therapist

Tanya Tran, PhD—Primary and Group Therapist

David Graves, PMHNP-BC—Medication Management

Lyvia Bertolace, MD—Outreach Coordinator

Iwona Juskiewicz, MD—Data Manager

