

# EPI-NC NEWSLETTER

Winter 2024

## 2024 Happy New Year!

### WHAT YOU WILL FIND IN THIS ISSUE:

- 2024 FEP Symposium Updates
- Horyzons and Altitudes Updates
- Making Change in the New Year: Tips from NC HeAL
- NC CSC is Making an Impact!
- Program Spotlight- SHORE

### ABOUT EPI-NC:

Early Psychosis Intervention Advisors of North Carolina was founded in 2014 and is funded by Federal Community Mental Health Services Block Grant (CFDA #93.958). EPI-NC works to guide and assist the expansion of early psychosis services in North Carolina. EPI-NC has expanded to help support the development of innovative programming to expand and improve care for the early psychosis population.

### Save the Date: 2024 FEP Symposium

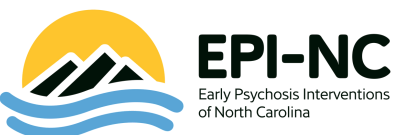
We are excited to announce that the 2024 FEP Symposium will be held at the **Holiday Inn Lumina in Wrightsville beach** on **March 18th - 19th**

POP  
QUIZ

Congratulations to **Thomas Sutton** for winning last edition's Pop Quiz!

### Fill in the blank:

Altitudes is a new online intervention for \_\_\_\_\_ and other \_\_\_\_\_ of young people experiencing early psychosis.



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**



Email your answer to **[EPI\\_NC@unc.edu](mailto:EPI_NC@unc.edu)** for a chance to win a prize!

# HORIZONS UPDATES

We would love to hear about your experience with Horyzons at your clinic. We will contact you individually to gauge your interest in completing a brief survey and being compensated for your time!

## Altitudes

**Altitudes is a new online intervention for families of young people experiencing early psychosis.**

- Altitudes is a great way to build connections in a supportive environment.
- Altitudes participants learn new ways to support their young person, improve communication skills, and manage stress.
- **We will be piloting Altitudes at OASIS & SHORE starting January 2024**, with the plan of opening this platform to other clinics in the future!

## Making Change in the New Year! Tips from NC HeAL



**We've all made New Year's resolutions and likely found that they didn't stick. Here are some other things to try instead...**

**Set intentions if goals don't resonate** – Narrow what you want into a word or two. This will help focus your efforts on something you want to experience and achieve through your daily actions. Ex. peace, adventure, learning, love, balance, kindness, openness, discover

**Get specific** - Ditch vague goals like “eat better” or “exercise more.” Be clear on what you can do today to help get you to where you want to go.

**Start simple, start small** – You don't have to change everything all at once. Take on one tiny thing you are ready to do today.

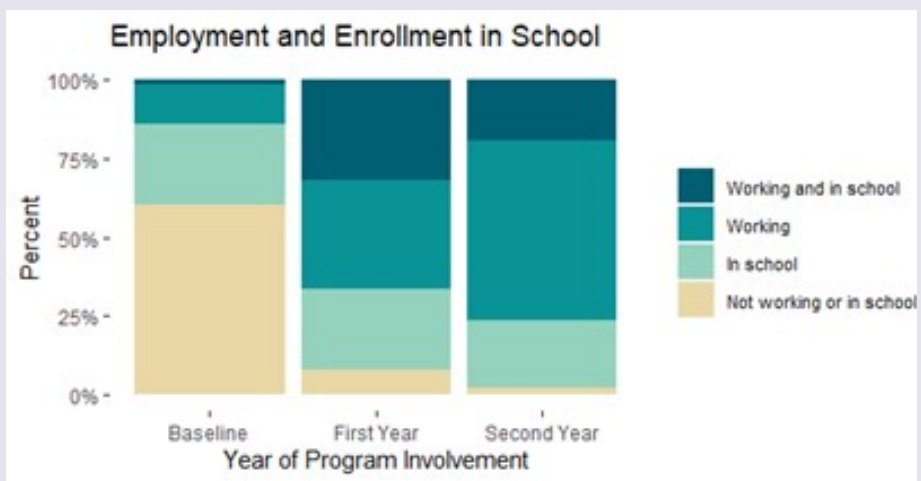
**Focus on action instead of avoidance.** Instead of stopping old habits, create positive new ones. Ex. drink more water

**Embrace the journey and not just the destination.** Celebrate the small wins and learn from setbacks along the way.

## NC CSC IS MAKING AN IMPACT!



**Keep up the great work in 2024!**



## PROGRAM SPOTLIGHT

### SHORE



Located in Wilmington, NC

It has been a great end of the year for the SHORE Team. We welcomed our new clinician, Jacey Taylor. We hosted our Fall Festival where SHORE families, clients, and staff celebrated gratitude and growth in the program. We also celebrated Alabama Stone's North Carolina's Recovery Champion Award.