

WHAT IS M-PATH?

What we do:

M-PATH is a referral and consultation service available to individuals, family members, and providers concerned about early psychosis for themselves, their loved ones, or their client.

Our Vision:

A system of care free from stigma and structural barriers where youth and young adults with psychosis and their families can get the support they need when they need it.

Our Mission:

M-PATH's mission is to partner with youth, young adults, and their families to improve access to psychosis services in Massachusetts and help them navigate the pathway to care. We do this by connecting clients and families to effective and personalized treatment, consulting with medical and behavioral health providers, partnering with historically oppressed and underrepresented groups, and promoting policy improvement.



M-PATH

Monday - Friday

9:00 AM - 5:00 PM

CONTACT US



(617) 927-9809



mpath@brooklinecenter.org



www.mpathcares.org

As a DMH funded program, services are free of charge.
M-PATH is a program of The Brookline Center for Community
Mental Health



M-PATH

MASSACHUSETTS PSYCHOSIS ACCESS & TRIAGE HUB



WHEN TO CALL M-PATH?

If you, your friend or family member, or your client is experiencing difficulties due to any of the following :

- Feeling like your mind is playing tricks on you.
- Seeing or hearing things others do not.
- Worrying that others may be out to harm you.
- Worrying about troubling beliefs.
- Isolating from friends or family.

Or if you or they have recently been diagnosed with schizophrenia or another psychotic disorder.

WHAT HAPPENS WHEN I CALL M-PATH?

When you contact us, we will first ask questions to learn more about your concerns. Then we will help you to decide what the best next step is. This could include helping you find a mental health provider or a specialized clinic, identifying other types of help like support groups, or talking with your current therapist or psychiatrist to see if we can provide them with additional support.

If you are a provider, we will ask you more questions about your client so we can provide the best consultation on next steps in care.

We will make sure that we stay in touch with you throughout the process, so you know that you're not alone.

WHY CALL M-PATH?

PSYCHOSIS IS COMPLICATED

People can experience psychosis in many different ways and have different needs. We can help you to figure out what kind of help and support might be a good fit for your unique situation and experiences.

FINDING CARE CAN BE CHALLENGING

We have built relationships with many of the specialized programs in Massachusetts and have significant experience working with youth and families experiencing early psychosis. We can help you find the right care as efficiently as possible.

EARLY INTERVENTION LEADS TO BETTER OUTCOMES

Research has shown that the sooner individuals receive treatment for psychosis, the better their outcomes are - this means social relationships, work and school engagement, and symptom improvement.

HOW CAN M-PATH HELP?

If you are looking for more information, a consultation, or referral to care, please call or fill out our online form. M-PATH will respond to you within 48 business hours.



PSYCHOSIS FAQs

Q. What is early psychosis?

Early psychosis (or "first episode psychosis") refers to someone's first experience of psychotic symptoms, usually between the ages of 15-30.

Q. What is clinical high risk?

Clinical high risk for psychosis is a term that describes young people who may be at higher risk for developing psychosis due to a number of different factors, such as family history, substance use, and specific mental health symptoms.

Q. Is psychosis treatable?

Yes! People with psychosis have a very high chance of recovery. The sooner treatment starts, the better the outcomes.

Q. Nobody will understand.

Worrying that others might not understand what you are experiencing is normal. In fact, experiencing psychosis is more common than you might think.

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Did You Know: It is estimated that 3-5% of people will experience symptoms of psychosis in their lifetime

