

## Pediatric Psychosis Mental Health Resources from the MHSIS Library March 2026

Content generated by Allison F. Sullivan, DOT, MSOT, OTR/L

On **Tuesday, March 17, 7:30 pm–8:30 pm ET**, Megan McKim, MOT, OTR/L, and Mackenzie Hupp, OTD, OTR/L from Nationwide Children's Hospital will present a MHSIS Practice Chat highlighting the unique role of occupational therapy practitioners in serving youth experiencing psychosis.

This presentation will emphasize the value of OT in improving functional outcomes and advancing best practices in pediatric behavioral health. Nationwide Children's Hospital hosts one of the nation's leading pediatric behavioral health programs. McKim and Hupp will discuss the integration of OTPs within interdisciplinary care and share methods of assessment, intervention, caregiver psychoeducation, interdisciplinary teaming, care coordination, discharge planning, and outcome measures.

All are welcome and invited to attend. This practice chat will be recorded.

**Please use the following link to register:**

<https://www.aota.org/events/calendar/mhsis-practice-chat>

In support of AOTA's March 17th MHSIS Practice Chat on The Role of Occupational Therapy in Pediatric Psychosis, the Mental Health Special Interest Section (MHSIS) is featuring the following curated resources from its member-created library.

***MHSIS Chair, Allison Sullivan, DOT, OTR/L, writes:***

Early-onset psychosis presents complex developmental, cognitive, sensory, and participation-related challenges for children, adolescents, and their families. While psychiatric stabilization is essential, recovery is equally defined by restoration of routines, school engagement, peer participation, identity development, and daily life structure. Occupational therapy brings a distinct and essential lens to pediatric psychosis by focusing on functional cognition, sensory modulation, environmental supports, and meaningful occupation as mechanisms for recovery. The following collection highlights evidence-based frameworks, assessment tools, intervention resources, and educational media that support OT practitioners working within early psychosis and coordinated specialty care models.

### **Pediatric Psychosis: Overview & Context**

Psychosis in children and adolescents may include hallucinations, delusions, disorganized thinking, and significant functional decline. Although childhood-onset schizophrenia is rare, early psychosis in adolescence requires prompt, developmentally informed intervention. Coordinated Specialty Care (CSC) models emphasize early detection, family engagement, functional recovery, and interdisciplinary treatment.

## Evidence-Based Practice in Pediatric Psychosis

Caldwell, P., Glozier, N., Powell, T., Conn, K., Einboden, R., Buus, N., Brown, E., Choi, I., & Milton, A. (2025). *The clinical and psychosocial journey of young people engaging with early intervention psychosis services: Qualitative study*. *BJPsych Open*, 11, e252, 1–10.

<https://doi.org/10.1192/bjo.2025.10848>

Driver, D. I., Gogtay, N., & Rapoport, J. L. (2013). **Childhood onset schizophrenia and early onset schizophrenia spectrum disorders**. *Child and Adolescent Psychiatric Clinics of North America*, 22(4), 539–555. <https://doi.org/10.1016/j.chc.2013.04.001>

McFarlane, W. R., Levin, B., Travis, L., Lucas, F. L., Lynch, S., Verdi, M., Williams, R., Adelsheim, S., & Hardaway, J. A. (2015). **Clinical and functional outcomes after 2 years in the Early Detection and Intervention for the Prevention of Psychosis Program (EDIPPP)**. *Schizophrenia Bulletin*, 41(1), 30–43. <https://doi.org/10.1093/schbul/sbu108>

## Value of Occupational Therapy in Pediatric Psychosis

**Occupational therapy contributes uniquely to early psychosis care by addressing:**

- Functional cognition and executive functioning
- Sensory modulation and arousal regulation
- School participation and educational reintegration
- Social participation and peer role development
- Habit formation and environmental structuring
- Family-centered routine stabilization
- Meaning-centered identity development

Occupational Therapy in Early Intervention in Psychosis Research Collaboration. (2022).

***Occupational therapy in the United States: Early intervention in psychosis report 2021/2022***. <https://headsup-pa.org/>

Read, H., Roush, S., & Downing, D. (2018). **Early intervention in mental health for adolescents and young adults: A systematic review**. *American Journal of Occupational Therapy*, 72, 7205190040. <https://doi.org/10.5014/ajot.2018.033118>

Parsonage-Harrison, J., Birken, M., Harley, D., Dawes, H., & Eklund, M. (2022). **A scoping review of interventions using occupation to improve mental health or mental wellbeing in adolescent populations**. *British Journal of Occupational Therapy*. Advance online publication. <https://doi.org/10.1177/03080226221109218>

## Pediatric Psychosis Assessment Tools

Jordans, M. J. D., Komproe, I. H., Tol, W. A., & de Jong, J. T. V. M. (2010). **Child Psychosocial Distress Screener** (CPDS) (Version 2010). HealthNet TPO. <https://www.mhinnovation.net/sites/default/files/content/document/Child%20Psychosocial%20Distress%20Screener%20%5BCPDS%5D%20v2010.pdf>

Baum, C., Morrison, T., et al. (2007). **Executive function performance test: test protocol booklet**. Unpublished program in Occupational Therapy Washington University School of Medicine, St. Louis, MO. (Note: This link provides the training manual, labels and check template you will need to personalize the assessment to your individual clients: <https://www.ot.wustl.edu/about/resources/executive-function-performance-test-efpt-308> Email Dr. M. Carolyn Baum at [baumc@wustl.edu](mailto:baumc@wustl.edu) to indicate that you have downloaded it.)

Cumming, M. M., Poling, D. V., Qiu, Y., Pham, A. V., Daunic, A. P., Corbett, N., & Smith, S. W. (2023). **A Validation Study of the BRIEF-2 Among Kindergarteners and First Graders At-Risk for Behavior Problems**. *Assessment*, 30(1), 3–21. <https://doi.org/10.1177/10731911211032289>

### **Pediatric Psychosis Intervention Resources**

Coordinated Specialty Care for First Episode Psychosis.

[https://cflr.us/ns/2024/03/06/coordinated-specialty-care/#:~:text=Coordinated%20Specialty%20Care%20for%20First%20Episode%20Psychosis,\\*%20Psychotropic%20medications%20prescribed%20by%20a%20psychiatrist](https://cflr.us/ns/2024/03/06/coordinated-specialty-care/#:~:text=Coordinated%20Specialty%20Care%20for%20First%20Episode%20Psychosis,*%20Psychotropic%20medications%20prescribed%20by%20a%20psychiatrist)

National Alliance on Mental Illness. (2020). Understanding psychosis. <https://namimn.org/wp-content/uploads/sites/48/2020/07/NAMI-UnderstandingPsychosisReprint2020.pdf>

Grenyer, B. F. S., Matthews, E., Reis, S., Marceau, E., Gigliotti, A., Townsend, M., & Stevenson, S. (2024). *Air therapy workbook*. Project Air Strategy for Personality Disorders, University of Wollongong. <https://www.projectairstrategy.org>

### **Related Podcast & YouTube Resources**

NAMI Davidson Co. (2021, May 19). **Psychosis in children and adolescents** [Video]. YouTube. <https://www.youtube.com/watch?v=0V1JvH7rDcA>

Substance Abuse and Mental Health Services Administration. (2023, December 12). **Financing coordinated specialty care for first episode psychosis** [Video]. YouTube. <https://www.youtube.com/watch?v=UZjlWHvJwdw>