



The Road to Recovery Begins with BEAM

BEAM is a comprehensive early-intervention treatment program for mood disorders with psychotic features. Developed based on the (re)MIND® model, BEAM uses evidence-based practices to support individuals and their families in realizing their full potential.

To be eligible for the BEAM program, participants must:

- Be a San Mateo County resident (regardless of insurance status)
- Have begun experiencing signs and symptoms of severe mood disorder within the past two years
- Be 14-35 years old

BEAM is a program of Felton Institute.

BEAM is committed to transforming the treatment and perception of severe mood disorders in their early stages. BEAM provides evidence-based and culturally responsive assessment, diagnosis and treatment interventions. With BEAM young people can learn skills to manage the ups and downs of severe mood changes.

If you or someone you know might benefit from BEAM, check us out at

feltonearlypsychosis.org

or call

(650) 458-0026

for information or referral

BEAM San Mateo
1108 S. El Camino Real
San Mateo, CA 94402



"Is this just a phase, or could it be something more?"



San Mateo County





Get answers with BEAM

If a teen or young adult you know is behaving differently for days at a time and experiencing:

- Highly elevated or irritable mood
- Not feeling the need to sleep
- Racing thoughts
- Being more talkative than usual

- OR -

- Continuous feelings of sadness and hopelessness
- Hearing voices and/or having unusual thoughts and beliefs
- Sleeping too much or too little
- Not feeling pleasure in activities that they typically enjoy

They may be experiencing symptoms of severe mood disorder.

A BEAM Assessment is the First Step!

Teens and young adults experiencing symptoms of severe mood disorders can benefit from a BEAM assessment. After an initial screening to check if BEAM services are a good fit for them, a BEAM clinician will conduct a rigorous, research-validated diagnostic assessment. Appointments can be scheduled at the BEAM office or other private location of their choice.

Severe mood disorders and psychosis carry such an overwhelming stigma that those who may be experiencing symptoms, or know someone who is, don't feel like talking about it.

Diagnosed in early stages, severe mood disorders are manageable.

The BEAM team understands severe mood disorders and is here to support teens, young adults and their loved ones through the entire process.



BEAM Services Include:

- Rigorous, Research-Validated Diagnostic Assessment
- Individual Psychotherapy with Cognitive Behavioral Therapy for Psychosis (CBTp)
- Strength-Based Care Management
- Employment and Education Support
- Algorithm-Based Medication Support
- Multi-Family Groups
- Peer and Family Support
- Integrated Substance Use Treatment
- Community Outreach and Education

