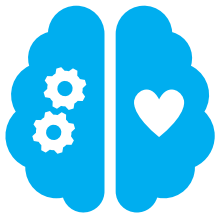
What is FEP?

The First Episode Psychosis (FEP) program provides mental health services and additional supports to those who are struggling with mental health symptoms that impede their ability to function well in their lives, such as hearing voices in their head, seeing things that aren't there, major depression, distressing reactions to past trauma, etc.

You are not alone.
We are here to support you!
There are people who have these symptoms and still live productive, fulfilling lives.

The aim of FEP is to provide support and destigmatize the belief that if you are having auditory and/or visual hallucinations something is wrong with you.



Contact Us:

Hope Horizon Mental Health
Main: (559) 688-2043
Fax: (559) 688-1304
Mon.-Fri. 8:00 am – 5:00 pm
www.hopehorizon.org

Office Locations:

Tulare: 327 S. K Street
Admin Location - Client and visitor parking is on K street, in front of the main entrance

Earlimart: 171 N. State St.

Lindsay: 287 E. Hermosa

Porterville: 881 W. Morton Ave., Ste. D

***Visalia:** 718 W. Center, Ste. A & B
**This location offers specialty HHMH therapy programs only (such as Sexual Abuse Treatment). For other mental health support needs, please contact the County Contracted provider in this area.*

Follow us on Social Media

Hope Horizon Mental Health
hhmhtulare

For After-Hours Crisis, call the Mobile Crisis Response Team (MCRT) at 1-800-320-1616

Hope Horizon Mental Health (HHMH) is a Health Insurance Portability and Accountability Act (HIPAA) compliant agency. The HIPAA Privacy Notice is available through this agency's Privacy Officer for your review.

Rev. Oct. 2026



First Episode Psychosis (FEP) Program

Helping clients learn to cope with the thoughts they think, voices they hear, or things they see.

hope horizon
MENTAL HEALTH

FEP Program Components:

Individual Therapy

Learn how to cope with the symptoms you experience, how to interact with others, and heal wounds from past traumas.

Group Therapy

Interact with others who have similar experiences. Receive and provide support to each other while learning new skills.

Case Management

Receive additional support at home, school, or in the community to help with using the skills learned in therapy. Case managers can also support compliance with medications and provide referrals to other community supports.

Collateral Support for Family

Meet with a clinician to learn more about your loved one's diagnosis and what you can do to support them in utilizing the skills learned in therapy.

Psychiatry

Meet *in-person* with a Board-Certified Psychiatrist or Nurse Practitioner who specializes in child psychiatry to determine whether medications can support your ability to better function at home, school, and the community. Ongoing medication monitoring and collaboration between psychiatrist and therapist is crucial to ensure any prescribed medications are helpful and to address ongoing needs.

Program Eligibility Requirements:

After completing a mental health assessment, the clinician will determine if you are eligible to participate in the FEP program. During the assessment, they will use several tools to better understand your symptoms and experiences, including the Prodomal Questionnaire (PQ-16 or PQ-B), which looks at someone's risk of developing psychosis, as well as the Child and Adolescent Needs and Strength (CANS) assessment. The clinician is looking at the following factors to determine eligibility and need:

- Anxiety symptoms
- Depression symptoms
- Suicidal ideation
- Trauma history and symptoms
- Current or past psychiatric medication use
- Current or previous substance abuse
- Family history of psychosis

To be eligible for the FEP program, the assessor must determine that you meet diagnostic criteria for at least one of these diagnoses:

- Brief Psychotic Disorder
- Generalized Anxiety Disorder
- Major Depressive Disorder
- Other Specified Schizophrenia Spectrum and other Psychotic Disorder
- Persistent Depressive Disorder
- Post-Traumatic Stress Disorder
- Schizoaffective Disorder
- Schizophrenia
- Schizophreniform Disorder
- Unspecified Schizophrenia Spectrum and other Psychotic Disorder

Referrals:

If you are interested in referring someone to the FEP Program or have additional questions, you may contact the clinic directly at (559) 688-2043 or email intake@hopehorizon.org.

Referrals accepted for individuals with Tulare County Medi-Cal. For those referrals we are unable to open to our clinic, every effort will be made to make an appropriate referral to another public or private organization.

Koy Lose, LMFT
Clinical Supervisor & FEP Lead
klose@hopehorizon.org
(559) 688-2043 x211



Services can be provided at any of our offices in Tulare, Visalia, Porterville, Earlimart or Lindsay. When appropriate, case management services can also be provided at school, home, or in the community.

In-person Psychiatry appointments are held at our offices Tulare, Porterville, and Lindsay.