Are you or someone you know experiencing:

• Serious problems at work or school?
• Things that others do not see or hear?
• Persistent, unusual thoughts or beliefs?
• Trouble thinking clearly or concentrating?
• Suspiciousness or extreme uneasiness with others?

These are all signs that someone may be at risk for a psychotic illness.

"As I often say, in my more than 40 years with schizophrenia, there’s never been a better time to be a person with a serious mental illness. There is more hope now than ever before."

Frederick J. Frese, Ph.D.
NEOMED Associate Professor of Psychiatry
Coordinator, Recovery Project

“I would tell anyone who is experiencing psychotic symptoms to get them checked out by a professional as soon as possible and to listen to the people who are trying to get you to get help.”

FIRST Program client

“Everyone was so helpful, and they were all on the same page.”

Mother of FIRST Program client

Show your support for recovery with a silver ribbon.

“Can Help call 937.374.6036
Coordinated Specialty Care for First Episode Psychosis
Greene and Montgomery Counties Partners:
Best Practices in Schizophrenia Treatment (BeST) Center
neomed.edu/bestcenter

First Practices in Schizophrenia Treatment (BeST) Center
neomed.edu/bestcenter

@BeSTNEOMED bestschizophreniapractices
A psychotic illness is a mental illness where someone experiences some loss of contact with reality. Schizophrenia and schizoaffective disorder are examples of psychotic illnesses.

If you or someone you know is experiencing psychotic symptoms, please seek professional help as soon as possible.

With treatment, people with psychotic illness can and do get better.

Early treatment is very important: Research suggests that the sooner treatment of a psychotic illness begins, the better the chances of a faster and more complete recovery.

FIRST, a coordinated specialty care program for individuals who have had a first episode of a psychotic illness, can help.

**FIRST is a coordinated specialty care program that helps individuals who are:**
Between the ages of 15 – 40 and who
Have had psychotic symptoms for no more than 18 months.
The **FIRST** team members work together to provide treatment, information and support to clients and their families and significant others.

**FIRST program goals:**
To provide support and education for the individual and family
To improve recovery
To reduce the chances of relapse
To set goals for the future
**FIRST** clients must also be willing to participate in at least two of the following treatment components: individual resiliency training, psychiatric care, supported employment/education, family education and support and case management.

**Individual Resiliency Training:**
Helps with goal setting
Educates individuals about their illness
Develops the ability to bounce back
Deals with stigma and negative feelings
Teaches skills for coping with symptoms
Prevents a relapse of symptoms
Discusses substance use
Educates about a healthy lifestyle
Helps to maintain and develop relationships
Helps client to relax and have fun

**Psychiatric Care:**
Psychiatric evaluation
Medication management of symptoms
Shared decision-making
Safest and most effective medications available

**Supported Employment/Education:**
Rapid placement in the workforce
Assistance with educational goals
On-the-job follow along services
Advocacy

**Family Education and Support:**
Teaches family members/supporters about symptoms
Improves communication
Improves problem solving
Builds support and understanding within the family

**Case Management:**
Assistance in gaining greater independence
Linking to community resources
Help navigating systems
Help accessing and acquiring services

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**To refer someone or learn more about FIRST Greene and Montgomery Counties, contact:**
FIRST Greene and Montgomery Counties Team, 937.374.6036

**FIRST Greene and Montgomery Counties treatment locations:**
452 West Market St., Xenia, Ohio 45385
287 Cincinnati Ave., Xenia, Ohio 45385
3085 Woodman Dr., Kettering, Ohio 45420
600 E. Dayton Yellow Springs Rd., Fairborn, Ohio 45324