

## In the world of mental health, getting help early can radically alter a person's future for the better.

Three in 100 people will experience changes in their thoughts and perceptions that make it difficult for them to recognize what is real and what isn't. These changes are often experienced as seeing, hearing, and believing things that seem real, or having strange and persistent thoughts.

Onset of these symptoms usually occurs between the ages of 16-25 and if not treated can be debilitating. But if treated early, these individuals can lead fully fulfilling lives attending school, maintaining a job, and conducting successful relationships.

## Chestnut can help through our new FIRST.IL PROGRAM

- 5 different treatment components to choose from to structure your own treatment
  - Medication management with a prescriber
  - Counseling & resiliency training for insight and coping skills
  - Supported employment & education specialist
  - Family education & support sessions
  - Case management & recovery support for community & everyday resources
- Client directed treatment, multi-disciplinary team for maximum and high-quality coordination of care, assertive outreach with the community and our clients, rapid enrollment process

### Eligibility Requirements

- Ages 14-40
- Experiencing these symptoms (described above) for 18 months or less
- Willing to choose and participate in at least 2 of our treatment components

Issues related to mental health rarely come on suddenly. Usually, a person has gradual, non-specific changes in thoughts and perceptions, but doesn't understand what is going on. Early warning signs can be difficult to distinguish from typical teen or young adult behavior and families are often the first to see them. While such signs are not always cause for alarm, they may indicate the need to get an assessment from a doctor or mental health professional.

### When to seek professional help:

- A worrisome drop in grades or job performance
- Trouble thinking clearly or concentrating
- Suspiciousness or uneasiness with others
- A decline in self-care or personal hygiene
- Spending a lot more time alone than usual
- Strong, inappropriate emotions or having no feelings at all

### When to call FIRST.IL:

- Any of the symptoms to the left combined with:
- Hearing, seeing, tasting, or believing things that others don't
  - Persistent, unusual thoughts or beliefs that can't be set aside regardless of what others believe
  - Feeling paranoid



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