

FIRST.IL programs provide comprehensive, team-based treatment aimed at improving the mental health and quality of life for individuals and providing best treatment practices as soon as possible. FIRST.IL treatment includes psychiatric care, individual counseling, supported employment/education, family psychoeducation and case management that are all offered by an integrated team based at a community mental health agency.

What are the benefits to the FIRST.IL program?

- Decreased severity of the illness
- Less physical, mental, psychological, social and occupational disability
- Lower risk of relapse
- Fewer forensic complications
- Reduced family disruption and distress
- Reduced need for inpatient care
- Lower health care costs

Who would benefit from the FIRST.IL program?

Anyone who is experiencing: fearful thoughts, confusion, disorganized thinking, problems with concentrating, changes in outside activities, different school interests or no interest at all, fixed beliefs not shared by others, paranoid, and disturbances in what you see or hear.

While each person will be considered for FIRST.IL treatment services on an individual basis, FIRST.IL is most appropriate for individuals who:

- are between 14-40 years of age
- have experienced no more than 18 months of symptoms (treated or untreated);
- are willing to consent to participate in at least two treatment modalities that include counseling, psychiatric care, supported employment/education, family psychoeducation and case management.



To make a referral, please call Chestnut Health Systems team lead at (618) 314-5561