What is FIRST.IL?

A specialized treatment approach that helps individuals who are between the ages of 14-40 and who have had a treated or untreated psychotic illness for no more than 18 months. Eligible diagnoses are schizophrenia, schizoaffective disorder, schizophreniform disorder or other specified/unspecified schizophrenia spectrum and other psychotic disorder, bipolar disorder with psychotic features, major depressive disorder with psychotic features and PTSD with dissociative symptoms.

- Promotes early identification
- Provides best treatment practices as soon as possible

A partnership of:

- Community Mental Health Agencies

  Advocate Behavioral Health Services
  938 W. Nelson Ave
  Chicago, IL 60657
  (773) 892-8135
  www.advocatehealth.com

  Bridgeway
  2323 Windish Dr.
  Galesburg, IL 61401
  (309) 344-4204
  www.bway.org

  Centerstone
  200 North Emerald Lane
  Carbondale, IL 62901
  (618) 713-1394
  www.centerstone.org

  Chestnut Health Systems
  50 Northgate Industrial Drive
  Granite City, IL 62040
  (618) 314-5561
  www.chestnut.org

  Grand Prairie Services
  19530 S. Kedzie
  Flossmoor, IL 60422
  (630) 333-5217
  www.gpsbh.org
Human Resources Development Institute, Inc (HRDI)
340 E. 51st St.
Chicago, IL 60615
(866) 734-1266
www.hrdi.org

LifeLinks
750 Broadway Ave East
Mattoon, IL 61938
(217) 259-1237
www.lifelinksinc.org

Memorial Behavioral Health
710 North Eighth St.
Springfield, IL 62702
(217) 588-7928
www.memorialbehavioralhealth.org

Robert Young Center for Community Mental Health
2200 3rd Avenue
Rock Island, IL 61201
(309) 737-2489
www.unitypoint.org/quadcities/services-mental-health-and-substanceabuse.aspx

Thresholds (2 Locations)
4101 N. Ravenswood Ave
Chicago, IL
(773) 432-6555
www.thresholds.org/MindStrong

777 Oakmont Ln
Westmont, IL

Trilogy Inc.
565 W. Howard
Evanston, IL 60202
(773) 564-4725
www.Trilogyinc.org

- IDHS Division of Mental Health
- Best Practices in Schizophrenia Treatment (BeST) Center at Northeast Ohio Medical University (NEOMED)
FIRST.IL Program Treatment Goals

- To reduce the symptoms of psychotic illnesses
- To improve individual and family functioning
- To reduce the chance of relapse
- To promote recovery and improve the long-term course of the illness
- To decrease the overall costs of treatment

FIRST.IL treatment is a manualized team-based approach:

- **Psychiatric Care**
  - Focuses on providing medications and interventions
  - Emphasis on shared decision-making
- **Individual Resiliency Training**
  - Helps clients gain insight into their illness and develop tools for coping
  - Focuses on strengthening problem-solving abilities
- **Supported Employment/ Education**
  - Focuses on rapid return to or initiation of employment or education
  - Takes place at community sites
  - Is driven by clients’ needs and preferences
- **Family Psychoeducation**
  - Provides education about psychotic illnesses and assists families with problem-solving and communications
- **Recovery Support**
  - Assistance in gaining greater independence
  - Linking to community resources
  - Help navigating systems
  - Help accessing and acquiring services
  - Assistance with educational goals
- **Case Management**
  - Assists with coordination of medical and mental health care
  - Educates clients on community resources and assists with integration into the community
  - Provides feedback to the psychiatrist regarding clients’ medication adherence, side effects or symptoms
  - Provides crisis management as needed

**The duration for FIRST.IL is typically three to five years, depending on client’s needs and preferences.**
FIRST.IL Treatment is Appropriate for individuals:

- between 14-40 years of age
- diagnosed with schizophrenia, schizoaffective disorder, schizophreniform disorder or other specified/unspecified schizophrenia spectrum and other psychotic disorder, bipolar disorder with psychotic features, major depressive disorder with psychotic features and PTSD with dissociative symptoms.
- experiencing no more than 18 months of psychotic symptoms, whether treated or untreated;
- And willing to consent to participate in at least two of the five treatment modalities

FIRST.IL is not appropriate for individuals:

- with psychotic symptoms that are known to be caused by the temporary effects of substance abuse or another medical condition
- with an intellectual disability that impairs their ability to understand all of the treatment components

** If the treatment team does not feel that FIRST.IL is the most appropriate treatment resource for an individual, he or she will be referred to other community resources

FIRST.IL Enrollment Process

- Assessment: All calls to the dedicated FIRST telephone number are returned within 24 hours
- Team Leader completes a phone screening and, if appropriate, an intake assessment
- If FIRST.IL treatment is appropriate, appointment with team psychiatrist is expedited
- Team psychiatrist makes final decision

** All clients who do not meet criteria are referred to the most appropriate resource.