First Episode Psychosis

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/unspecifed 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

1003 Martin Luther King Dr.
Bloomington, IL 61701
(309) 820-3540

Grand Prairie Services
19400 North Creek Drive
Lynwood, IL 60411
(708) 985-3040
www.gpsbh.org
Human Resources Development Institute, Inc (HRDI)
340 E. 51st St.
Chicago, IL 60615
(866) 734-1266
www.hrdi.org

Human Service Center
228 NE Jefferson
Peoria, IL 61654-1346
www.hscpeoria.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-heath-and-substanceabuse.aspx

Thresholds (2 Locations)
4101 N. Ravenswood Ave 777 Oakmont Ln
Chicago, IL Westmont, IL
(773) 432-6555
www.thresholds.org/MindStrong

Transitions of Western Illinois
4409 Maine St.
Quincy, IL 62305
www.twi.org

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.