First Episode Psychosis

What is FIRST.II?

• A comprehensive, team-based treatment program aimed at improving the mental health and quality of life for individuals who have experienced a first episode of a psychotic illness
  – 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

    • Bridgeway
      2323 Windish Dr.
      Galesburg, IL 61401
      (309) 344-4204

    • Centerstone
      200 North Emerald Lane
      Carbondale, IL 62901
      (618) 713-1394

    • Chestnut Health Systems
      50 Northgate Industrial Drive
      Granite City, IL 62040
      (618) 314-5561

    • Grand Prairie Services (2 Locations)
      19530 S. Kedzie
      Flossmoor, IL 60422
      (630) 333-5217
      19400 North Creek Drive
      Lynwood, IL 60411
      (708) 985-3040

    • Human Resources Development Institute, Inc (HRDI)
      340 E. 51st St.
      Chicago, IL 60615
      (866) 734-1266

    • LifeLinks
      750 Broadway Ave East
      Mattoon, IL 61938
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

• 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;
• 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.