



Show your support for recovery with a silver ribbon.

“As I often say, in my more than 40 years with schizophrenia, there’s never been a better time to be a person with a serious mental illness. There is more hope now than ever before.”

*Frederick J. Frese, Ph.D.
NEOMED Associate Professor of Psychiatry
Coordinator, Recovery Project*

“I would tell anyone who is experiencing psychotic symptoms to get them checked out by a professional as soon as possible and to listen to the people who are trying to get you to get help.”

FIRST Program client

“Everyone was so helpful, and they were all on the same page.”

Mother of FIRST Program client

FIRST Greene and Montgomery Counties Partners:



Best Practices in Schizophrenia Treatment (BeST) Center

Promoting Innovation. Restoring Lives.

neomed.edu/bestcenter

Are you or someone you know experiencing:

- Serious problems at work or school?
- Things that others do not see or hear?
- Persistent, unusual thoughts or beliefs?
- Trouble thinking clearly or concentrating?
- Suspiciousness or extreme uneasiness with others?

These are all signs that someone may be at risk for a psychotic illness.

FIRST

Greene and Montgomery Counties

Coordinated Specialty Care for First Episode Psychosis

Can Help

call **937.374.6036**

Best Practices in Schizophrenia Treatment (BeST) Center
Promoting Innovation. Restoring Lives.
neomed.edu/bestcenter

@BeSTNEOMED [bestschizophreniapractices](https://www.facebook.com/bestschizophreniapractices)

A psychotic illness is a mental illness where someone experiences some loss of contact with reality. Schizophrenia and schizoaffective disorder are examples of psychotic illnesses.

If you or someone you know is experiencing psychotic symptoms, please seek professional help as soon as possible.

With treatment, people with psychotic illness can and do get better.

Early treatment is very important: Research suggests that the sooner treatment of a psychotic illness begins, the better the chances of a faster and more complete recovery.

FIRST, a coordinated specialty care program for individuals who have had a first episode of a psychotic illness, can help.

FIRST is a coordinated specialty care program that helps individuals who are:

Between the ages of 15 – 40 and who

Have had psychotic symptoms for no more than 18 months.

The **FIRST** team members work together to provide treatment, information and support to clients and their families and significant others.

FIRST program goals:

To provide support and education for the individual and family

To improve recovery

To reduce the chances of relapse

To set goals for the future

FIRST clients must also be willing to participate in at least two of the following treatment components: individual resiliency training, psychiatric care, supported employment/education, family education and support and case management.

Individual Resiliency Training:

Helps with goal setting

Educates individuals about their illness

Develops the ability to bounce back

Deals with stigma and negative feelings

Teaches skills for coping with symptoms

Prevents a relapse of symptoms

Discusses substance use

Educates about a healthy lifestyle

Helps to maintain and develop relationships

Helps client to relax and have fun

Psychiatric Care:

Psychiatric evaluation

Medication management of symptoms

Shared decision-making

Safest and most effective medications available

Supported Employment/Education:

Rapid placement in the workforce

Assistance with educational goals

On-the-job follow along services

Advocacy

Family Education and Support:

Teaches family members/supporters about symptoms

Improves communication

Improves problem solving

Builds support and understanding within the family

Case Management:

Assistance in gaining greater independence

Linking to community resources

Help navigating systems

Help accessing and acquiring services

To refer someone or learn more about FIRST Greene and Montgomery Counties, contact:
FIRST Greene and Montgomery Counties Team, 937.374.6036

FIRST Greene and Montgomery Counties treatment locations:

452 West Market St., Xenia, Ohio 45385

287 Cincinnati Ave., Xenia, Ohio 45385

3085 Woodman Dr., Kettering, Ohio 45420

600 E. Dayton Yellow Springs Rd., Fairborn, Ohio 45324

