

Be seen. Be heard. **Be healthy.**

WHAT WE OFFER:

Case Management
Groups
Individual Resiliency
Training
Peer Support
Specialists
Psychiatric Care
Psychoeducation for
Support Systems
Supported
Employment/
Education

WHAT IS FIRST?

FIRST is an evidence-based approach used in the early identification and treatment of first episode psychosis and is a component of The Centers' new Specialized Treatment, Advocacy & Recovery Services (STARS) program for schizophrenia. FIRST emphasizes the importance of shared decision-making and considers each individual's opinions and experiences. FIRST encourages family and support system involvement in treatment. Our program focuses on empowering individuals to make meaning of their experiences, pursue their goals, and work towards recovery. Under the right circumstances, anyone can experience psychosis. All individuals, no matter their experiences, should be treated with respect and not defined by labels or misleading stereotypes.

Referrals are considered on a case-by-case basis.

- Between 15-30 years old.
- Diagnosed with schizophrenia, schizoaffective disorder, schizophreniform disorder, other specified/unspecified schizophrenia spectrum disorder.
- Experienced symptoms of psychosis for no more than 24 months.
- Willing to participate in at least two services of your choosing: individual resiliency training, psychiatric care, case management, supported employment/education, and family psychoeducation.

FIRST MISSION STATEMENT

We believe that people experiencing psychosis can live healthy, meaningful, and rewarding lives. We support this mission by developing programs that provide treatment and resources to those impacted by psychosis with a focus on early, integrated, and comprehensive care across a person's lifetime.



➤ LOCATION

East Office
4400 Euclid Avenue
Cleveland, OH 44103

216.325.9150

216.325.WELL (9355)

216.373.2883 (fax)

➤ HOURS

Monday through Friday
8:30 a.m. to 5:00 p.m.

➤ PAYMENT

Medicaid, Medicare, most
commercial insurances, and
sliding fee scale.

➤ OTHER HELPFUL RESOURCES

NAMI Greater Cleveland:
(216) 875-7776

National Suicide
Prevention Lifeline:
Call or text 988

Frontline Services:
(216) 623-6888

Crisis Text Line:
Text HOME to 741741



FIRST
EPISODE PSYCHOSIS PROGRAM

INDIVIDUAL RESILIENCY TRAINING

The therapist is responsible for assisting individuals in the management of their illness. Treatment is based on each individual's goals. Education and support are also provided to the individual's support system.

SUPPORTED EMPLOYMENT/EDUCATION

Supported employment and education provides individualized, time-unlimited support with obtaining and maintaining a part-time or full-time job or education of your choice.

CASE MANAGEMENT

The case manager assists the individual with accessing community resources, coordinating and linking to services, and developing the skills necessary to increase independence and functioning in the community.

PSYCHIATRIC CARE

The psychiatric provider places a strong emphasis on shared decision-making. The goal of this service is to work alongside the individual to find the most appropriate medication to treat mental health symptoms using the most up-to-date treatment methods.

FAMILY PSYCHOEDUCATION

The term "family" can include any support person identified by the individual such as relatives, significant others, or friends. The goal is to help support systems become educated on what their loved ones are going through, and to help build an environment that supports the recovery and resilience of the individual.