

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.

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

“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

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

Partnering Agency:



Best Practices in Schizophrenia Treatment
(BeST) Center
Promoting Innovation. Restoring Lives.

FIRST.IL is a comprehensive treatment program for individuals who have had a first episode of a psychotic illness.

*For more information on
Mental Health Treatment or Services:*

Memorial Behavioral Health
710 North Eighth Street
Springfield, IL 62702
217-588-7928

www.memorialbehavioralhealth.org



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State of Illinois
Department of Human Services



You or someone you know may be:

- Having serious problems at work or school
- Seeing or hearing things that others do not see or hear
- Having fixed beliefs not shared by others
- Withdrawing from social interactions
- Speaking or thinking in a disorganized way
- Feeling paranoid

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

**FIRST.IL at
Memorial Behavioral Health
can help**
217-588-7928





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

FIRST.IL is a specialized treatment program that helps individuals who are between the ages of 14 to 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).

FIRST.IL 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.IL Treatment Components

In addition to the above, clients must also be willing to participate in at least two treatment components: individual counseling, psychiatric care, supported employment/education, family psychoeducation or recovery support.

Counseling

- Helps with goal setting
- Educates individuals about their illness
- Develops the ability to bounce back
- Deals with stigma and negative feelings
- Copes 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 Psychoeducation

- Teaches family members/supporters about symptoms
- Improves communication & problem solving
- Builds support and understanding within the family

Recovery Support

- Assistance in gaining greater independence
- Linking to community resources
- Help navigating systems
- Help accessing and acquiring services
- Assistance with educational goals

Substance Use Specialists

- Provides substance use treatment to dually-diagnosed clients