



MindStrong

Early intervention works.

THRESHOLDS

Comprehensive services for people experiencing their first episode of psychosis.



What is psychosis?

Psychosis is a **complex medical condition** where changes in the brain interfere with a person's experience of the world. Psychosis most often develops in the late teens and young adulthood. Symptoms can go undetected until **a person's life is substantially disrupted**. Early warning signs include:

- Hearing or seeing things that aren't there
- False or bizarre beliefs that make sense only to the individual
- Disorganized thoughts or speech
- Withdrawal from others
- Dramatic deterioration in work, school, relationships, or self-care
- Behavior that is out of place for the setting
- Feeling anxious, irritable, or depressed

Why MindStrong?

Psychosis is more common than you think. It affects 3 in 100 people. However, many people living with symptoms go years before they get the right services. Evidence shows that the earlier the intervention, the better the long term outcomes. **Early intervention matters.**

Thresholds is a nationally recognized leader in mental health treatment services. We developed MindStrong by fusing innovation and evidence-based practice. MindStrong is a first episode psychosis program dedicated to providing **the right supports at the earliest signs of need.**

What is MindStrong?

- Coordinated specialty care for first episode psychosis
- Rapid assessment and individualized care planning
- Team-based multidisciplinary approach
- Creative strategies to enhance goal attainment
- Family engagement and peer support
- School, work, and career development
- Community education on identifying early symptoms



ELIGIBILITY: Target age of 15-30 years old, experiencing symptoms of psychosis for first time within the last 18 months. Medicaid, most commercial insurances, and private pay accepted.



Do you know someone experiencing serious mental health symptoms for the first time?

Don't wait. Contact **MindStrong**.

773-432-6555

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Learn more at

www.thresholds.org/MindStrong.



THRESHOLDS

Chicago, IL | Westmont, IL
www.thresholds.org/MindStrong