



First Hope

Early Identification & Intervention to Prevent Psychosis



Clinicians & Other Service Providers

First Hope is a comprehensive diagnostic and early intervention treatment program that provides confidential assessment and assistance to individuals between the ages of 12 to 25 who are at clinical high risk (CHR) for psychosis. The program is part of Contra Costa County Behavioral Health Services and serves the entire county. Program funding is made possible through the Mental Health Services Act, Prevention and Early Intervention Program.

Why is early identification and intervention important?

- Prior to the onset of psychosis, there is a period of 1-2 years when a young person may be experiencing milder, but serious symptoms.
- Early identification and intervention during this period can significantly reduce the conversion to psychosis.
- Early treatment can help reduce the stress for the young person at risk, family and friends, promote healthy brain development and support educational and vocational progress, rather than disability.

What are the early warning signs for psychosis?

- Withdrawal from friends and family
- A drop in performance at school
- Trouble sleeping
- Irritability
- Feeling “something is not quite right”
- Being fearful for no good reason
- Hearing sounds/voices that are not there
- Declining interest in people, activities and self-care
- Disorganized thoughts, speech
- Heightened sensitivity to light, sound, and touch

Primary Eligibility Guidelines:

- Age 12-25
- Contra Costa County Resident
- Experiencing warning signs

We Provide:

- Early Identification
- FACT: Family-aided Assertive Community Treatment
- Psychoeducation/Multi-family Groups
- Supported Education/Employment
- Medication if needed

 **For Consultations or Referrals**
1-925-681-4450

More information at
www.firsthopeccc.org



A serious mental illness cannot be willed away. Ignoring the problem does not make it go away, either. It takes courage to seek professional help. Remember early detection does not mean diagnosis. Don't ignore the early symptoms. First Hope is HERE. Call us! (925) 681-4450.