

a new path.

Moving forward together.

Before you know what's wrong,  
you know something is not right.

Don't wait,

Get encouragement and  
support from family and  
friends.

Psychosis is when a young person finds it difficult to tell the difference between what is real and what is not. It is characterized by a loss of some contact with reality.

Family members are usually first to notice changes in their loved ones. This period can be a very confusing and difficult time. If you notice the early warning signs, seek advice from your family doctor, nurse, or someone you trust.

Psychosis is treatable. Many people recover from a first episode of psychosis and never experience another psychotic episode.

Most people experience psychosis for the first time between the ages of 15 and 25.

There are approximately 100,000 individuals diagnosed with first-episode psychosis every year. It is more common than Type I diabetes in youth.

Get help early,  
Early intervention means  
better outcomes.

#### Common warning signs:

- Having trouble doing things that used to be easy
- Behaviors or beliefs that are out of character and new
- A decline in self-care or personal hygiene
- Spending more time than usual alone
- Trouble thinking clearly or concentrating

#### Nearest New Journeys Location

Cascade Community Healthcare  
Serving Lewis & Cowlitz County  
360-330-9044  
CascadeCommunityHealthcare.org

#### Director's Name

Amber Ranney

Learn more today.

Visit our website for more  
information about New  
Journeys and psychosis.



[www.newjourneyswashington.org](http://www.newjourneyswashington.org)

Supported by:

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AND BEHAVIORAL SCIENCES

# Creating

A supportive environment for clients and their families.

## What is New Journeys?

New Journeys is a shared decision-making treatment model between coordinated specialty care centers and youth and young adults experiencing first-episode psychosis.

“...If I hadn’t been diagnosed, prescribed medicine, or had the support of New Journeys, I would likely not be able to pursue my goal... Their support is invaluable to me.”

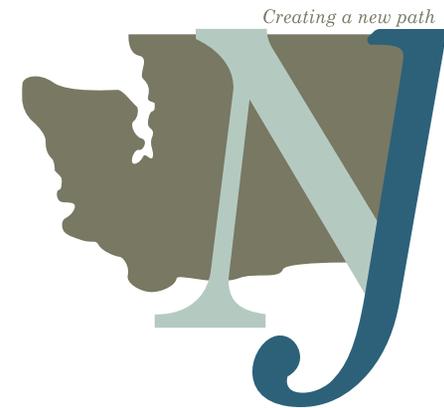
-New Journeys Client

The shared decision-making aspect of the program allows for clinicians and clients to work together to set goals and develop an action plan to achieve those goals.

The program also values building strengths and resiliency, as they assist in treating psychosis.

## Components of New Journeys

The New Journeys program allows clients and their families to assist in developing treatment plans that are unique to each client. Treatment includes: resiliency and strength development, school and career support, family education, and peer support.



An Early Intervention Program

New Journeys