

## PREP Brochure for Youth:

Cover:

Headline: I know something in my mind has changed, but I'm worried no one would understand.

[PREP logo]

Inside

Headline: PREP Understands

If you – or someone you care about – are having unusual thoughts, difficulty concentrating or are hearing things that others don't, PREP wants to help. These types of symptoms are more common than you may think - 1 in 5 teens are affected by them<sup>1</sup> - but if they have been persisting for an extended period of time or increasing in severity, they may be among the first warning signs of early psychosis.

That's why it's important to seek help and find out what's happening to you as early as possible. (Or to encourage your friends to do the same.)

Subhead: Know What's Up – Get a PREP Assessment

PREP is a comprehensive early-intervention treatment program for early psychosis – which uses an individualized roster of services to create a plan designed to put people experiencing these symptoms back on track.

It begins when you call or email us to set up an assessment. You can even take a short survey on our website - [www.prepwellness.org](http://www.prepwellness.org) - which will tell you whether we think you need an assessment. If so, you and your family will then talk with a clinician who will conduct a thorough review of the symptoms you have been experiencing. After that, you'll know the truth. And should you require treatment, you'll already be in the right place!

PREP works with you and your loved ones to create a treatment plan that works with your individual strengths and needs to recover your mental wellness, and ensure that you and your family have the support you need throughout the treatment process. The road to recovery begins with PREP.

Get a PREP assessment today. The earlier you know what's up, the better.

Take our assessment survey and get much more information at [www.prepwellness.org](http://www.prepwellness.org)

Or call us at 415-476-7278 or email us at [xxxx@prepwellness.org](mailto:xxxx@prepwellness.org)

Back Cover:

The PREP program is a community partnership between The University of California, The Family Services Agency of San Francisco, The Mental Health Association of San Francisco, Sojourner Truth Foster Family Service Agency, Larkin Street Youth Services, and Child Crisis Community Behavioral Health Services – Department of Public Health.

PREP is committed to transforming the treatment and perception of early psychosis by intervening early with evidence-based, culturally-competent assessment and diagnosis so that in 5 years most cases of psychosis are treated to remission. Our mission is to deliver comprehensive, conscientious and multi-faceted treatment grounded in wellness, recovery and resilience to people experiencing signs and symptoms of psychosis, as well as their families.

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[Partner logos]

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<sup>1</sup> Source: “Teens Disproportionately Affected by Mental Disorders” by Traci Pedersen, *Journal of the American Academy of Child and Adolescent Psychiatry*, October 2010.

### PREP Brochure for Families:

Cover:

Headline: Is my teenager just going through a phase...or could it be something more?  
[PREP logo]

Inside:

Headline: Know the truth...with PREP

If your teen is behaving differently— things like withdrawing from social activities, doing poorly in school, exhibiting signs of anxiety or depression – it’s easy to believe that it’s just average adolescent mood swings or hormonal imbalances. 99% of the time it is. But if these symptoms have been persisting for an extended period of time or increasing in severity, they may be among the first warning signs of early psychosis.

Diagnosed in the early stages, psychosis is a manageable and treatable illness - not something shameful or violent. In fact, people with severe mental illness are far more likely to be the victims of a violent crime than they are to commit one.<sup>1</sup> But the longer it goes untreated, the more severe it can become.

That’s why the sooner you know the truth, the better.

Subhead: Prevention and Recovery of Early Psychosis – The PREP Program

PREP is a comprehensive, early-intervention treatment program for early psychosis which uses a strength-based roster of services to create a 2-year plan designed specifically to put you and your teen back on track.

Services include:

- Multi-Family Group Therapy
- Medication Management
- Cognitive Behavioral Therapy
- Educational & Vocational Support
- Substance Abuse Treatment

Subhead: A PREP assessment will provide the answers you need

It begins when you call or email us to set up an assessment - you can even take a short survey on our website [www.prepwellness.org](http://www.prepwellness.org) which will tell you whether we recommend you set one up. If so, you and your teen will then sit down with a clinician who will conduct a thorough diagnostic review of the symptoms he or she is experiencing. Should you require treatment, you'll already be in the right place.

PREP understands early psychosis and is here to support you and your loved ones through the entire process. Help us get you the help you need. The road to recovery begins with PREP.

Get a PREP assessment today. The earlier you know the truth, the better.

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<sup>1</sup> Source: [www.seemescotland.org](http://www.seemescotland.org)