



What Does REACH Offer?

REACH services are based on the most current research from prevention of psychosis. Services include:

- Psycho-education and outreach to the community
- Consultations and individualized assessments
- Treatment and support from a team including a psychiatrist, mental health clinicians, an occupational therapist, a vocational specialist and mentors
- Family groups where families learn together how to understand the illness and how to provide the best support to their family member

Who is REACH?

Our mission is to raise awareness and understanding of mental illness within the community while offering culturally competent and evidence-informed treatment to underserved youth and their families.

REACH Partnership

REACH is a collaborative effort between Momentum for Mental Health and Starlight Community Services. Together, REACH is committed to providing early intervention and prevention services throughout Santa Clara County.

This program is one of the Early Detection models from the PIER Training Institute in Portland, Maine. This program has been funded by the Mental Health Services Act.



Starlight Community
Services
www.starsinc.com



www.momentumformentalhealth.org



**Serving youth ages 10-25
In Santa Clara County
At risk for developing
A mental illness**

**For consultations, more
information, or referrals**

**Please Call
1.855.2REACHUS
[toll free]
www.Reach4SCC.org**

Prevention of Psychosis

Psychosis is a brain condition which, if untreated, prevents the person from being able to know what is real and what is not real. The REACH program was created to detect early warning signs of psychosis that may pose a threat to young adults, and to provide effective support and treatment.

Early symptoms are often subtle, but can be quite disabling. They affect young people's ability to complete schoolwork, interact socially, and accomplish daily tasks.

“3 in 100 individuals develop psychosis, and symptoms are most prominent between the ages of 10-25.”



creating hope empowering dreams

REACH's mission is to promote independence and prevent onset of mental illness in the Santa Clara County youth population through early education and awareness, consistent treatment, and community support.



There is HOPE

With early, effective treatment and support, most young people will succeed in school, work, and life. Early intervention allows:

- Preservation of brain function
- Preservation of social skills
- Decreased need for intense treatment down the road

Identify Early Warning Signs

If a person is having **new, significant, and worsening difficulties** in any of the following areas:

Reduced Performance

- Trouble reading or understanding complex sentences
- Trouble speaking or understanding others
- Becoming easily confused or lost
- Trouble in sports or other activities that used to be easy
- Attendance problems related to sleep or fearfulness

Behavior Changes

- Extreme fear for no apparent reason
- Uncharacteristic and bizarre actions or statements
- Impulsive and reckless behavior
- Extreme social withdrawal
- Decline in appearance and hygiene
- Dramatic changes in sleep or eating

Perceptual Changes

- Fear that others are trying to hurt them
- Heightened sensitivity to sights, sounds, or touch
- Making statements like “my brain is playing tricks on me”
- Hearing voices or other sounds that others don't hear
- Reporting visual changes (ex. colors are more intense, faces distorted, lines turned wavy)

- Feeling like someone else is putting thoughts into their brain or that others are reading their thoughts

Referral Guidelines

- Meets any of the early warning signs
- Youth is between the ages of 10-25
- Youth resides in Santa Clara County
- Youth is currently uninsured, has Medi-cal, or Healthy Families
- Youth is not currently receiving ongoing treatment for a psychotic disorder