



# HOPE WITH EARLY TREATMENT

Getting help early will lead to a better and faster recovery and may prevent the onset of mental illness.

## WHAT CAN I DO?

Those experiencing early signs of mental illness are not always able to understand or explain what is happening to them. Many fear they will be labeled as “crazy” and do not seek help on their own. If you think that you or someone you know is experiencing early signs of mental illness, it is important to get help as soon as possible.

## WHO DOES KICKSTART SERVE?

We serve young people ages of 12 to 25, who live in the San Diego County and are showing early signs of psychosis. We hope to work with community partners through education and stigma reduction in order to help us identify these youth and increase that chance for that youth to receive early intervention.

## WHEN SHOULD I CALL?

When in doubt, call 619-481-3790 even if it is just to talk with an experienced clinician over the phone. There is convincing evidence that early intervention reduces the impact and disruption in a person’s life and may prevent the onset of psychosis altogether. Do not take the “wait and see” approach.

## WHAT HAPPENS WHEN A PERSON CONTACTS KICKSTART?

People are screened by an interview process to determine if the problems they are experiencing are caused by early symptoms. A consultation may offer great relief – helping young persons, their families or their doctors to understand what is happening and to learn more about what can be done about it. Once a young person is found to be at risk, he/she is offered services and immediate treatment to get them on the road to recovery.

## WHAT IF THE PERSON CAN'T COME TO THE KICKSTART OFFICE?

Kickstart can make other arrangements for our families. We can see our families in the office, work with them in their home, or meet out at community location. We try to meet the person and their family wherever he/she feels most comfortable. Treatment is individualized to have the best chance of success.

## DOES KICKSTART USE MEDICATIONS?

Our focus on early intervention includes taking a holistic approach to treatment by considering the whole person, focusing on nutrition, exercise, sleep wake cycle, emotional well-being, environmental modifications, stress reduction, psycho-education, peer relationships and family integration. Medications are the last line of defense when necessary.



[www.kickstartsd.org](http://www.kickstartsd.org)  
619.481.3790