

## LIFE Path Services

LIFE Path offers effective treatment and support to transitional age youth and adults, ages 14-25, experiencing early symptoms of psychosis. LIFE Path also offers education and support to the family and support network of each youth. LIFE Path consists of mobile team members and can meet with the family at home, school, and additional community locations.

## LASTING INDEPENDENCE & FAMILY EMPOWERMENT

*Additionally, these services are available without regard to ability to pay:*

- Education to the community to help increase awareness and understanding of severe mental health issues impacting our youth.
- Outreach, mental health treatment, & intensive support from a comprehensive team including mental health & medical professionals.
- Family groups designed to foster a better understanding of mental health illness while gaining support to help create lasting positive changes.

*Funding made possible by:*



Stanislaus County Behavioral Health and Recovery Services

Mental Health Services Act

**A partnership with Sierra Vista Child & Family Services  
and Center for Human Services**



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

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

**Sierra Vista Child & Family Services**  
1400 K Street, Suite I  
Modesto, CA 95354  
Phone: (209) 312-9580  
Fax: (209) 312-9584

## LIFE Path

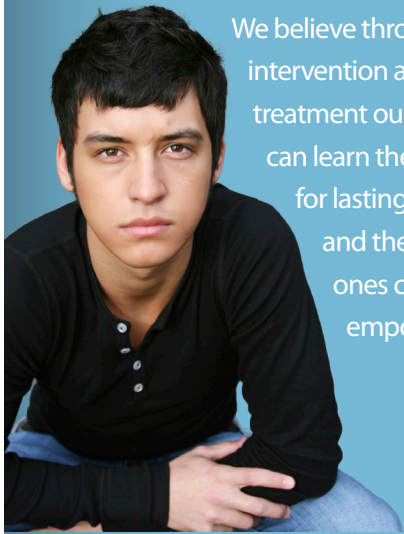
*To empower and create hope for our culturally diverse transitional age youth and adults experiencing early symptoms of psychosis to continue on their life path through effective treatment, support, and connection.*



# LIFE Path Vision

To provide effective and appropriate treatment for our culturally diverse transitional age youth and adults experiencing early symptoms of psychosis through specialized services.

Specialized services include outreach, assessment, diagnosis, treatment planning, education and vocational support, independent living skills support, and medication services.



We believe through early intervention and effective treatment our consumers can learn the skills and tools for lasting independence and their families/loved ones can experience empowerment.

## LIFE Path goals:

- Increased mental health education for families, individuals, and community
- Outreach
- Early intervention through intensive supports
- Crisis and relapse prevention
- Lasting independence for youth experiencing early symptoms of psychosis
- Family empowerment through educational and therapeutic support

# What is Psychosis?

Psychosis is a brain condition which if left untreated can cause permanent damage and affect quality of life. Psychosis is a treatable condition and treatment outcomes show that early detection and intervention improve chances for recovery.

Keep in mind that 3 in 100 individuals develop psychosis between the ages of 12 and 25. If a person is having recent significant difficulties in several of the following areas please contact us:

## Reduced mental and physical performance

- Becomes easily confused or lost
- Trouble speaking or understanding what others are saying
- Trouble reading/understanding complex sentences that were not previously difficult to read/understand
- Loss of previous physical abilities not due to physical injury
- Speech that is unusually odd or difficult to understand

## Changes in thought/beliefs

- Hearing voices/sounds that others don't that are not grounded in spiritual or cultural experiences
- Unrealistic fear that others are trying to hurt them
- Belief that they can read other's thoughts and vice versa or someone is putting thoughts into their brain
- Visual changes (faces/objects changing shape or become distorted, difficulty with perceiving what is visually real and what is not)
- Increased sensitivity to sight, sound, sense of touch

## Unusual changes in behavior

- Extreme social withdrawal
- Extreme fear for no apparent reason
- Unusually bizarre actions or statements not related to one's personal belief system
- Decline in usual hygiene and appearance
- Impulsive and reckless behavior that can not be accounted for by peer pressures, personal expression of individuality, or cultural expectation

## What should I do? Where should I go from here?

1. Talk to the parents/family members/loved ones about what you observe.
2. Call the LIFE Path team for a consultation and to make a referral: **(209) 312-9580**.
3. Inform the individual and their family of the referral and to expect phone contact by a LIFE Path team member.

**Don't Wait!**

