**REACH SERVICES**

REACH is committed to providing prevention and early intervention services for youth and young adults, ages 10-25, who are at risk for or experiencing early psychosis throughout Santa Clara County.

**REACH SERVICES INCLUDE:**
- Education & Outreach
- Assessment & Early Intervention
- Prevention & Consultation
- Treatment & Support

REACH services are provided by a team of professionals and can include:

**WHAT IS REACH?**

Our mission is to raise Mental Health awareness and understanding of mental illness within the community while offering culturally competent and evidence-informed treatment to youth and young adults, ages 10-25, and their families.

**REACH PARTNERSHIP**

REACH is an innovative partnership between Momentum for Health and Starlight Community Services. REACH is dedicated to the mental wellness of Santa Clara County youth and young adults, ages 10-25.

**REACH SERVICES INCLUDE:**
- Education & Outreach
- Assessment & Early Intervention
- Prevention & Consultation
- Treatment & Support

REACH services are provided by a team of professionals and can include:

- Psychiatrist/Nurse Practitioner
- Individual/Family Therapist
- Education & Employment Specialist
- Peer Mentor
- Family Specialist/Advocate
- Occupational Therapist

The team works together to provide comprehensive care to each young person.

WHERE THERE IS HOPE THERE IS HELP

Serving youth and young adults ages 10-25 in Santa Clara County

For consultations, more information, or referrals
Please Call **1.855.2REACHUS** (1.855.273.2248)

www.reach4scc.org
PREVENTION OF PSYCHOSIS

REACH was created to detect the early warning signs of psychosis in youth and young adults, to provide effective support and treatment.

Early symptoms are unique to each individual, but can be quite challenging. They may affect a person’s ability to complete schoolwork, interact socially, and accomplish daily tasks.

IT’S MORE COMMON THAN WE THINK

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

Early warning signs and elevated symptoms to look out for:

- **Behavior changes** such as acting differently, feeling suspicious and afraid, keeping to themselves, or changes to sleeping or eating habits.
- **Perceptual changes** such as hearing or seeing things that others might not, feeling like someone is playing tricks with their mind, finding reality confusing, or intensified sensitivity to light, sounds, touch, etc.
- **Changes in daily life activities** such as challenges at school or work, difficulty communicating with others, or socializing with friends or family.

To be eligible for REACH:

- Ages 10-25
- Lives in Santa Clara County
- Medi-Cal eligible or uninsured/unsponsored
- Exhibiting early warning signs or elevated symptoms

With early identification and treatment, it is possible to get back to meaningful activities and improve overall wellness.