

## **kickstart™ Summary**

Kickstart is a diverse clinical team specifically trained to educate the community, treat youth and assist families in preventing psychosis. We serve medi-cal eligible youth ages 10-25, their families, and their social network to build support around the youth and promote success in relationships, education and employment. Kickstart is a Prevention and Early Intervention program funded through San Diego County Health and Human Services Agency and the Mental Health Services Act. Kickstart is a recovery orientated program that strives to keep hope alive through education and early intervention.



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County of San Diego/HHSA

# **PREVENTION TODAY FOR A BETTER TOMORROW.**

**KICKSTART //**

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## **kickstart™**



**Pathways  
Community  
Services**

**PEOPLE. PASSION. SERVICE.**



## Who We Are

The Kickstart team consists of mental health professionals trained to assess and treat youth experiencing warning signs and early symptoms of psychosis.

Our team will:

- Educate community members who will help identify young people who are showing early signs of psychosis.
- Conduct confidential assessments specifically designed to identify risk for actual psychosis.
- Provide individualized treatment for participants and their families.

## Collaborating with the Community

Research has shown that educating the public and community leaders will significantly increase the chances that a young person will receive early treatment that can reverse the negative effects of psychosis. Kickstart actively outreaches to the communities of San Diego to help reduce misunderstandings about serious mental illness and provide information about early identification and treatment. Community members who are most likely to help identify these youth include staff at secondary schools, colleges, nurses, physicians, military leaders, spiritual leaders, police, mental health professionals and community centers.

## Who We Serve

Kickstart provides confidential assessment and early assistance for young people between the ages of 10 and 25 who are experiencing warning signs and early symptoms of psychosis.

The following symptoms are behaviors or feelings that can indicate a temporary reaction to significant stressors, or they can be early signs of a developing psychotic illness. If the youth presents a combination of symptoms, or the symptoms appear to worsen over time, this may indicate the onset of a mental illness. Symptoms may include:

- Difficulty in maintaining focus, concentration or memory
- Hearing sounds or voices, seeing visions or experiencing strange sensations that others don't perceive
- Difficulty in conversations or being understood
- Feeling overly fearful or suspicious
- Changes in sensitivity to light, sound or touch; decreased sense of smell
- Dramatic changes in behaviors, ideas, sleep or appetite
- Withdrawal from family and friends
- Deterioration in school or work functioning
- Suicidal ideations

## Get Connected!

If you are interested in receiving information, education, and/or materials on early symptoms of psychosis, or know of a youth in need, please contact us at 619.481.3790.

## What We Do

The Kickstart team assists youth and their families to build coping skills, reduce stress, and increase performance in all areas of the youth's life. Consultations and assessments with trained professionals will determine whether an individual could benefit from Kickstart services.

Treatment includes 12 to 18 months (on average) of:

- Multi-Family Groups
- Psycho-Education/Problem-Solving
- Individual/Family Psychotherapy
- Psychiatric/Medication options
- Occupational Therapy
- Education & Employment Support
- Nursing Services
- Peer Support/Mentoring
- 24 Hour Availability
- Office & Community based services

