



# SUPPORT FOR YOUTH AND YOUNG ADULTS EXPERIENCING TROUBLING THOUGHTS OR BEHAVIORS.

## EVERYONE DESERVES A CHANCE AT QUALITY CARE.

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FEP (First Episode Psychosis) is defined as an initial episode of psychosis that affects the mind, blurring reality. It can show itself anytime between youth and early adulthood. Is someone you know experiencing the beginning signs and symptoms of psychosis? Learn how to stabilize their situation with the help of Ascent.

The Ascent program provides holistic community-based treatment and support to youth and young adults aged 15-29 experiencing troubling thoughts, feelings, and behaviors. Designed to treat the individual rather than just the symptoms, Ascent uses a series of specialized services to help them develop independence and maintain stability.

Recognizing the signs and symptoms early on can provide the best hope for recovery. Seeking out treatment can be difficult for someone going through it. They may need your help getting there.

## DOES THIS SOUND LIKE SOMEONE YOU KNOW?

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- Withdrawing from family and friends
- Exhibiting disorganized speech and erratic behavior
- Hearing or seeing things that others do not
- Feeling fearful or suspicious of others
- Having thoughts or beliefs that appear as strange

If left untreated, these thoughts, feelings, or behaviors can become worse over time.

## SPECIALIZED SERVICES OFFERED BY ASCENT

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- Individual Therapy
- Employment/Education Support and Guidance
- Life and Social Skills Building
- Coping Skills
- Symptom Management
- Case Management
- Medication Management and Primary Care Coordination
- Group Therapy
- Family Education and Support
- Peer Specialist Support
- Community and In-home Services
- Healthcare Education
- Coordinated Services and Evaluation

How can I get more information about the Ascent program?

**Visit [AscentColorado.org](https://AscentColorado.org)**



**COLORADO**  
Office of Behavioral Health  
Department of Human Services



**844-493-TALK (8255)**  
**OR TEXT TALK TO 38255**