

# TURNING POINT



*Treatment for  
young people at  
risk for psychosis  
or who have  
experienced a first  
psychotic episode*

## Does this sound like someone you love?

- Withdrawing from family or friends.
- Developing unusual thoughts or ideas.
- Difficulty thinking or having disorganized thoughts.
- Decreased energy or lack of motivation.
- Hearing or seeing things that other people don't.

These may be signs of a more serious problem. With treatment, these thoughts, feelings, and behaviors can improve over time.

***Early treatment and care can make a lifelong difference.***

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## What is Turning Point?

Turning Point is a specialized program with two tracks for adolescents and young adults. The **first episode track** is coordinated specialty care that provides a full array of individualized services to address the impact of a psychotic disorder. The **high-risk for psychosis track** provides treatment designed to delay or reduce the impact of a psychotic disorder. Services begin at a lower intensity and can be “stepped up” as needed. Some individuals may move between the two tracks as their needs change.

## What is the goal of Turning Point?

To help young people understand and manage these experiences as well as to build skills and supports to improve their ability to work, go to school, live independently and have enjoyable relationships.

## **Who can participate?**

To be eligible for services, individuals must be:

- Residents of Fairfax County or cities of Fairfax or Falls Church.
- Willing to participate in services.

Turning Point's **first episode program** serves:

- Individuals ages 16 to 25 who within the past two years have experienced unusual thoughts and behaviors, or hearing/seeing things that others don't.

Turning Point's **high risk program** serves:

- Individuals ages 14 to 25 with a wider range of symptoms who may be at risk for, but have not been diagnosed with, psychosis. This includes experiencing unusual thoughts and behaviors, difficulties thinking or having disorganized thoughts, decreased energy or lack of motivation and/or suspiciousness.

## **What does participation involve?**

Individualized and flexible outpatient services, including:

- Case management.
- Individual resiliency training (skill teaching).
- Psychotherapy.
- Multi-family psychoeducation.
- Supported employment and supported education.
- Peer support.
- Coordination with medication management.

## **Is there a fee?**

Turning Point accepts insurance and there is a fee for services, based on a sliding scale.

## **How can I learn more?**

Call 703-559-3000 and ask for the Turning Point program or email CSBTurningPointCSC@fairfaxcounty.gov for more information.

**Go to [fairfaxcounty.gov](http://fairfaxcounty.gov)  
and search 'turning point'**



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**Community  
Services Board**



*Call 703-324-7000 to request this  
information in an alternate format.*

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