

NEW JOURNEYS



**First episode
psychosis treatment.**

www.valleycities.org

Got Questions?
Contact us now



New Journeys: 206-408-5329
Main Line: 253-833-7444



www.valleycities.org



Outpatient Clinics:
Auburn, Bitter Lake, Enumclaw,
Federal Way, Kent, Meridian, Midway, PikePlace,
Rainier Beach, Renton, and Lakewood

Make a Referral

New Journeys is a comprehensive, research-based intervention approach for individuals who are experiencing first episode psychosis. Contacting the preferred agency by phone or email and a specialist will contact you to follow up.

Eligibility Requirements

The following are eligibility requirements to qualify for New Journeys:

- Experiencing a first episode of psychosis.
- Have a primary diagnosis of schizophrenia, schizoaffective, schizophreniform or other psychotic disorder.
- Experiencing symptoms of psychosis for less than two years.
- Be between the ages of 15-40.
- Be a resident of King County.
- Have no history of developmental delays or an autism spectrum disorder.
- Without medical conditions that may be causing/impacting the psychosis.

Insurance Information

New Journeys accepts Medicaid, Medicare, commercial insurance and individuals with no insurance coverage.

Contact Information

For more information, to make a referral, or to request an initial screening at no charge, call:
Valley Cities: 206-408-5329
Seattle Children's: 206-987-2000
Harborview STEP : 206-744-4550



About New Journeys

Coordinated Client-Centered Treatment and Recovery

Multi-Disciplinary Coordinated Care

New Journeys is focused on providing critically needed comprehensive treatment to individuals who are experiencing their first episode of psychosis. Treatment services are provided through a team of mental health staff focused on assisting clients with identifying their personal goals and needs for recovery that will allow them to return to functioning well at their job, school, home, and other areas of life.

Expanded Treatment Team

This is accomplished through the collaborative work that the treatment team performs with the client, family, doctors, teachers, employers, and other significant people in the client's life.

The collaborative work includes providing information on the client's psychosis and information on ways to reduce the barriers to the client successfully engaging in treatment and recovery.

New Journeys Recovery Team

Family Educational Specialist (FE)

The FE provides whoever the client considers family with information regarding diagnosis and treatment. They also work with the client and their supports throughout treatment.

Individual Resiliency Trainer (IRT)

The IRT uses varying interventions to help identify clients' strengths and resiliency factors for recovery, as well as develop coping mechanisms.

Supportive Employment and Education (SEE)

The SEE assists the client in identifying educational, work, and career goals, and provides the necessary support in those areas.

Peer Support Specialist

The Peer Support Specialist is an individual who has lived experience with mental health symptoms and can provide additional support by discussing personal struggles.

Case Manager

The Case Manager helps the client stay engaged with appointments and other basic daily living needs.

Psychiatric Care Provider

The Psychiatric Care Provider provides psychopharmacological treatment and education to the client and their supports.



Core Components of New Journeys

- Community outreach and education
- Utilization of low-dosage medication
- Cognitive Behavioral Therapy for psychosis
- Motivational interviewing
- Individual resiliency training
- Skills training
- Supported employment and education
- Case management
- Psychoeducation to supports
- Primary care coordination
- Peer support
- 24/7 Crisis Line available