

Research shows that if psychosis is identified early, many problems can be prevented and people can live meaningful and satisfying lives.

With early treatment, people get better faster and stay well longer.

GETONTRACK

SERVING PRINCE WILLIAM COUNTY,
MANASSAS CITY AND MANASSAS PARK

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GETONTRACK is a Virginia Department of Behavioral Health and Developmental Services initiative that is being offered in partnership through Prince William Community Services.

For more information or to make a referral, please call (703)792-5262.



Prince William Community Services



Helping people get their lives
back on track and stay well



Does this sound like you or someone you know?

- Hearing or seeing things that others don't
- Having thoughts or beliefs that appear to you or others as strange
- Withdrawing from family and friends
- Feeling fearful or suspicious of others

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

The goal of the GetOnTrack Program is to support and partner with young people to learn skills to cope with these experiences and achieve their dreams and goals in life. We focus on school, work, living independently and enjoying relationships and life.

Feeling and doing better is possible.
Care and treatment can help.

What is *GETONTRACK*?

The GetOnTrack Program provides early intervention through a coordinated specialty care team aimed at identifying and treating adolescents and young adults (ages 16-25), who may be experiencing early signs of psychosis.

Individuals who meet criteria and chose to participate in the program will receive coordinated services including:

- Community-based mental health support for up to two years
- Support finding or maintaining a job
- Support returning to or remaining in school
- Individual and group sessions
- Family education and support
- Psychiatric services regarding medication management

Who can participate?

- Residents of Prince William County or the cities of Manassas or Manassas Park who are ages 16 through 25
- Those who are experiencing unusual behaviors and/or thoughts or hearing or seeing things that others don't within the past two years
- Those willing to have an evaluation by a health professional

Psychosis is a serious and treatable brain condition that affects three out of every one hundred people. It may start with difficulty coping, anxiety, depression or feelings of stress. Indications of the onset of psychosis include some loss of contact with reality that affects thoughts, feelings and behaviors.