

RA1SE Frequently Asked Questions

What is RA1SE?

RA1SE helps people ages 15-30 in Travis County who have experienced their first episode of psychosis within the last 2 years. A team of medical and mental health professionals helps RA1SE clients with relationships, school, work and life goals for up to 36 months. RA1SE is a community-based program and brings services to the client – wherever they are needed.

What does RA1SE stand for?

RA1SE stands for Recovery After an Initial Schizophrenia Episode.

Why is RA1SE important?

1 out of 100 people will experience signs of psychosis at some point in their lives. Without early treatment, these symptoms can make social, school and work life difficult. Research suggests that the sooner treatment is initiated after a first episode of psychosis, the more likely the person will experience significant recovery. RA1SE provides services that help people build their well-being and reach their full potential.

What is psychosis?

Psychosis is a symptom that can affect a person's thoughts and the way they see the world. An episode of psychosis makes it hard to tell what is real and what is not. RA1SE helps anyone who has experienced the following symptoms for over a week.

- Hearing or seeing things others don't
- Feeling scared or suspicious of others for no reason
- Feeling like someone can control your thoughts
- Having trouble reading, speaking, or knowing what others are saying
- Pulling away from friends and family
- Having thoughts or beliefs that are strange to you or others

How does someone get into the RA1SE program?

Families, people in need of RA1SE services, schools, clinics, emergency and criminal justice departments, and community organizations can refer individuals or themselves to the RA1SE program.

Call 512-703-1300 to make a referral or schedule an appointment for an initial screening. At the screening appointment, a RA1SE intake specialist asks questions about the individual's background and symptoms in order to provide a diagnosis and determine if the person is eligible for RA1SE. If the individual meets the eligibility requirements, they will be invited to enroll in the RA1SE program.

Who can participate in the RA1SE program?

People who meet the following criteria can participate in the RA1SE Program.

- Are between the ages of 15-30
- Have been experiencing unusual thoughts or behaviors, or hearing or seeing things that others don't for at least 1 week within the last 2 years
- Are not currently intoxicated or withdrawing from substances
- Are willing to be evaluated by a mental health professional
- Are Travis County residents

Who is on the RA1SE team?

The RA1SE team is made up of a licensed clinician, skills trainers, peer recovery specialists, an employment and education specialist, a family partner and a medical doctor. They work closely with each client to develop individualized treatment plans that meet their needs and help them reach their goals.



What services does RA1SE provide?

- Help coping with symptoms of psychosis for individuals and families
- Medications and physical health care
- Specialized care for individuals and families to help manage stress, cope with symptoms and avoid unnecessary hospitalizations
- Substance use recovery skills and interventions for detox and rehab
- Suicide prevention
- Family education and counseling to help understand what psychosis is and how to best support loved ones
- Help building positive relationships within families, social groups and professional life
- Independent living skills from basic hygiene and grooming to managing treatment while working full-time
- Help finding and keeping a job that match interests
- Support during school or help enrolling into college

What happens if the RA1SE program is full?

If the RA1SE program is full or someone doesn't meet the eligibility requirements, RA1SE staff work to connect individuals to other appropriate community services such as the Austin Child Guidance Center or Lifeworks. RA1SE staff also refer internally to other Integral Care programs such as Child and Family Services and Adult Behavioral Services, depending on the individual's need.

How can I learn more about RA1SE?

Call 512-703-1300 to get help or make a referral. Services are available regardless of ability to pay and can be provided in many languages.