

## Is this typical behavior?

Adolescence and the transition to adulthood can be a tough time.

Young people may begin experiencing changes in their mood or behavior.

Although these could be "typical" teenage behaviors, some changes could also be signs of a mental health concern.



Just like physical health problems, mental health problems can be treated. The earlier they are treated the better!



### Contact us!

- ✉ [capps@mednet.ucla.edu](mailto:capps@mednet.ucla.edu)
- ☎ 310-206-3466
- 🌐 [www.cappsucla.org](http://www.cappsucla.org)

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**Call us to schedule an initial screening evaluation.**

**¡Hablamos español!**

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**UCLA CAPPS**

**Center for the Assessment and Prevention of Prodromal States of Clinical High Risk for Psychosis**

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## What is CAPPS?

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CAPPS is a place for families and young people between 12-30 years old who are experiencing changes in their thoughts, perceptions, and feelings.

Our goal is to promote early treatment to help reduce worrying symptoms when they first arise.

As a clinical research program at UCLA, most of our services are free. No medical insurance is needed. We compensate you for your participation.

## Is CAPPS the right place for us?

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CAPPS serves young people experiencing changes such as:

- unusual beliefs: believing that their lives or events are being controlled by external forces



- suspiciousness: believing that others want to harm them



- perceptual abnormalities: seeing or hearing things that others do not



- sadness: isolating from others



- communication problems: responding to questions in ways that don't make sense



People who have a relative with a psychotic illness, like schizophrenia, are also encouraged to contact us.

## What does CAPPS offer?

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CAPPS participants may be eligible for:

- An initial screening assessment
- Periodic evaluations to monitor well-being
- Education and information about symptoms
- Family-focused therapy
- Teen and parent skills groups
- Psychiatrist consultations
- Specialized referrals and recommendations

Most of our services are available virtually throughout California.

