



OnTrackSD-Sioux Falls is an innovative early intervention service for youth and young adults age 16-30 years old. This program is for those who have recently started experiencing symptoms of psychosis and is sometimes referred to as FEP or First Episode of Psychosis.

Based on the program from OnTrackNY, our mission is to, *“Reduce duration of untreated psychosis and provide specialized early intervention services to promote long term recovery and reduce disability.”*

Some of the signs may include the following:

- Auditory Hallucinations (hearing things that other people don't hear)
- Visual Hallucinations (seeing things that other people don't see)
- Paranoid Feelings (feeling unusually afraid or suspicious)
- Having thoughts that seem strange to you or others
- Starting to withdraw from your family or friends

OnTrackSD helps people achieve their goals for school, work, and relationships by using the *Shared Decision Making* approach from OnTrackNY. Services are tailored to the needs of each individual. Working collaboratively, the individual and the team select the best mix of services and supports, including:

- Psychiatric treatment, which may include medication
- Individual and group psychotherapy utilizing Evidence Based approaches, including Cognitive Behavioral
- Supported vocational and educational services with an individualized approach
- Family education and support

The OnTrackSD- Sioux Falls Team Includes:

- Clinical Team Leader- Melissa Tauer, MS, LPC-MH, QMHP, NCC
- Team Coordinator- specializing in outreach/recruitment , intake, and program coordination
- Primary Clinicians/Clinical Therapists- providing individual and group psychotherapy, and family therapy
- Supported Education and Employment Specialist
- Psychiatrist and Nurse
- You & your loved ones- We view you as the most important part of our team! We will work closely with you to identify goals that are important to you and services that can help you accomplish these goals.

Here's what to expect for those who participate in OnTrackSD-Sioux Falls:

- Treatment and support services for approximately 2 years, based on needs and preferences
- Medication treatment if you and your doctor decide that it is needed
- Help finding a job or completing school

We accept referrals from hospitals, schools, other community agencies, family members, or self-referrals. Referrals can be made in the following ways:

- Contact the Team Coordinator -Andrea Heronimus at 605-336-0503, or directly at 605-271-2349
- Email the OnTrackSD-Sioux Falls Team at: ontracksd@southeasternbh.org

