



OnTrack of the Heartland

The Heartland Family Service **OnTrack of the Heartland** program is an innovative team approach to providing recovery-oriented counseling and treatment for teens and young adults ages 14-35 who have recently begun to experience psychosis.

Some of the signs that you or your loved one may be experiencing psychosis include:

- A change in behavior, such as isolation, irritability, and/or loss of interest in activities
- Disorganized thinking
- Feeling unusually afraid or suspicious (paranoia)
- Hearing things that other people don't hear (auditory hallucinations)
- Seeing things that other people don't see (visual hallucinations)

Philosophy of Care

At **OnTrack of the Heartland**, we believe that these experiences are treatable. With the right help at the right time, individuals can continue their journey through life, enjoying relationships and meaningful school and work experiences.

Services

The **OnTrack of the Heartland** team tailors treatment plans to meet the needs of each individual. The individual collaborates with the team to select the best mix of services and supports, such as:

- Assistance and support in employment and/or education goals
- Care coordination
- Education and support for families
- Individual therapy
- Medication management using shared decision making

Eligibility

The **OnTrack of the Heartland** program is available to residents of Cass, Dodge, Douglas, Sarpy, and Washington counties in Nebraska. Request a referral from your mental health provider.

Contact: (402) 552-7003 or
OnTrackoftheHeartland@HeartlandFamilyService.org



This program is a partnership with Community Alliance and is supported by \$70,000 from the CFDA 93.958 Block Grants for Community Mental Health Services, award #SM010034-14 from the Substance Abuse and Mental Health Administration and the Department of Health and Human Services via Region 6 Behavioral Healthcare. Medicaid and private insurance offset treatment-related expenses when applicable.



9.18

Central Administration Office

2101 S. 42nd Street, Omaha, NE 68105

PH: (402) 552-7003 | FX: (402) 552-7497

OnTrackoftheHeartland@HeartlandFamilyService.org

HeartlandFamilyService.org

HEARTLAND
family Service
Good works.