



## UCLA Aftercare Program



*Researchers at the UCLA Aftercare Research Program are conducting studies to learn how improved treatment might help the lives of people with a recent first episode of a psychotic disorder.*

### What is the Aftercare Program?

- An outpatient research clinic that provides free treatment and assessments for patients who are participating in clinical research designed to develop more effective treatments.
- Specializes in the treatment of patients who have recently had a first episode of psychotic symptoms.
- Additional information is on our website:  
<http://www.semel.ucla.edu/aftercare>.

### Who is Eligible?

Individuals between the ages of 18 and 45 who had a recent first episode that included hallucinations, delusions, or formal thought disorder are potentially eligible for the research study.

### What is involved?

**Medication.** Medications are a crucial and necessary part of your recovery. You will be assigned a board-certified psychiatrist for medication management. All medication visits are of no-cost to you, but you will be responsible for the cost of the medications prescribed via insurance, out of pocket, etc.

**Cognitive Training.** All patients will also participate in cognitive training designed to enhance concentration, memory, and problem solving. An additional "Bridging Group" will apply these skills to work or school. Social support and self-help materials available only to study participants are provided on-line. Half of all patients will also participate in a home aerobic exercise program for

2 1/2 hours per week and the other half of the UCLA Aftercare Program patients will participate in a group to learn healthy living skills.

**Assessments.** To keep track of your progress in the research program we will ask that you participate in regular interviews and questionnaires. In addition, every six months we will ask you to participate in a larger group of assessments. Some assessments may include an MRI brain scan. You will receive \$25/hour for the larger group of assessments.

**Appointments.** Please call (310) 206-3142 to schedule an eligibility appointment. If eligible, you initially will be seen on Mondays, and after a few months will be seen on both Tuesdays and Thursdays. For your convenience, almost all visits and assessments will take place via videoconferencing.

Emergency telephone contact with the Aftercare Program clinical staff is available 24 hours a day, 7 days per week, by calling (310) 206-3142 or, after daytime hours, by calling (310) 825-6301 and ask that an Aftercare Program staff member be paged.



## Who to contact?

If you are interested in participating or obtaining more information, call Rebecca Zornitsky, M.Sc., or Joseph Ventura, Ph.D. at (424) 225-1779.

## THE UCLA AFTERCARE RESEARCH PROGRAM

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