

I Started Hearing Voices in College



Back on Track:
Services to Support
School & Work Goals



Sam got kicked out of school during his final semester after experiencing a first break.



He had to leave school, and ended up quitting his job.



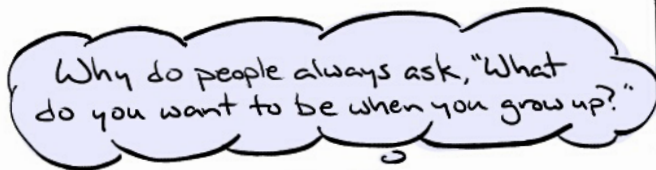
He felt paranoid and isolated...

hearing voices...



...and feeling like people were whispering about him.

He stopped talking to his friends and avoided places he thought he might run into his classmates from school.



It's only dumb because YOU don't have an answer!



Your brain is broken!



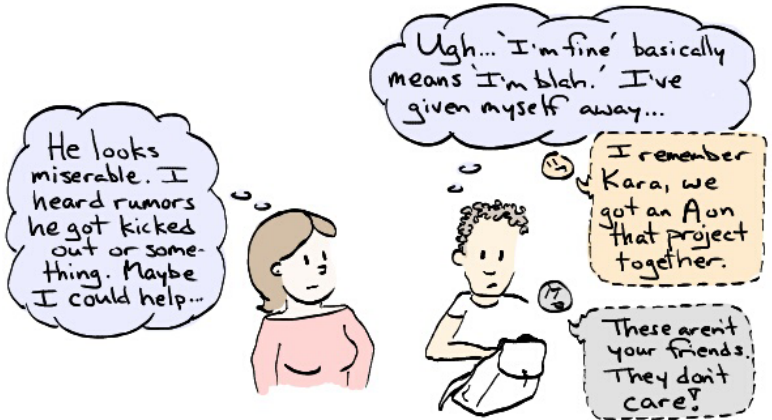
C'mon. Those people ask because they care!

Previously a straight-A student, Sam worried that his parents were disappointed.

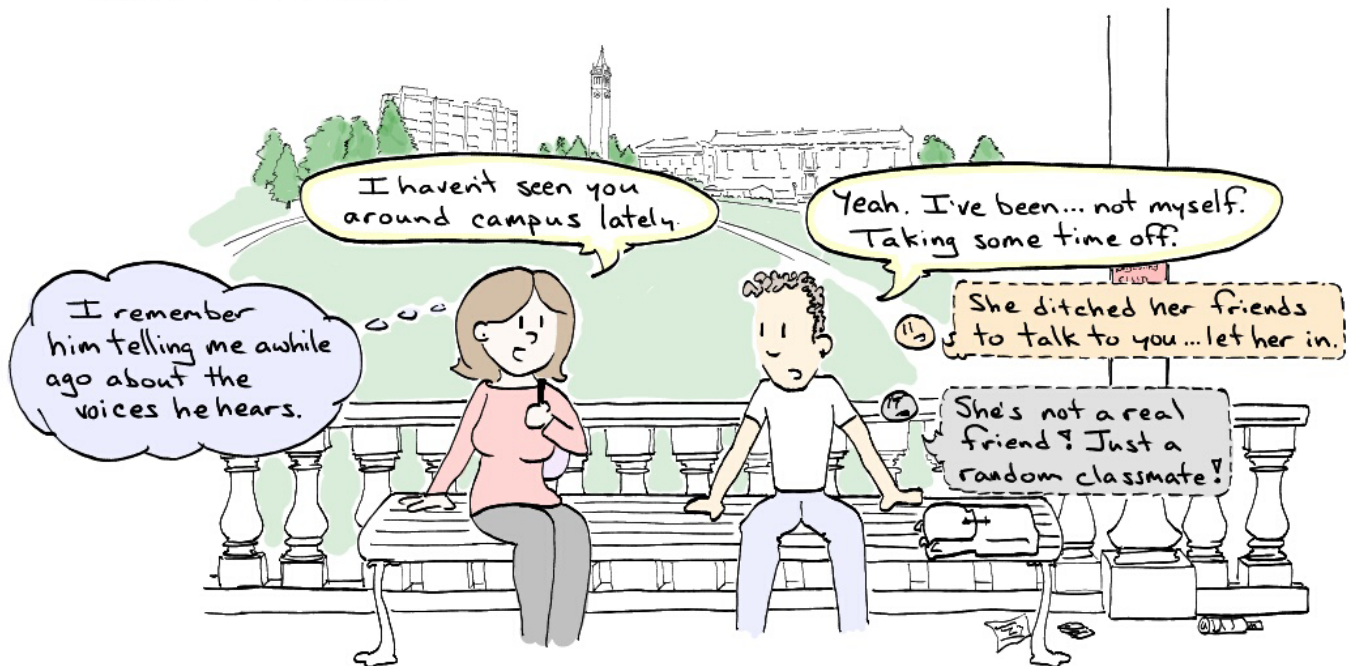




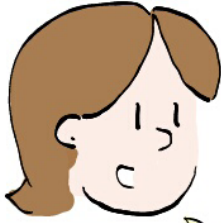
Kara and Sam had a few classes together freshman year, and both are engineering majors. They would sometimes hang out with mutual friends and see each other around campus.



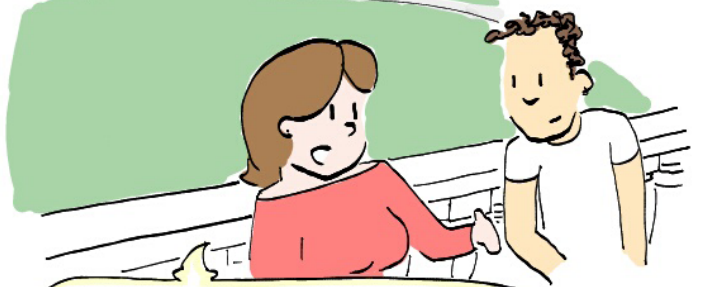
When Sam and Kara were project partners in their business class freshman year, Sam mentioned his experiences hearing voices to Kara.



Hey, I know we haven't had a class together in awhile, but remember that project we worked on freshman year?



Well, I just want you to know I'm here. I have a friend in another class who started hearing voices and thinking people were following her...



...but her counselor connected her with an 'Employment & Education Specialist' who helped her get accommodations and deal with admin. She really likes him.

I really don't want to make him feel uncomfortable... just want to help. I know some people have horrible or generalized ideas about psychosis, but not all of us. Our friends want to see him... they're just not sure how to reach out. But they do care.



Awkward. I didn't know people knew... I dk. I guess it's nice to feel like people care.

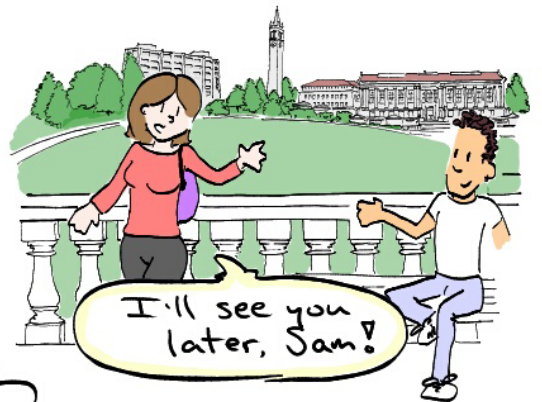
Anyway, Engineering Club is throwing a pizza party for orientation...



It'd be great to see you there.



Thanks.

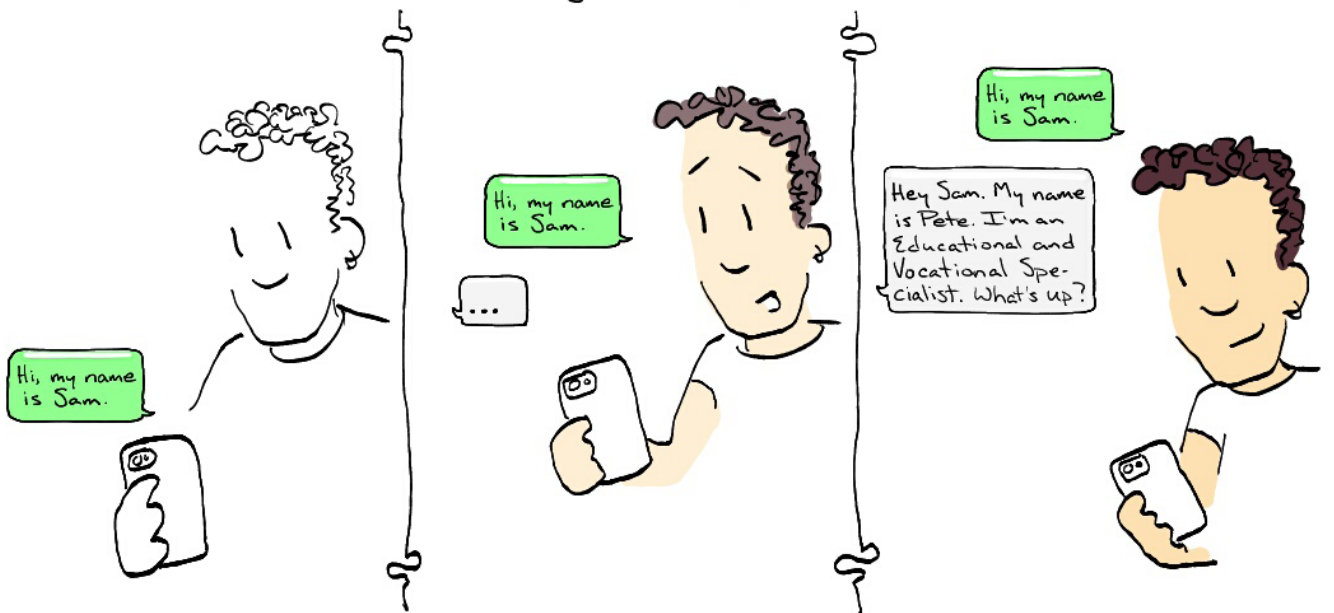


I'll see you later, Sam!

Thinking about what Kara said, Sam remembered something a therapist gave him.



Sam wasn't totally thrilled with the idea of professional help with school re-entry, vocational support, or peer support services. But for the first time in awhile, he felt encouraged and supported.





I left school. The voices got too much to handle. Not sure where to start

I used to get A's... now I have only C's and F's

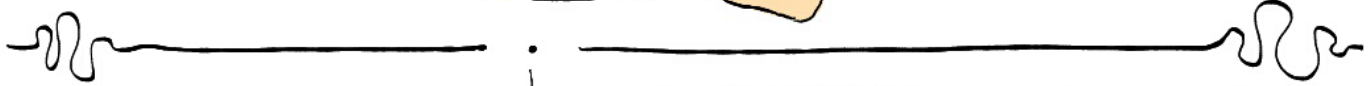
I hear ya Sam... I've been there myself, and I work with a lot of students...

Th And what do you think those F's are telling you?

Who are trying to figure out their school/work goals, and identity.

Well your grades don't reflect the whole you

It's not always easy.



In fact, our director at the Ed/Voc center was once in a similar spot as you...

How about telling me more about yourself? Your interests? Let's start from there...

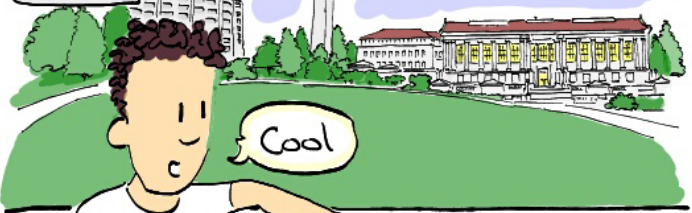
People told her once she should give up on her dreams and settle, but she didn't.

And then we can think about how we can get you back to school.

So...now what's she doing?

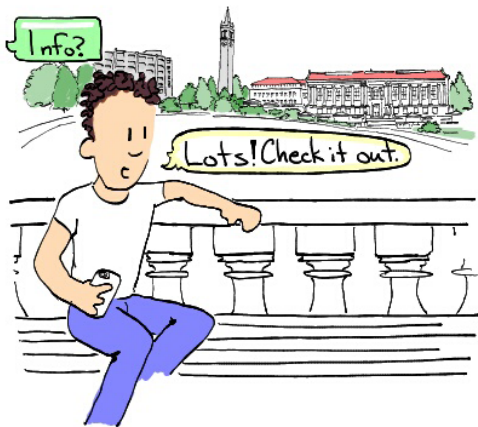
Cool?

She got her PhD, has a family and speaks around the country as an advocate



I guess that's pretty cool...





What are Supported Employment and Education Services (SEES)?

These services are for people who experience psychosis, providing support to get back on track with school or work. School support includes high school, GED, college or graduate school. Employment support includes full-time work, part-time work, or internships. These services are individualized, ensuring that the person feels supported in how they want to talk about their experience with psychosis and goals for the future.

How can a Employment and Education Specialist (EES) help?

- Applying for college or for college financial aid
- Accessing accommodations for support at school or at work
- Finding and applying for jobs
- Thinking through what you want to do career-wise, both short and long-term
- Exploring other aspects of career development that might be important to you



Why do Felton Early Psychosis Programs provide these services?

A major goal of early psychosis services is the functional recovery and community integration of emerging adults with first episode psychosis.

Our programs include dedicated supported education and vocational rehabilitation components so that many more young Americans will be encouraged and supported to enroll in institutions of higher education, including city and community colleges, four year universities, and graduate and professional programs and/or pursue competitive employment and start a successful career.

Need Support, or More Information?

A Felton Institute Project

Designed and Illustrated by Amanda Lipp & Chris Ferrell

Connect with your providers to see what options you have in your area.

You may also contact the Felton Early Psychosis programs (re)MIND[®], BEAM, and BEAM UP[®] at talktoremind@felton.org, or online at felton.org/early-psychosis for locations and program information.

To learn more about campus support, check out the series: *Back to School: Toolkits to Support the Full Inclusion of Students with Early Psychosis in Higher Education* by visiting felton.org/ccor