

# Recovery & Rehabilitation

While no cure for schizophrenia exists, many people with this illness can lead productive and fulfilling lives with the proper treatment.

- **Case management** helps people access services, financial assistance, treatment and other resources.
- **Psychosocial Rehabilitation Programs** are programs that help people regain skills such as: employment, cooking, cleaning, budgeting, shopping, socializing, problem solving, and stress management.
- **Self-help groups** provide on-going support and information to persons with serious mental illness by individuals who experience mental illness themselves.
- **Drop-in centers** are places where individuals with mental illness can socialize and/or receive informal support and services on an as-needed basis.
- **Housing programs** offer a range of support and supervision from 24 hour supervised living to drop-in support as needed.
- **Employment programs** assist individuals in finding employment and/or gaining the skills necessary to re-enter the workforce.
- **Therapy/Counseling** includes different forms of "talk" therapy, both individual and group, that can help both the patient and family members to better understand the illness and share their concerns.
- **Crisis Services** include 24 hour hotlines, after hours counseling, residential placement



# Resources

[National Alliance on Mental Illness](http://www.nami.org)

[www.nami.org](http://www.nami.org)

[National Institute of Mental Health](http://www.nimh.nih.gov)

[www.nimh.nih.gov](http://www.nimh.nih.gov)

[National Mental Health Association](http://www.nmha.org)

[www.nmha.org](http://www.nmha.org)

[ACCESS Unit](#)

**Children, Youth and Family Services**

**888-743-1478 or 888-743-1481**

[211 San Bernardino](#)

**Dial 211 to get information and referrals for health and social services.**

**Get connected with a live operator**

**24 hours a day, 7 days a week!**



County of San Bernardino  
Department of Behavioral Health  
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# Schizophrenia



County of San Bernardino  
Department of Behavioral Health

Tel: (800) 722-9866

# What is Schizophrenia?

Schizophrenia is a persistent and serious mental illness that changes the way the brain functions, and triggers dramatic changes in behavior.

It affects approximately 1% of Americans. Symptoms usually emerge in men in their late teens and early twenties. In women in their mid twenties to early thirties. Research shows that schizophrenia affects men and women equally and occurs at similar rates in all ethnic groups.

These experiences are terrifying and can cause fearfulness, withdrawal or extreme agitation.



# Signs and Symptoms

The signs and symptoms of schizophrenia include:

- Delusions: False or unreal beliefs
- Hallucinations: Hearing, smelling, tasting or feeling something that is not really there
- Disorganized speech and/or speaking less
- Bizarre behavior
- Thoughts of death or suicide
- Withdrawn emotionally from people
- A loss of interest in school or work
- Difficulty paying attention
- Lack of energy and motivation

# How is Schizophrenia Treated?

Schizophrenia is a serious and persistent mental illness that can be treated with medication, psychotherapy and rehabilitation.

Some medications help control many of the symptoms of schizophrenia. It is very important for consumers and their families to follow their treatment plans.

Some consumers with schizophrenia cannot live on their own. For these persons, group or cooperative housing and good medical and psychiatric care can help them lead satisfying and productive lives.

