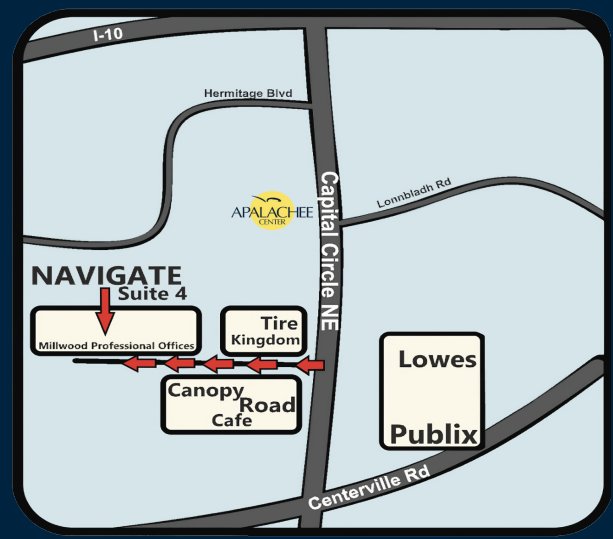




OUR HISTORY

Apalachee Center, Inc. has served the Tallahassee community since 1948. In 1977, services were expanded to include the surrounding seven counties, resulting in a service area that now spans across 5,500 square miles. We serve approximately 7,500 clients each year and employ over 500 individuals throughout our many facilities. We are currently the largest community mental health center between Pensacola and Gainesville. We serve as intern/resident sites for both Florida State University and Florida Agricultural and Mechanical University in areas that include pharmacy, psychiatry, social work, nursing, and psychology.



Apalachee Center's NAVIGATE Program

is located at:

2236 Capital Circle, N.E. Suite 104

Tallahassee, FL 32308

Hours: Monday through Friday 9am-6pm

If you or a loved one are interested in services with the NAVIGATE Program, give us a call today at:

Phone Number: (448) 200-1200

Please scan the QR code below with your mobile phone for directions.



NAVIGATE

Helping individuals live and thrive in the community

Phone Number: (448) 200-1200

ABOUT US

NAVIGATE is a comprehensive treatment program created to provide early treatment for people who have experienced a first episode of psychosis. NAVIGATE was developed with support from NIMH and has been implemented at over 60 sites within the U.S. and abroad.

Treatment is provided by a coordinated specialty care (CSC) team, which helps people and their families find their way to psychological and functional well-being through our wrap-around care services.

Our Mission

- **To instill hope in people recovering from first episode psychosis.**

With the use of therapy, medications, and other services.

- **To promote recovery and resiliency**

In areas of social/leisure functioning, role functioning, and well-being.

- **Improve illness management**

By teaching information about the symptoms of mental illness and ways to prevent relapse.

- **Foster social rehabilitation**

By working with individuals in the community.

- **Improve employment and education outcomes**

By helping individuals meet employment/education goals.

- **Assist with basic needs and Psychiatric Rehabilitation**

Helping individuals connect with community resources through collaborative team services and support.

SERVICES

The NAVIGATE Program at Apalachee Center is a collaborative team that offers various services to help and give support to our clients and their families.

- **Family Education Services**

The Family Education Clinician teaches families about psychosis and its treatment, aims to reduce family stress by improving communication and problem-solving skills, and encourages medication adherence.

- **Individual Resiliency Training (IRT)**

The IRT specialist focuses on helping clients achieve personal goals through developing their resiliency and learning skills to manage their symptoms and improve functioning.

- **Supported Employment and Education (SEE) Services**

The SEE specialist works with clients to achieve their vocational or educational goals.

- **Individualized Medication Management**

The Prescriber performs diagnostic assessments and provides treatment through medications as part of the team by collaborating with clients and their families regarding medication treatment.

- **Case Management**

NAVIGATE provides case management, which often includes assistance in accessing housing, transportation, and other community resources.

- **Peer Support**

The Peer Specialist is a professional who has gone through similar circumstances and offers coaching, consultation services, and recovery strategies.

ELIGIBILITY

Individuals who qualify for NAVIGATE services:

Are between 15 - 40 years of age.

Show behavioral or emotional signs or symptoms that may indicate the presence of, or risk for, a major psychiatric disorder, and has received a therapeutic level of antipsychotic medications for less than one year.