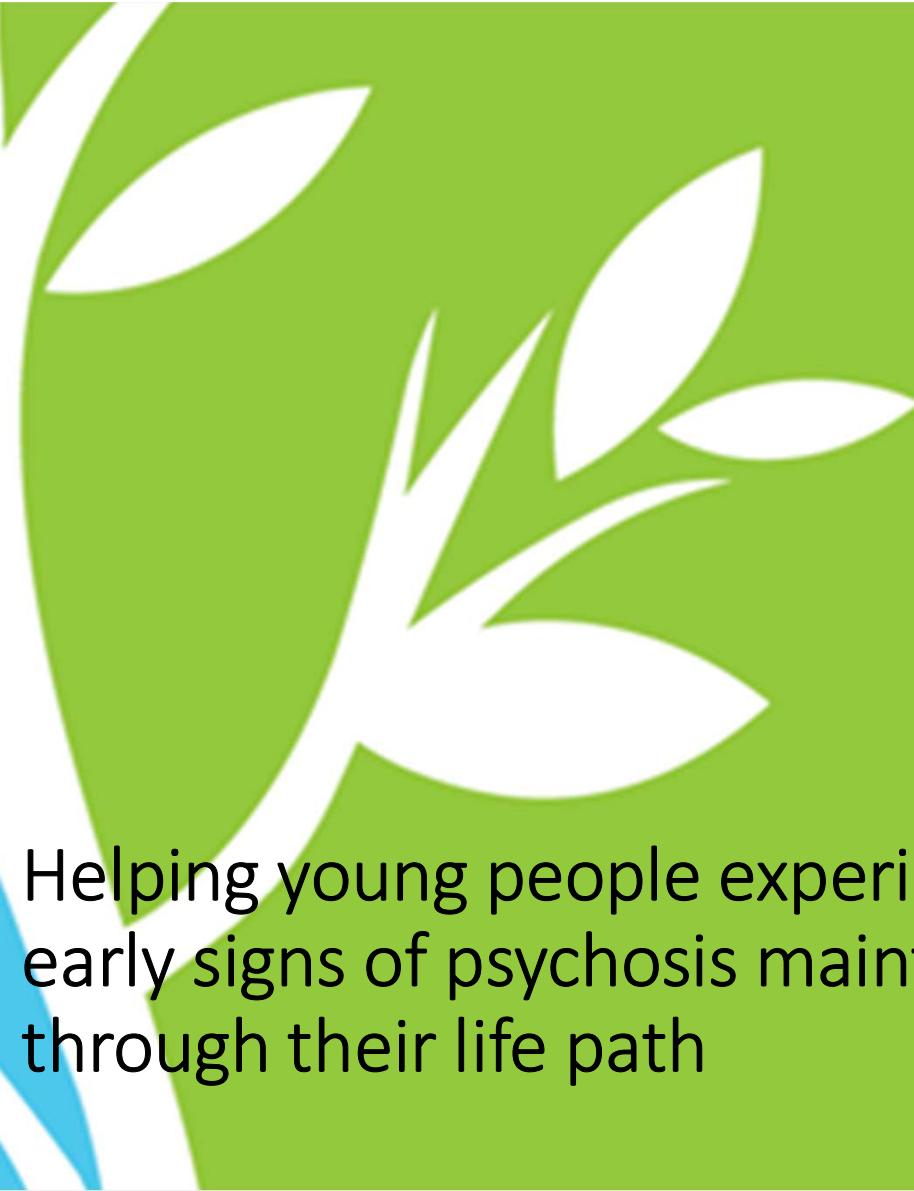


A stylized graphic of a plant with several white leaves on thin stems, set against a blue background.

LIFE Path
Lasting
Independence
Family
Empowerment.

A stylized graphic of a plant with several white leaves on thin stems, set against a green background.

Helping young people experiencing the
early signs of psychosis maintain hope
through their life path

Agenda

- What is Psychosis?
- Who Experiences Early Psychosis? Psychosis Risk Syndromes.
- Why Early Intervention is Important?
- Services Provided at LIFE Path
- Questions



What is Psychosis?



Psychosis is a brain condition characterized by a disconnection from reality, which if left untreated can cause permanent damage and affect a person's quality of life.



Individuals may experience perceptual abnormalities, difficulty distinguishing what's real vs. imaginary (hallucinations or delusions).



Other symptoms include disorganized thinking/speech, difficulty focusing, and changes in behavior.



Psychosis can be present in mood disorders and in schizophrenia spectrum disorders. Other causes include substance use or medical conditions.



Treatment typically involves a combination of medication, therapy and support services.

Who Experiences Early Psychosis

 Early onset symptoms generally occur between the ages of 12-25. 3/100 individuals in this age group will experience psychosis.

 Family history of psychosis.

 High levels of stress , trauma, stressful or major life changes can trigger prodromal symptoms.

 Substance abuse can increase the risk or trigger onset symptoms in individuals who have a predisposition to psychosis.

 Studies suggest males are more likely to experience psychosis than females.

Psychosis risk syndromes

conditions where individual exhibit symptoms that suggest they are at risk of developing a full-blown psychotic disorders such as schizophrenia.



1. Attenuated Psychosis Symptoms(APS): Individuals experience mild, subthreshold psychotic symptoms, such as unusual thoughts or perceptions, but do not meet the full criteria for a psychotic disorder.

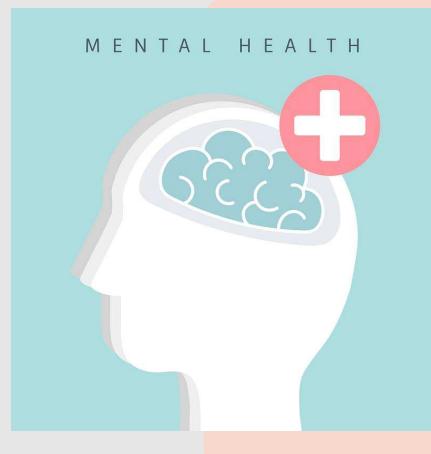


2. Brief Intermittent Psychotic Syndrome (BIPS):individuals experience brief episodes of full-blown psychotic symptoms like seeing or hearing things that aren't there, but these episodes go away on their own without treatment.



3.Genetic Risk and Functional Decline (GRD): These include factors such as family history of psychosis, a decline in social or occupational functioning and experiencing significant stress or trauma.

Why Early Intervention is Important?



Better long-term outcomes, improved symptoms management, reduced relapse rates and better social and occupational functioning.



Each psychotic break damages the brain!
Reducing the duration of untreated psychosis is important!

Reduced duration of untreated psychosis (DUP):
leads to better treatment response and potentially reduce the severity of symptoms.

Improved quality of life by addressing symptoms early individuals can experience an improved quality of life and better overall well-being.



Tips for Communicating with Someone who is experiencing Psychosis



1. Validate, don't dismiss

- DONT say: That's not real. You're being paranoid.
- DO say: I can see this is really upsetting for you. How can I support you right now?



2. Keep it simple and calm

- Use short, clear sentences (avoid over-explaining).
- Give time for responses (processing can be slow).
- Don't argue or reinforce delusions.



3. Use supportive body language

- Non-threatening body language- Stay calm and neutral.

What is LIFE Path?

LIFE Path is a coordinated specialty care program that provides effective culturally diverse treatment for transitional-age youth and adults (14-25) experiencing early psychosis symptoms or have experienced a psychotic break within the last 2 years.

offering the following services:

- Specialized early psychosis screening
- Assessments
- Treatment planning
- Individual Therapy
- Family Education/Support
- Multi Family and Social Skills groups
- Medication Services
- Community Outreach/Education

Living with Schizophrenia

https://youtube.com/watch?v=C7Jl9_59tfY&si=saJh1GhMTh1C7MeI

Questions?

Contact Us!

209-312-9580

1700 McHenry Village Way, Suite
14, Modesto, CA 95350.

