



PREVENT
MENTAL ILLNESS
WITH EARLY DETECTION

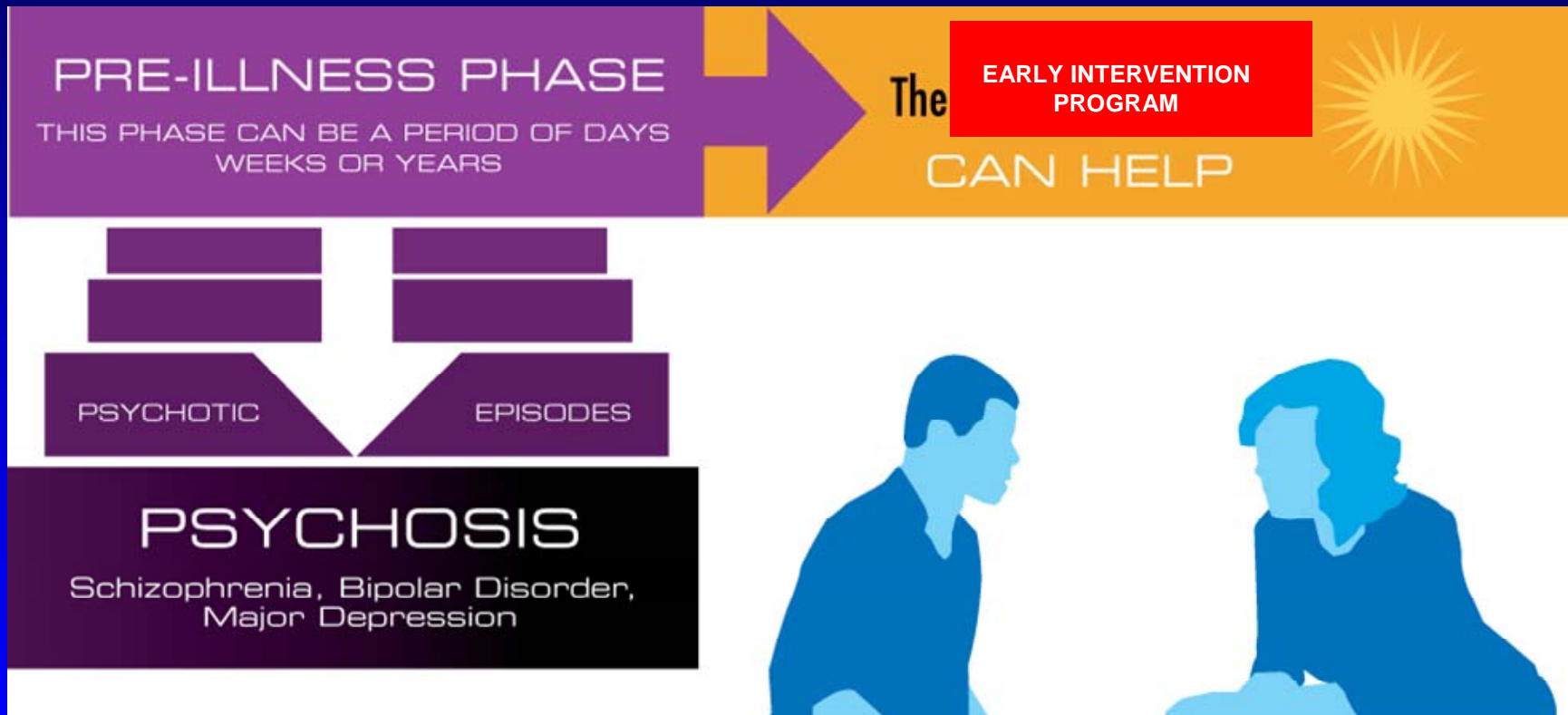
www.preventmentalillness.org

Understanding mental illness

OUR MISSION

**Reduce the incidence
of mental illness
(schizophrenia and bipolar disorder)
in Washtenaw County through
early detection**

Early Detection Makes a Difference



What is psychosis?

Any of a number of
symptoms indicating
**loss of contact
with reality**

Symptoms indicating psychosis

Hallucinations

Hearing voices or seeing visions

Delusions

False beliefs or marked suspicions of others

Disorganized thinking

Jumbled thoughts, difficulty concentrating

Early symptoms of psychosis do not imply diagnosis

Psychosis can occur with:

Bipolar disorder

Major Depression

Schizophrenia

OCD

PTSD

Infections or other organic brain disorders

Drug Induced (prescription or street drugs)

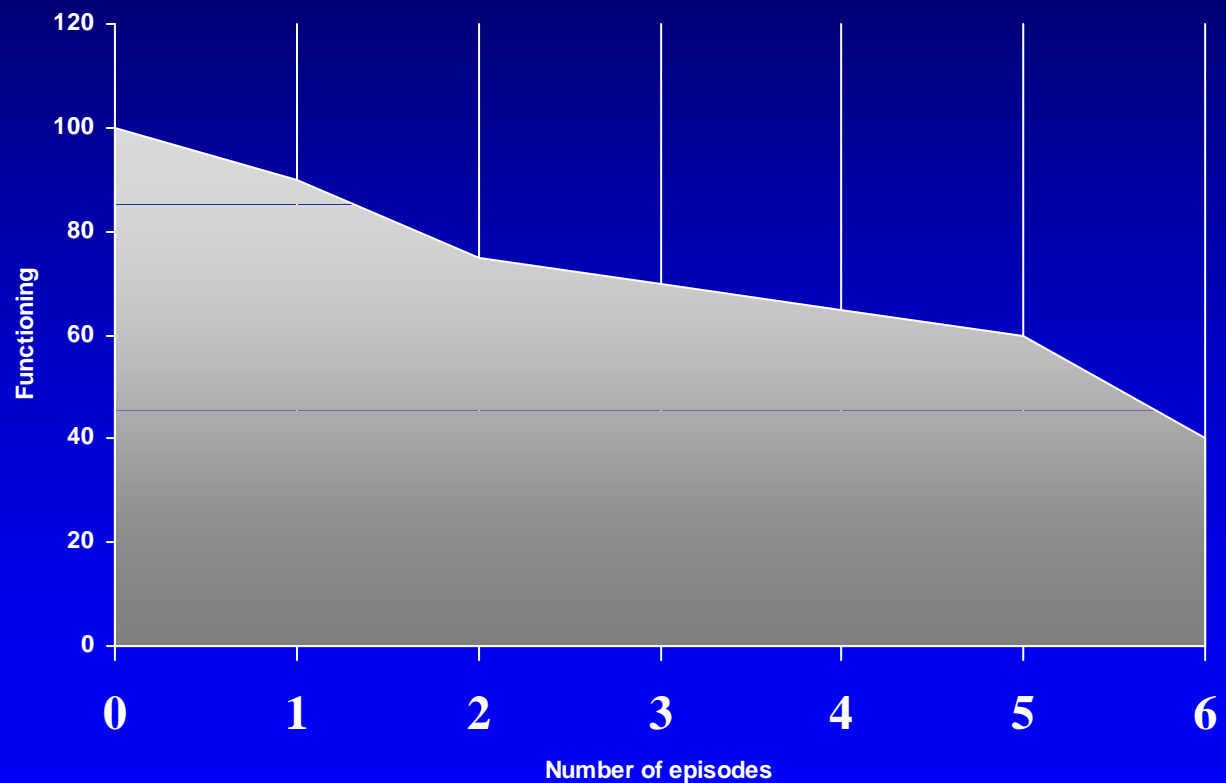
Why Early Detection and Identification?

The duration of untreated psychosis (DUP) in the US and Europe is from 1-2 years.

Research shows that the DUP correlates with increased problems with cognitive functioning impacting academic, vocational, and social success.

Current treatment “waits” for the acute stage of illness!

Functioning as an effect of psychotic episodes





Psychosis and the Brain

Affects the functioning of the prefrontal cortex

Can be viewed as disturbance in the attention and arousal systems in the brain

Effects:

Filtering: ability to ignore or inhibit response to irrelevant stimuli

Processing: Ability to perceive and process relevant stimuli rapidly

Establishing a cognitive “set”: organization of channels for perception and action

Signs of prodromal psychosis

A clustering of the following:

- A significant deterioration in the ability to cope with life events and stressors
 - Decrease in work or school performance
 - Decreased concentration and motivation
- Withdrawal from family and friends
- Decrease in personal hygiene
- Depression or anxiety

Signs of prodromal psychosis

Marked changes in behavior, thoughts and emotions, such as:

- Unusual perceptual experiences
- Heightened perceptual sensitivity
- Magical thinking
- Unusual fears
- Disorganized or digressive speech
- Uncharacteristic, peculiar behavior
- Reduced emotional or social responsiveness

Risk factors

Onset is typically between ages 12-35
(average age 17-18)

Symptomatic young people whose
parent or sibling has a psychotic illness
are at particular risk.

Young people with a history of social withdrawal
combined with bizarre thoughts or behaviors
are also at risk.

What this person may be experiencing...

- A desire to be alone *and* left alone
- Confusion
- Difficulty organizing thoughts
- Suspiciousness of others' intentions
- Sensory overload
- A feeling that “something’s not quite right”
- Fear associated with the mind “playing tricks”

Careful Assessment is Needed

These symptoms *CAN* look similar to:

- Depression or Anxiety
- Substance Abuse
- Reaction to abuse or trauma
- Attention Deficit Hyperactivity Disorder
- Reaction to family stress
- Learning Disabilities
- Pervasive Developmental Disorders

Early Intervention Offers:

- Phone consultation
- Assessment and engagement
- Education
- Crisis management
- Individual, family, multi-family group psychotherapy
- Medication therapies dependent on treatment protocols
- Monitoring, problem-solving
- Supporting professionals like you!



HOPE WITH EARLY TREATMENT

Be alert to early warning signs

Early identification and intervention is associate with:

- more rapid and complete recovery**
- preservation of brain functioning**
- preservation of psychosocial skills**
- decreased need for intensive treatments**
- preservation of supports**



Contact Information

Early Intervention Program

Hours:

8:30am – 4:30pm M-F

To make a referral, call:

(734) 971- 9605

www.preventmentalillness.org