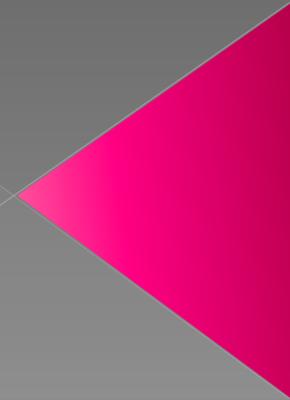




# Kickstart: Prevention and Early Intervention of Mental Illness

Prevention Today for a Better  
Tomorrow



# The Kickstart Program

- Community education to the general public
- Services to youth age 10-25 who are at risk for Schizophrenia, Bi-Polar Disorder with Psychotic features or Depression with psychotic features.
- Funded through San Diego County and MHSA (Mental Health Services Act)

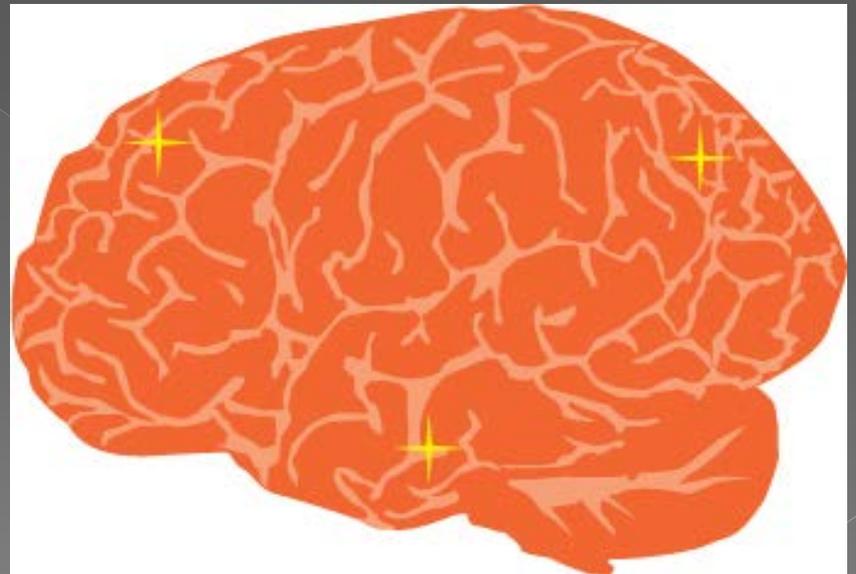


# Topics Discussed

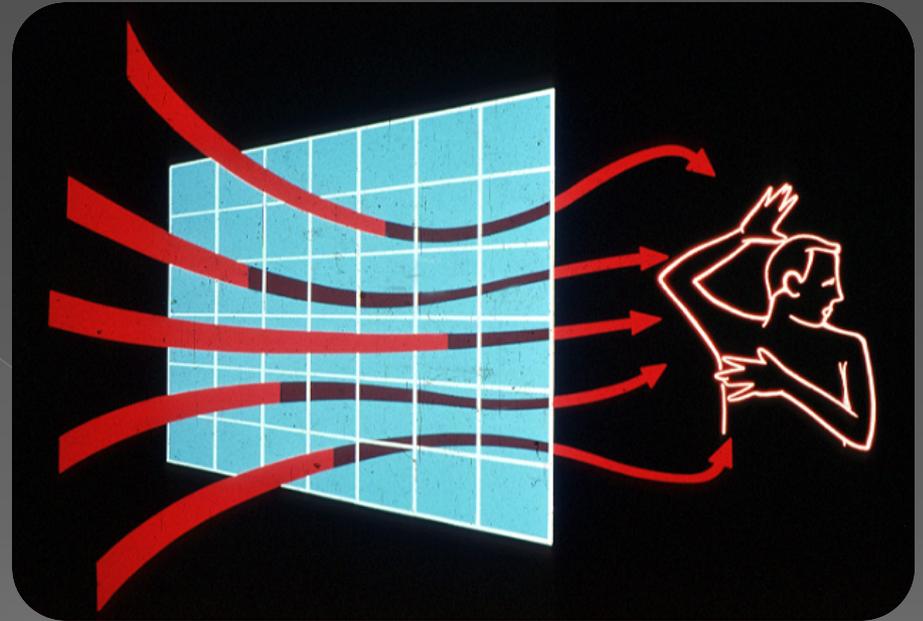
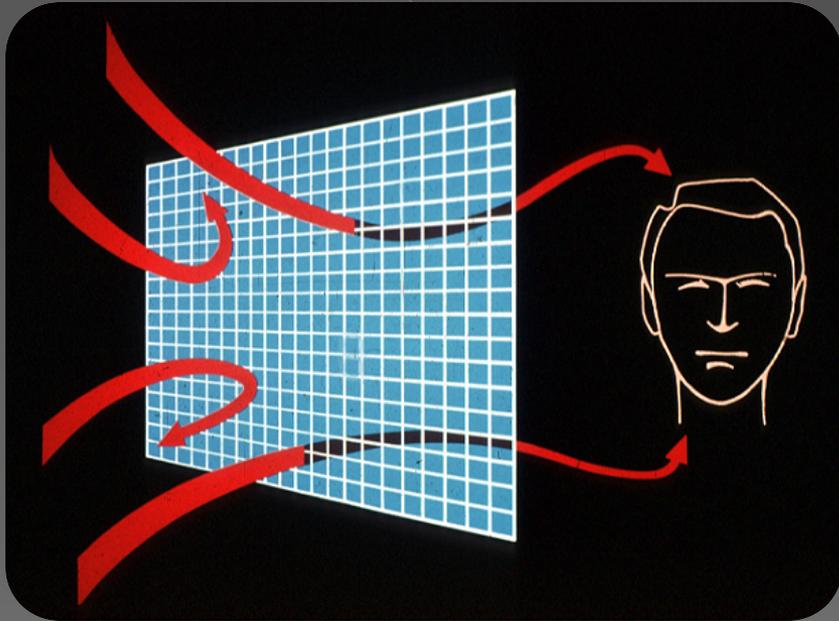
- ◉ Understanding Mental Illness
- ◉ Importance of Early Detection
- ◉ Learning Early Signs
- ◉ How To Get Help

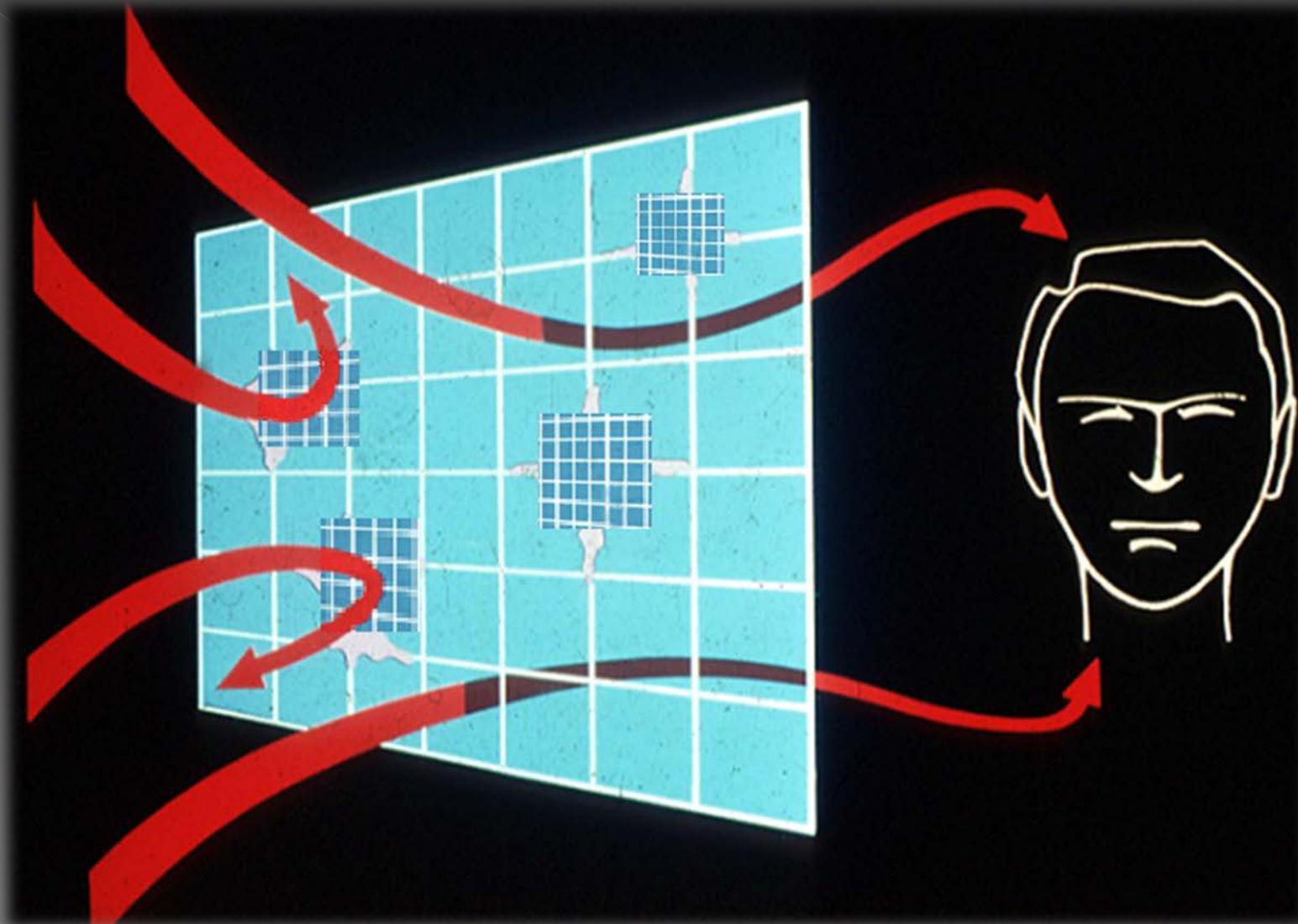
# What is psychosis?

- A brain based illness with a number of symptoms that suggest a *loss of contact with reality*
- 3 in 100 individuals.
- Starts in teens or early adulthood



# Role of Biology and Environment



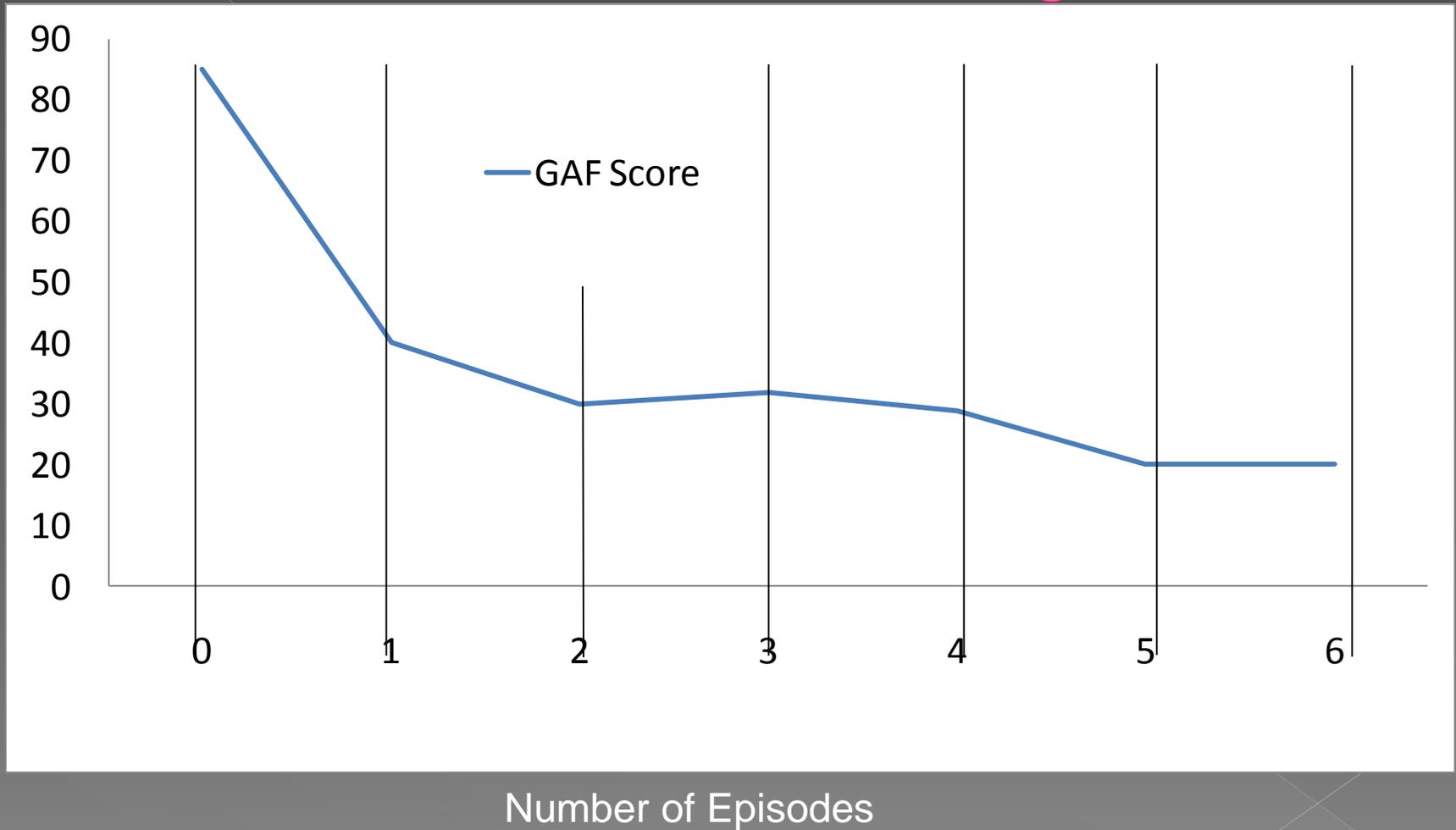


# Why early intervention is important.

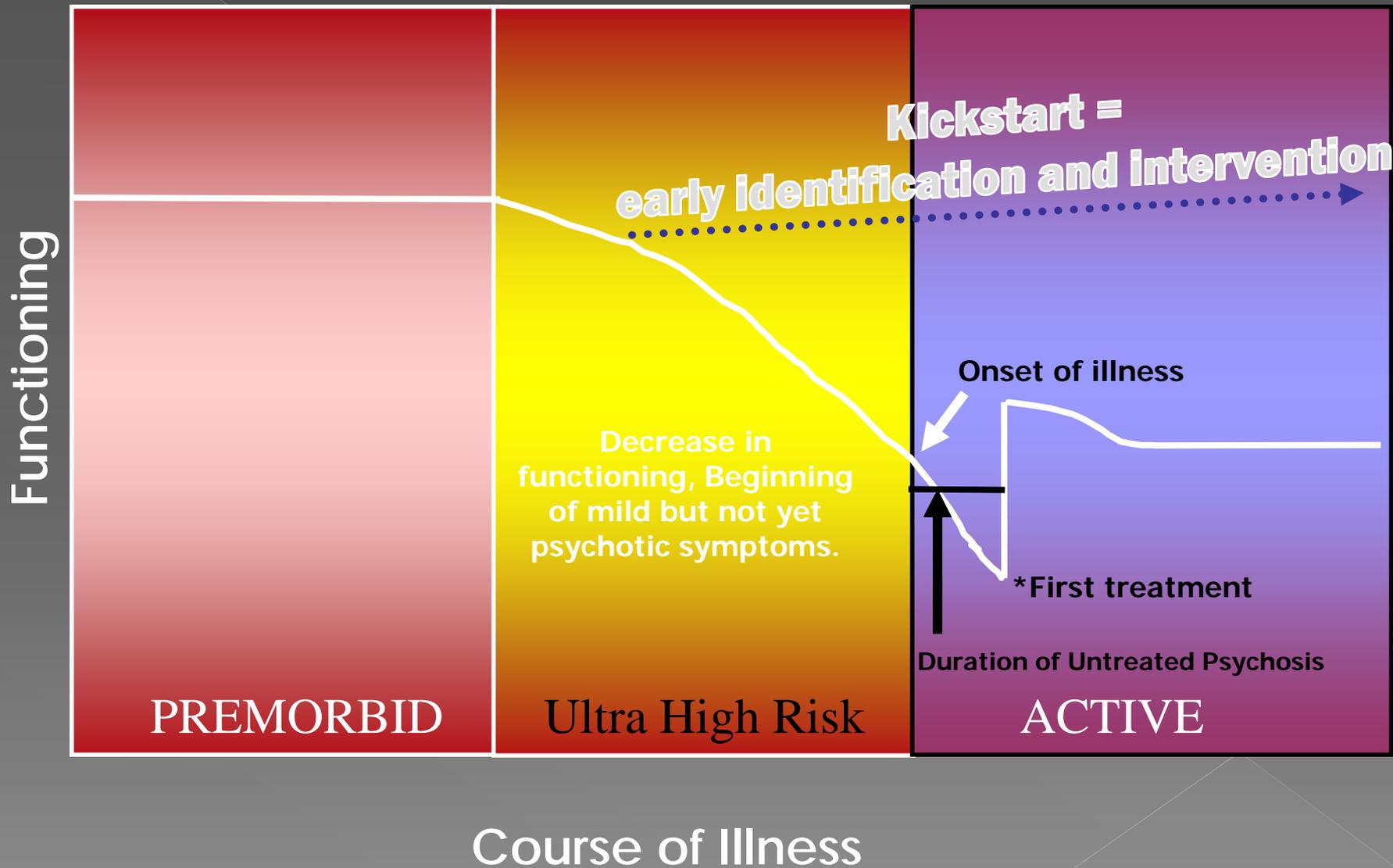


- Improved brain functioning
  - Better & faster recovery
  - Decreases need for more intensive treatment
- Improved coping skills
  - Self advocacy vs. inability to care for self
  - Avoids self medication through drugs
- Higher success in school & work
  - School success vs. failure & drop-out
  - Increased likelihood of keeping job & being successful adult
- Improved relationships with family & friends
  - Family understanding vs. conflict
- **Reduces suicide risk!**

# Effect of Psychotic Episodes on Functioning



# Phases of Schizophrenia



# Diagnosis Differential

- Schizophrenia
- Bipolar disorder with Psychotic features
- Major Depression with Psychotic features
- Drug induced Psychosis

# Psychosis Risk vs. Full Psychosis

Look for INSIGHT!

They Might Say....

- "I think it's my imagination."
- "He knows it's not real."



You Can Ask...

- "What do you think this is coming from?"
- "Do you think it's part of your imagination?"

# Ultra-High Risk Symptoms

- ▣ Heightened perceptual sensitivity
  - more intense sensory experience
    - Light, touch, sound
  - symptoms of anxiety or avoidance under stress
- ▣ Magical thinking
  - Child-like logic
  - Exaggerated opinions of self
  - Thoughts controlled from outside the body
- ▣ Unusual perceptual experiences
  - presence", shadows, ghosts
  - odd sounds
  - sensations and/or thoughts located outside the body



# Ultra-High Risk Symptoms

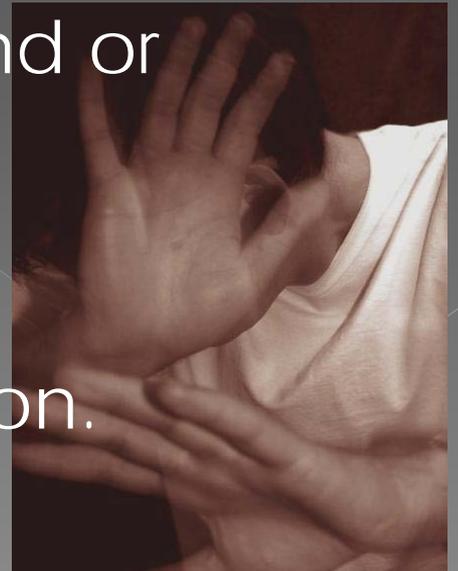
- ▣ Disorganized or digressive speech and thought process
  - Odd, circumstantial, tangential speech
  - Bizarre writings
- ▣ Uncharacteristic, peculiar behavior
  - Sudden change in hygiene
  - Risky behaviors that are outside of the norm
  - Change in peer group and activities
- ▣ Unusual fears
  - Marked guardedness, distrustful
  - Fear of harming others
  - Fear of mind-reading

# Ultra- High Risk Symptoms

- ▣ Significant deterioration in school/work functioning
  - Unexplained decrease in work or school performance
  - Decreased concentration and motivation
  - Decrease in the ability to cope with life events and stressors
- ▣ Withdrawal from family and friends
  - Loss of interest in friends, extracurricular sports/hobbies
  - Increasing sense of disconnection, alienation
  - Family alienation, resentment, increasing hostility, paranoia

# What the youth is experiencing

- ◉ Feeling disconnected, out of control, that things aren't real or quite right, or that things are happening to their thoughts.
- ◉ Hearing sounds or voices that others don't.
- ◉ Visual distortions: trails, ghosts shadows or wavy lines
- ◉ Heightened sensitivity to light, sound or touch; Decreased sense of smell.
- ◉ Difficulty in maintaining focus, concentration or memory.
- ◉ Extreme fear for no apparent reason.



# Behavioral concerns you will observe

- Difficulty speaking or understanding what others are saying
  - Uncharacteristic, strange behaviors or ideas
- Incoherent or bizarre writing
  - Anxious and depressed mood - isolation
  - Change in sleep, appetite or hygiene
  - Extreme withdrawal from friends and family
  - Dramatic deterioration in school or work functioning: Reading, Speaking, Coordination (sports), Attendance or Grades



# Psychosis Occurs on a Spectrum

## Grandiosity

Youth enjoys basketball and expects to attend college on a full scholarship.

Youth is heading to NY City because he believes he is talented enough to join the Knicks.

## Suspiciousness

Young woman goes to the mall and feels like people are looking at her.

She refuses to go to the mall because she is certain that a specific person is out to harm her

## Hallucinations

Hearing indistinct buzzing or whispering

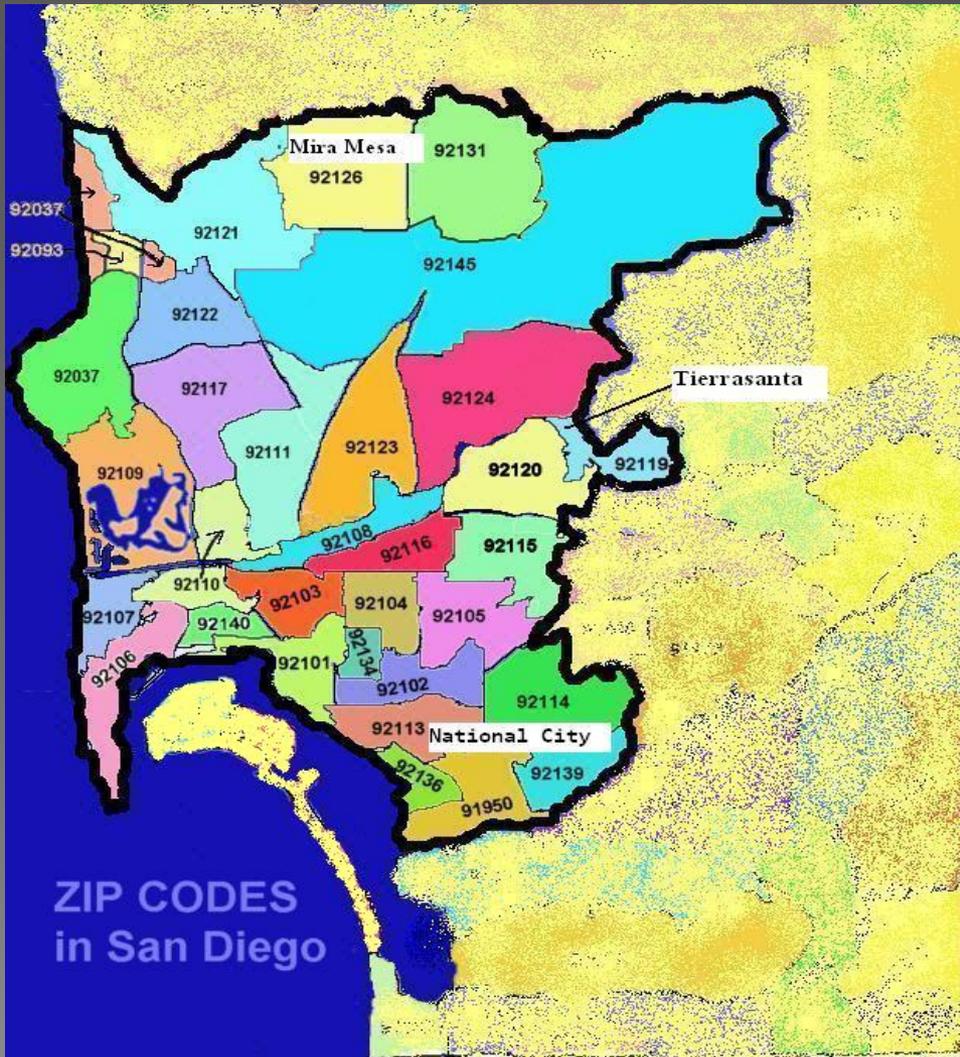
Hearing a voice clearly outside your head saying, "You're a loser" or "You're a failure."



# Topics Discussed

- How Kickstart can help...

# Kickstart's Service Area



Northern Restrictions:

56 Freeway or Carmel Valley

Eastern Restrictions:

125 Freeway or El Cajon

Southern Restrictions:

54 Freeway or Chula Vista

# Overview of the Treatment for early psychosis

- ◉ Multifamily Group
- ◉ Education and Employment Support
  - ◉ Cognitive and OT Support
  - ◉ Supportive Counseling
- ◉ Medication Management

# Supportive Counseling

- Individual Counseling
  - Cognitive Behavioral Therapy
  - Motivational Interviewing
  - Functional Support

# Medication Management

- Medication Management-

In the prodromal phase it is indicated that Omega-3 fatty acids can significantly reduce symptoms. If the individual experiences a psychotic episode then anti-psychotics may be indicated.

# Occupational Therapy

- The occupational therapist works with the treatment team to identify a client's strengths and sensitivities. Based on an occupational therapy evaluation, the occupational therapist will make recommendations to support the client's goals.
- The occupational therapist collaborates with the employment specialist for both supported education and supported employment. For example, the occupational therapist may recommend strategies to enhance school performance based on a client's learning style and sensory preferences. Similarly, the occupational therapist can enhance success in a work setting by recommending ways to structure tasks, the environment, and the amount and type of supervision based on the client's strengths and needs.

# Why Focus on Multifamily Group?

- People want information to help them better understand symptoms and behaviors.
- Young people generally want and need the support of their families.
- Families usually want to be a part of recovery.
- People want to develop skills to get back into the mainstream of life.

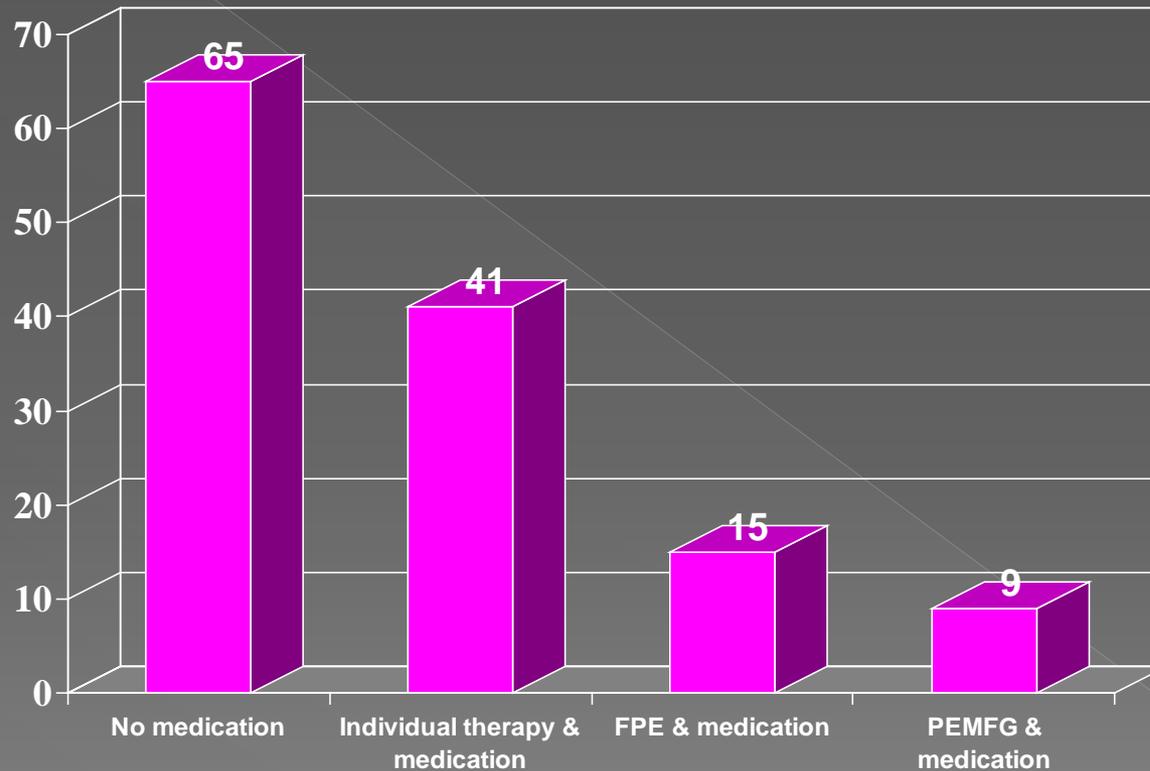
# Positive Outcomes from FPE

- ◉ The consumer and family work together towards recovery.
- ◉ Can be as beneficial in the recovery process as medication.

# Research with Family Psychoeducation

- This treatment is an elaboration of models developed by Anderson, Falloon, McFarlane, Goldstein and others.
- Outcome studies report a reduction in annual relapse rates for medicated, community-based people of as much as 75% by using a variety of educational, supportive, and behavioral techniques.

# Relapse outcomes in clinical trials



# What happens in referral process

- Phone: Consultation, info on program, eligibility & criteria
- Confidential SIPS Assessment by certified professionals
- Individualized Treatment planning



# What happens at Kickstart?

## EARLY & EVIDENCE-BASED TREATMENT

### Intensive team: 24 hour availability

- Multi-family groups
  - Psycho-education/Problem-Solving
- Individual/Family psychotherapy
- Psychiatric services/Medication options
- Occupational Therapy
- Education & Employment support
- Substance abuse support
- Nursing services
- Peer support/mentoring
- Office and home-based services



# Get Connected!!!

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