




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)

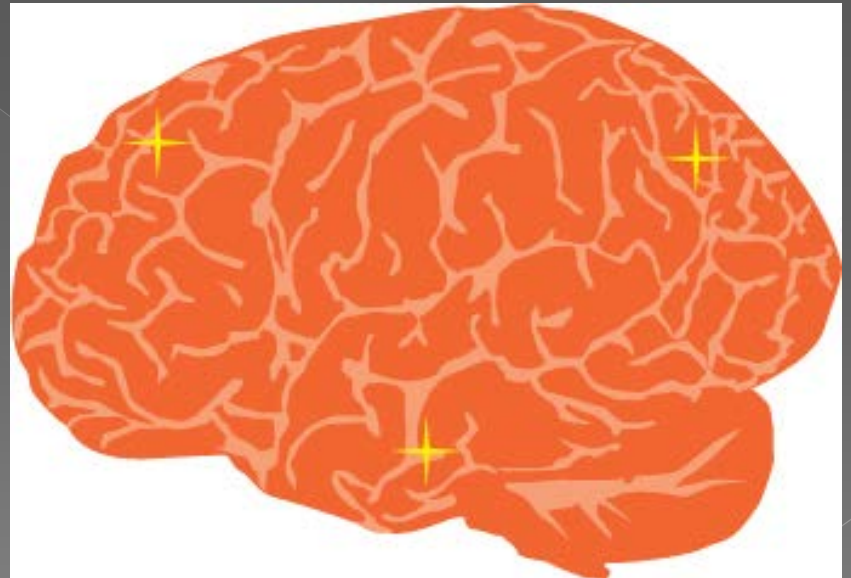


Topics Discussed

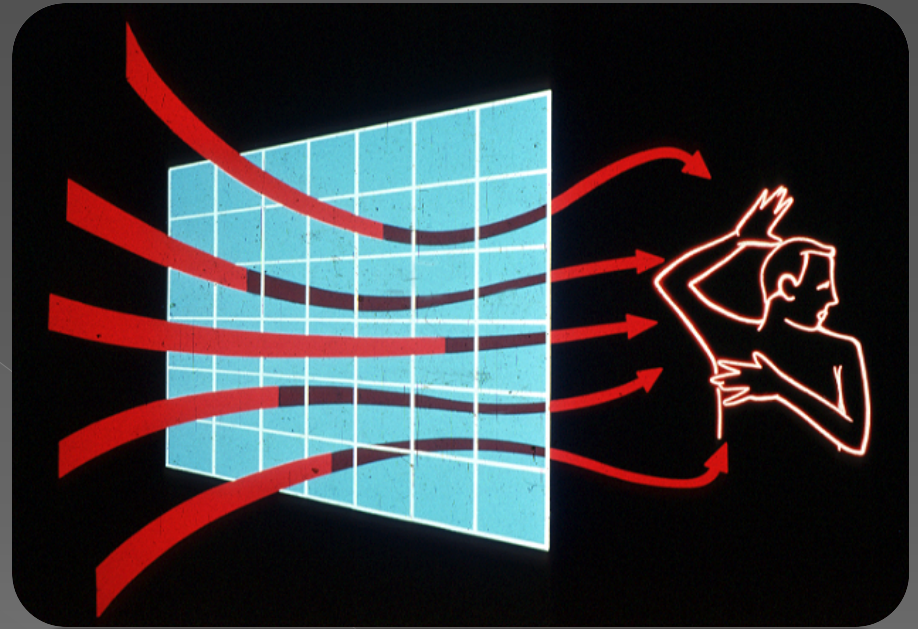
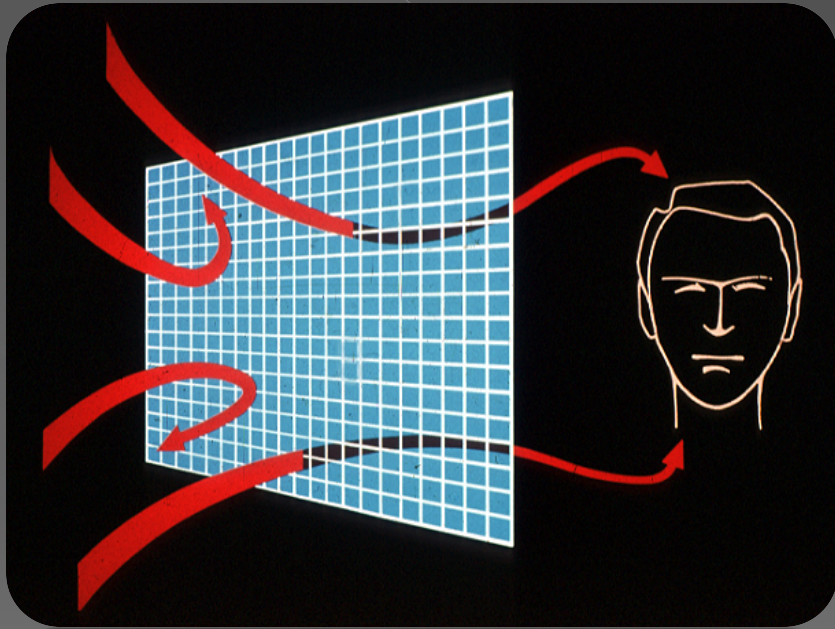
- ◉ Understanding Mental Illness
- ◉ Importance of Early Detection
- ◉ Learning Early Signs
- ◉ How To Get Help

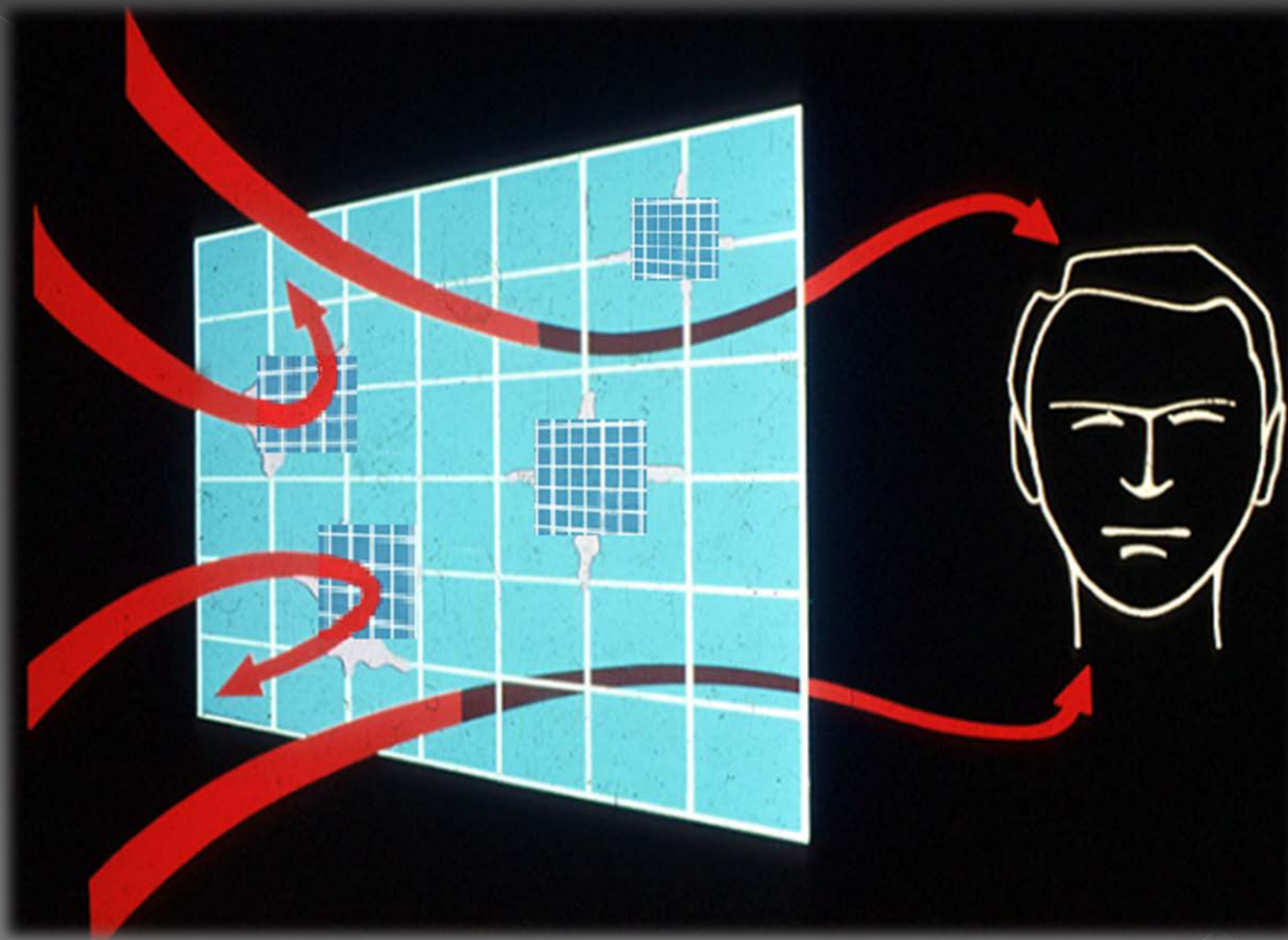
What is psychosis?

- 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



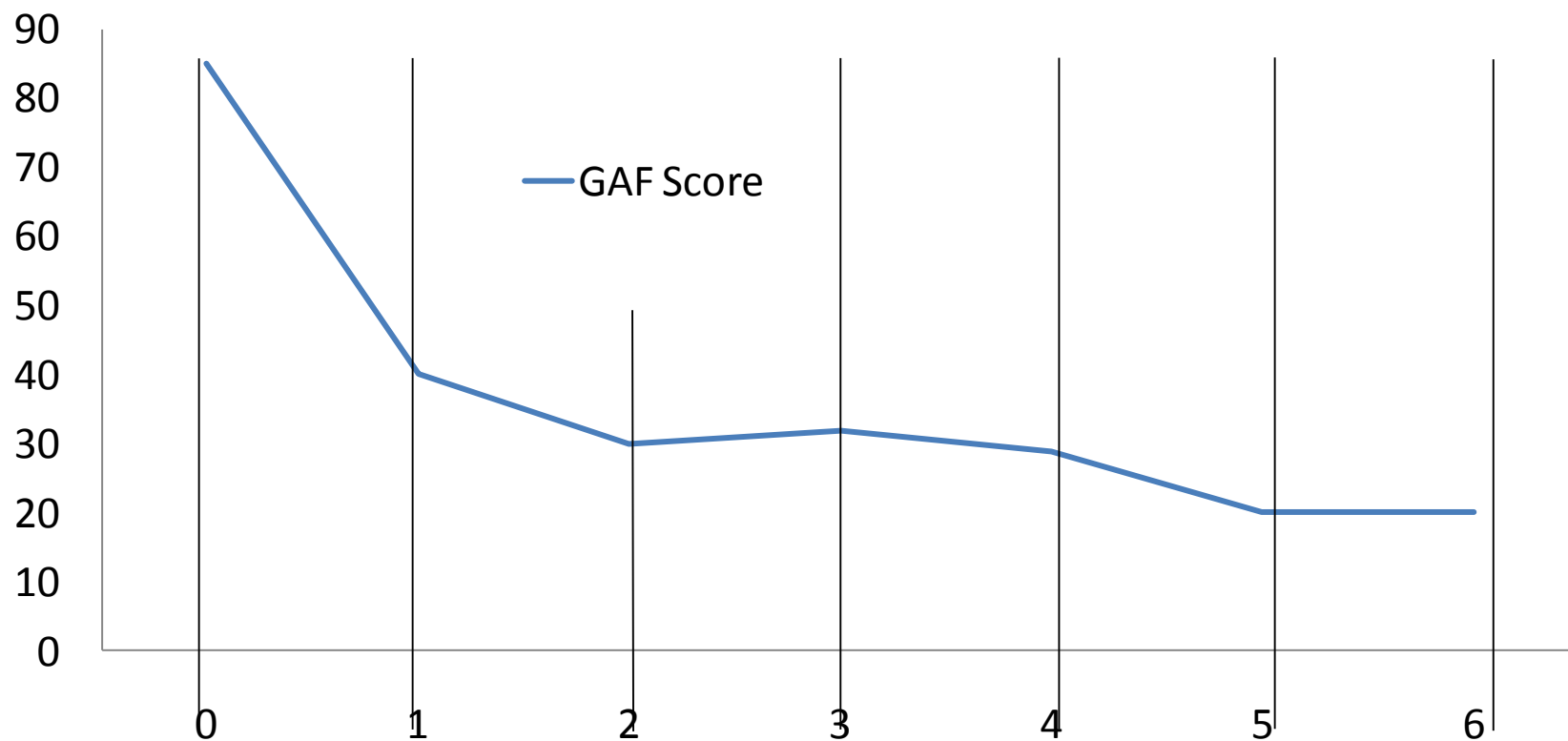


Why early intervention is important.



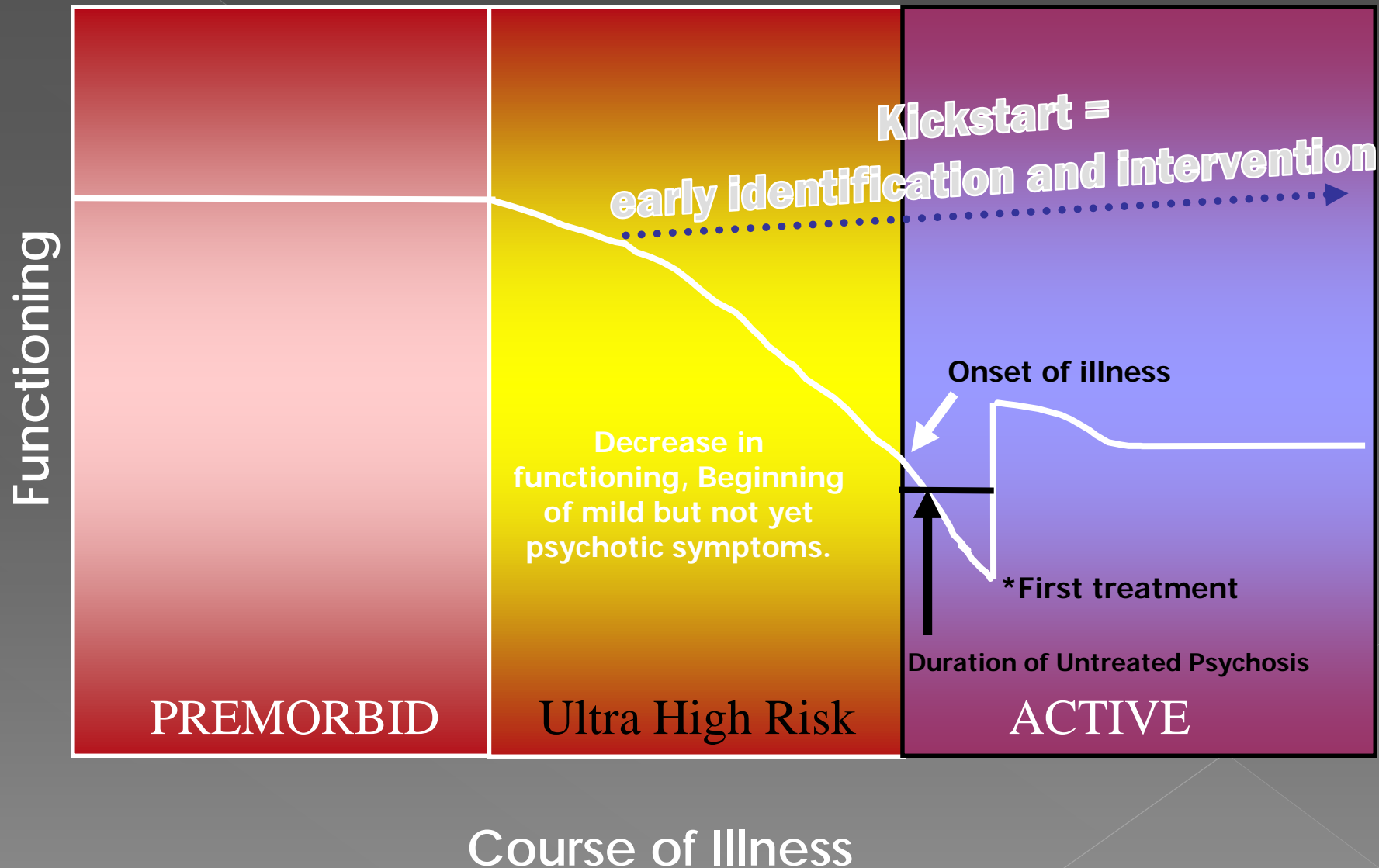
- Improved brain functioning
 - Better & faster recovery
 - Decreases need for more intensive treatment
- Improved coping skills
 - Self advocacy vs. inability to care for self
 - Avoids self medication through drugs
- Higher success in school & work
 - School success vs. failure & drop-out
 - Increased 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



Number of Episodes

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

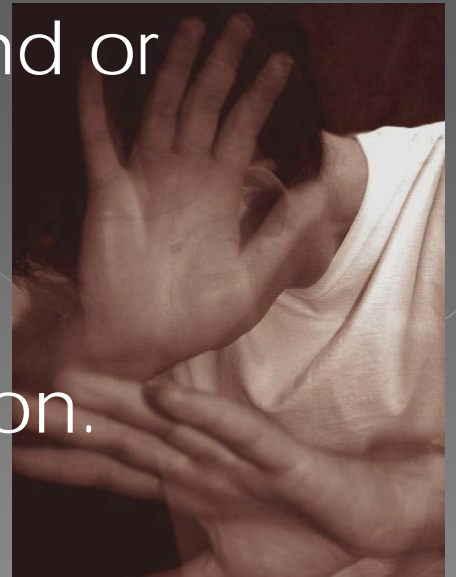
- ▣ Disorganized or digressive speech and thought process
 - Odd, circumstantial, tangential speech
 - Bizarre writings
- ▣ Uncharacteristic, peculiar behavior
 - Sudden change in hygiene
 - Risky behaviors that are outside of the norm
 - Change in peer group and activities
- ▣ Unusual fears
 - Marked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

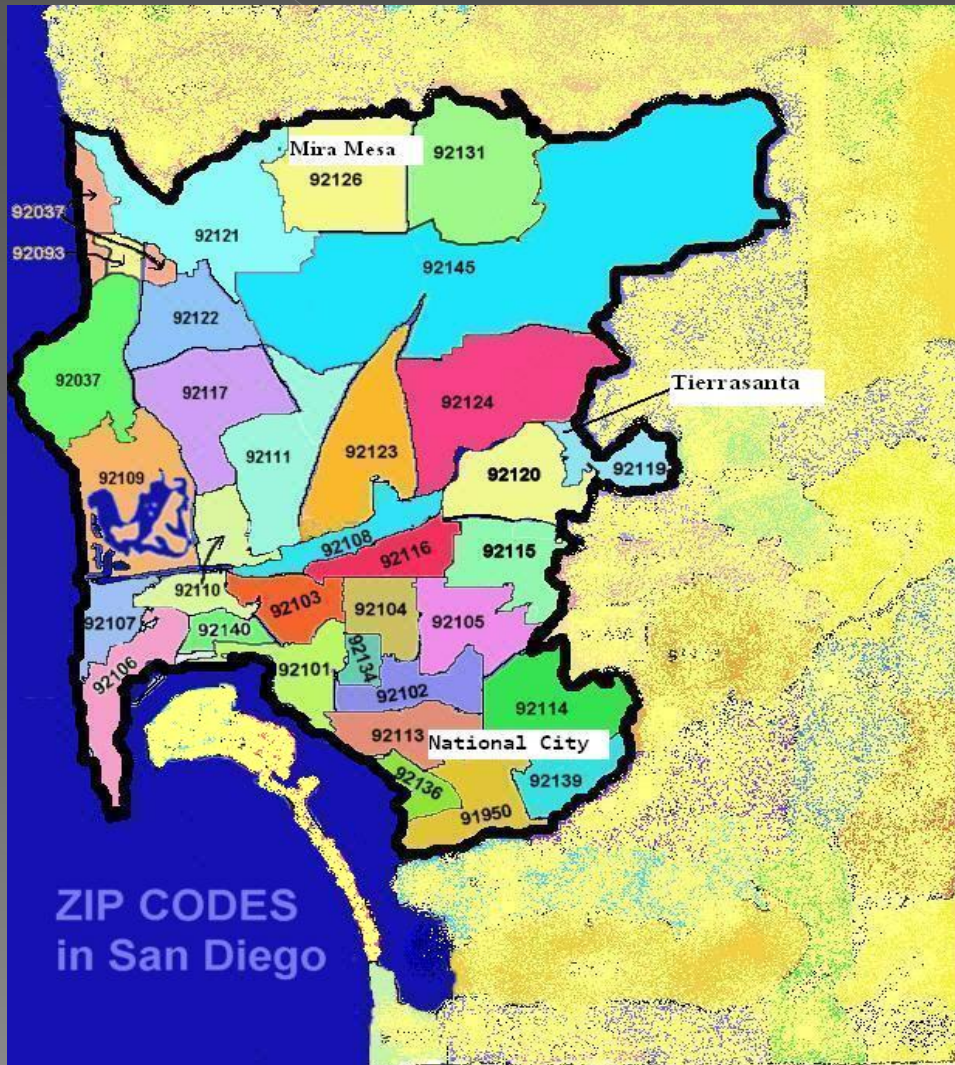
Hearing a voice clearly outside your head saying, “You’re a loser” or “You’re a failure.”



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.

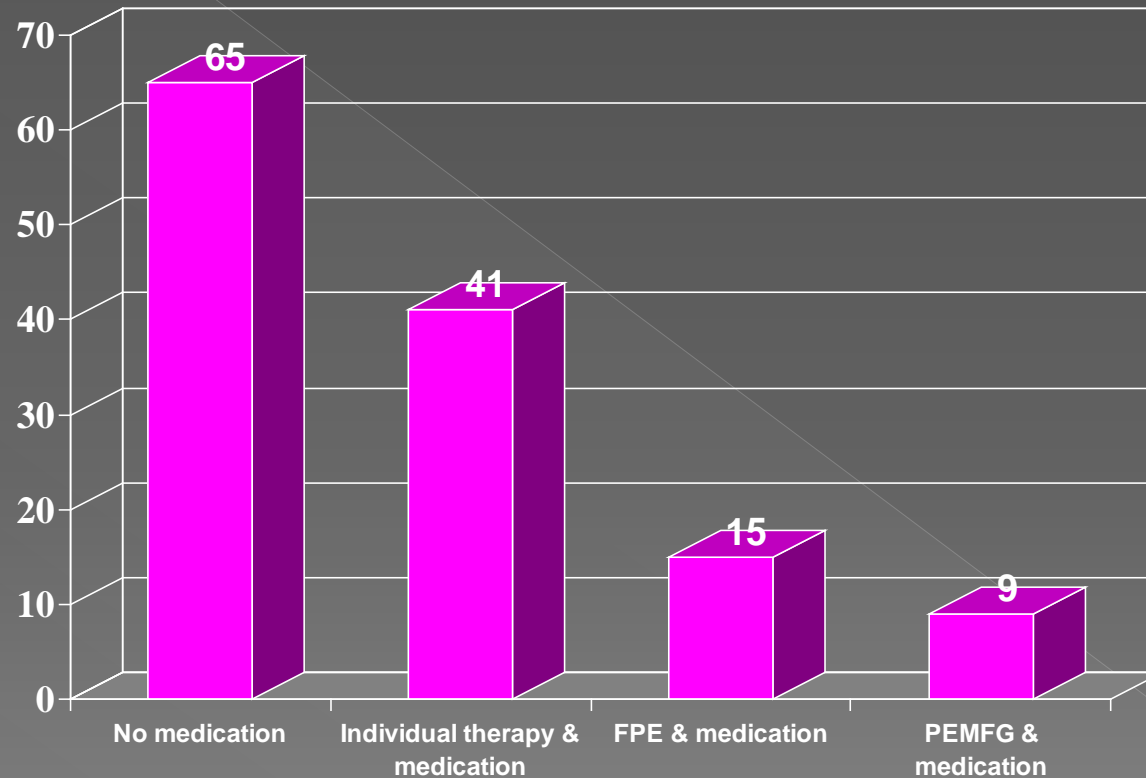
Positive Outcomes from FPE

- ◉ 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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