

What if . . .
there was **nothing to
recover?**

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Definitions



Early Intervention - Services provided from the recognition of precursor symptoms until 3 - 5 years after the first treatment for psychotic symptoms.

Precursor Symptoms - Symptoms that appear before the onset of psychotic symptoms. They represent a change in the person's functioning.

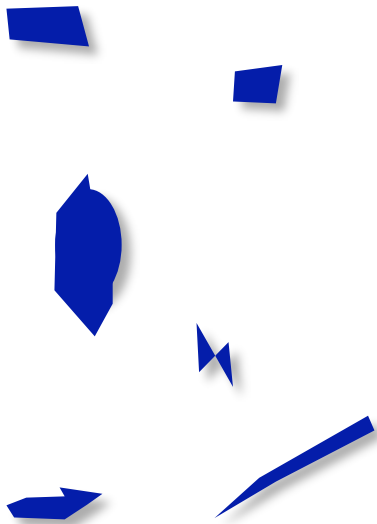
Psychotic Episode - the experience of psychotic symptoms such as hallucinations and delusions

Duration of Untreated Psychosis (DUP) - The period of time between onset of psychotic symptoms and the individuals receiving treatment

The Development of a Disability

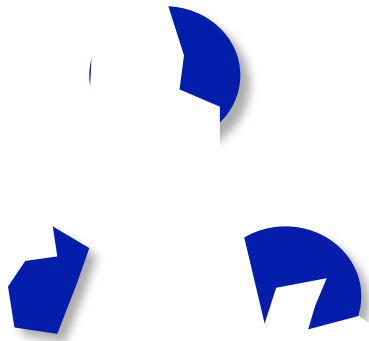
- ▶ The **Mental Illness** with which a person is diagnosed contributes to their disability
- ▶ The **predominant culture** of this country contributes to their disability
- ▶ The **Mental Health Treatment System** contributes to their disability

The Evolution of a Disability



A person has characteristics that in retrospect may be significant

The Evolution of a Disability



A person has characteristics that have been identified as precursors to psychotic symptoms

The Evolution of a Disability



A person has enough symptoms to be diagnosed as having a mental illness.

The Evolution of a Disability



This results in

Shame

Uncertainty about the future

Fear

The Evolution of a Disability

Results from living in our stigmatizing culture with a focus on control

Exhaustion of supports-family

Powerlessness leading to substance abuse

Loss of hopes and dreams

Loss of pride in the person I am

Loss of connection with others

Lost opportunities to develop life roles

Lost opportunities to learn choice-making skills

Lost opportunities to receive education

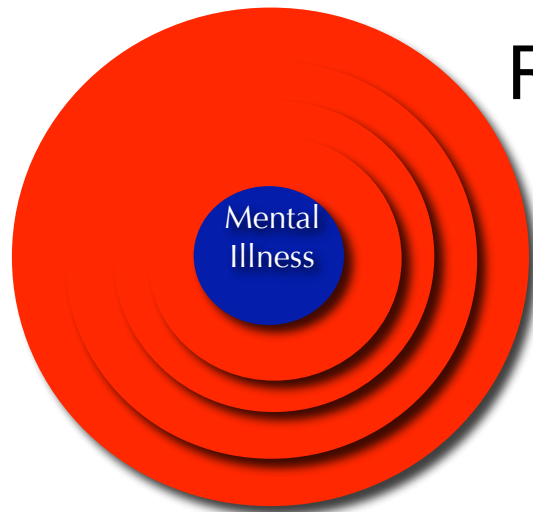
Poverty

Segregation

Oppression



The Evolution of a Disability



Results from our Mental Health System

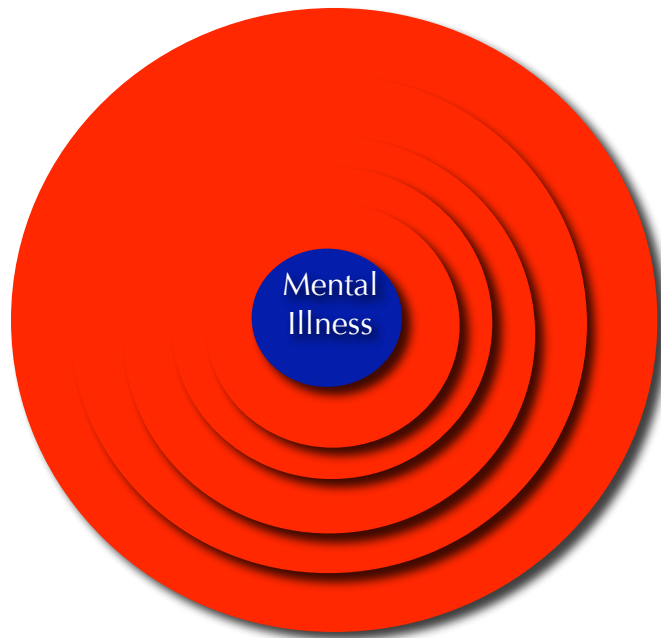
Hierarchical system with person
receiving services on the bottom

Culture of control

Low expectations

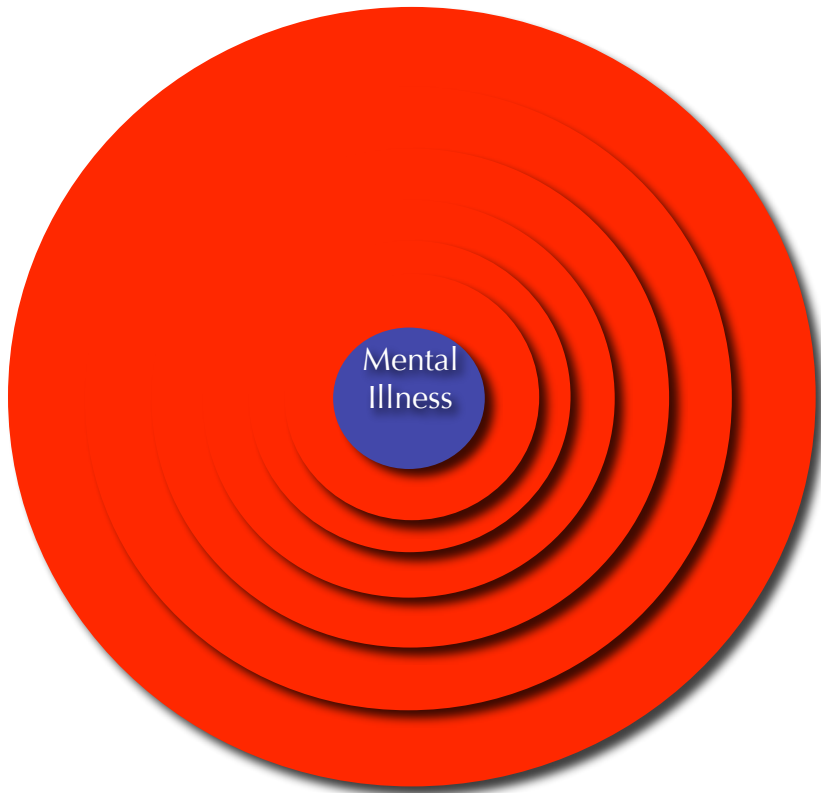
Side effects of medications

The Evolution of a Disability



The person eventually gives up
Learned helplessness
Loss of ability to make choices
Risk and harm increase
Personal strengths decrease
Everyone accepts the status quo

This



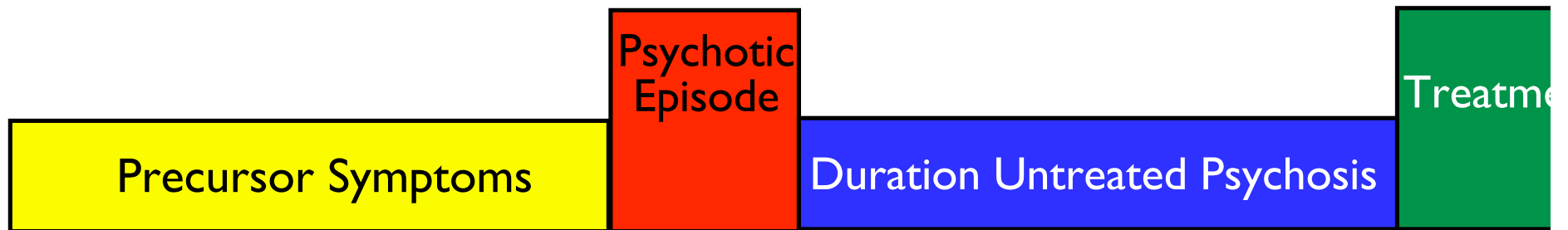
Is not the
same as

This



The
**Early Intervention
Research**

Early Interventions Phases



Categories of Research Results

- **Broad Consensus**

Repeatedly replicated

- **Emerging Consensus**

Several consistent studies

- **Promising Findings**

Not replicated

Broad Consensus

**Psychotic symptoms
rarely arise out of
the blue**

Broad Consensus

**There are a wide
variety of signs and
symptoms found in
the prodrome**

Broad Consensus

There are several instruments available that reliably predict the movement from the prodrome to full psychotic illness

Broad Consensus

**Delays in untreated
psychosis (DUP)
are often long**

Broad Consensus

**Long DUP is
associated with:**

Substantial functional decline

Medication resistance

Increased rate of relapse

Broad Consensus

**The onset of
psychosis does not
necessarily lead to
schizophrenia**

Broad Consensus

In schizophrenia, the frequency of relapse peaks during the first 3 to 5 years of the illness.

Emerging Consensus

**It's likely that
structural brain
changes predate the
onset of psychosis**

Emerging Consensus:

Substantial neuropsychological impairments are present at the time of the first episode of schizophrenia

Attention and vigilance

Executive functioning

Short and long-term memory

Emerging Consensus

The early phase of
psychosis is a
“critical period”
that influences
long-term outcomes

Emerging Consensus

**Cannabis use
appears to worsen
early psychotic
symptoms**

Promising Findings

**Cognitive Behavioral
Therapy can be as
effective as medication
in alleviating psychotic
symptoms**

Promising Findings

Specialized
intervention
programs for persons
with first episode
psychosis can keep
relapse rates low