

PEPP Psychoeducation Memo Sheet



Learning about psychosis

CANNABIS & PSYCHOSIS?

FREQUENT CANNABIS USE, IN SIGNIFICANT QUANTITIES AND STARTED AT AN EARLY AGE, ARE ALL FACTORS ASSOCIATED WITH A GREATER RISK OF PSYCHOSIS

What: Loss of contact with reality. Can be a symptom of several conditions

Who: About 3% of people will experience psychosis

When: Mostly in late adolescence and early adulthood

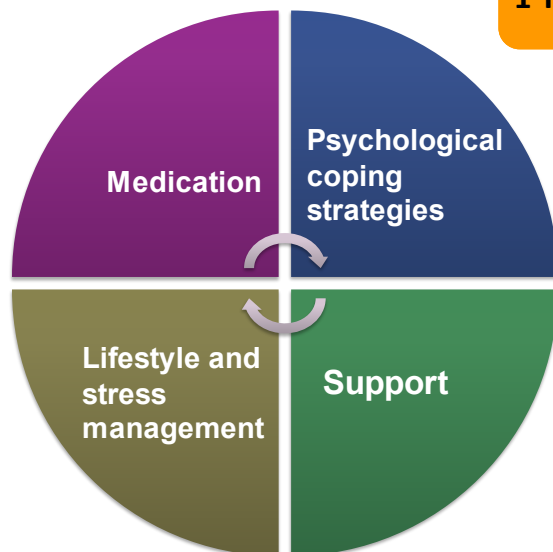
Why: Caused by an association between biopsychological vulnerabilities (genetics, heredity) and biopsychosocial stressors (lack of sleep, drug use, moving house, relationship breakup, school pressure, etc.)

Main symptoms:

- ◆ **Hallucinations :**
Perceiving through the senses a stimulation that does not exist
- ◆ **Delusions :**
False belief (i.e. having magical powers, being followed by the mafia, etc.)
- ◆ **Thought disorganization**
Difficulty following the thread of the conversation, inventing new words, speech incoherence, etc.
- ◆ **Altered emotions**
Frequent change of mood, affective neutrality
- ◆ **Negative symptoms**
Apathy, lack of motivation and interest, poverty of speech, etc.

Treatment

WITH TREATMENT, 80% RECOVER AFTER 1 YEAR, AND 90% AFTER 2 YEARS



PEPP Follow-up: 2-3 years

Objective: Functional recovery and quality of life

Medication :

- ◆ Antipsychotics (pill or injection)
- ◆ Antidepressants
- ◆ Mood stabilizers
- ◆ Medication to mitigate side effects

RELAPSES ARE COMMON IN THE RECOVERY JOURNEY



The involvement of loved ones is a protective factor



Providing support while encouraging independence represents a challenge

Our PEPP MUHC Program

Case-manager :

Resource person for the youth/family
Coordinates care. Regular follow-up

Psychiatrist or nurse practitioner :

Medical follow-up. Frequency varies according to the evolution

Availabilities:

8h-16h Monday to Friday

Multiple services available:

- ◆ PEPP groups
- ◆ Psychotherapy
- ◆ Music therapy
- ◆ Cognitive remediation
- ◆ Peer-support
- ◆ School counseling
- ◆ Work reintegration services
- ◆ Housing
- ◆ Legal resources

How can I support my loved one in the presence of symptoms?

Hallucinations or delusions:

- ◆ Recognize the emotions experienced (do not invalidate their experience)
- ◆ ↓ stimuli
- ◆ Distractions (earplugs, music, videos, etc.)
- ◆ Relaxation exercises
- ◆ Provide reassurance regarding their safety
- ◆ « In case of need » medication

Negative symptoms :

- ◆ Be patient (takes longer to recover)
- ◆ Encourage participation in activities and in socializing
- ◆ Accept refusal
- ◆ Recognize the effort needed for the activation

Cognitive symptoms:

- ◆ Limit choices
- ◆ Short and clear sentences
- ◆ Ask to repeat to make sure they understand
- ◆ Remove distractions when needs to focus.
- ◆ Adjust your expectations

Resources:

◆ PEPP MUHC

Phone: 514 934-1934 *34599

Website: <https://muhc.ca/pepp-home>

◆ **AMI Québec** (mostly anglophone): amiquebec.org

◆ **AQPAMM** -L'association québécoise des parents et amis de la personne atteinte de maladie mentale: aqpamm.ca

◆ **Friends for Mental Health**: asmfmh.org

◆ **CCEIP**—Canadian consortium for early intervention for psychosis: www.earlypsychosisintervention.ca/

