



Key Findings in Early Psychosis Knowledge Sharing Initiative

Presentation for Stakeholder meetings

*Key Findings in Early Psychosis Knowledge Sharing Initiative
Nova Scotia Early Psychosis Network*

DEPARTMENT OF PSYCHIATRY
Celebrating 65 years
1949-2014

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Knowledge Sharing Initiative

- Goal: make key findings about care and support of people in early psychosis widely available .
- Carried out by the Nova Scotia Early Psychosis Network
- Supported by funding from the Nova Scotia Health Research Foundation
- Includes email updates, online webinars, website articles, regional stakeholder meetings
- Steering group: Phil Tibbo, Sabina Abidi, Donna Methot, Stephen Ayer, Laura Burke, David Whitehorn.

The Field of Early Psychosis

- Developed over the past 25 years.
- Research and clinical service development focused on the time before and shortly after the emergence of psychosis.
- International association and conferences.
- Nova Scotia Early Psychosis Program began 1996.
- 2004 Nova Scotia adopted service standards for Early Psychosis and created the NS Early Psychosis Network.

What is Psychosis?

- Hallucinations, delusions, disorganized thinking.
- Can be secondary symptom in many conditions.
- Early Psychosis focuses on conditions in which psychosis appears to be the primary symptom.
- May also involve 'negative symptoms' such as reduced emotion or motivation.
- There may also be cognitive deficits involving memory, attention or problem solving.
- Several diagnostic categories, including Schizophrenia .

Four Key Findings

1. Psychosis occurs in clinical stages, including an at risk stage .
2. Early detection and optimal stage-specific treatment results in better outcomes.
3. Family education and engagement are an essential component of optimal treatment.
4. Psychosis is not a progressive, degenerative brain disease.