

## People who came to LAPS said:

- *I thought that these sessions were very informative. Thank you very much.*
- *We've learned a lot from you guys and something from each other.*
- *Anyone with psychosis should take this program.*
- *Seeing people like myself, who are interested in receiving education which is free; and beneficial for the social aspects as well. Having a schedule and somewhere to be now during recovery is important. I feel privileged to be participating in this group.*
- *I liked the video because it shows that there is hope for people with psychosis.*
- *It's important to get all the info this session provided. All patients should know this material.*
- *The video was good. It was good to see others talk about their experience. It's valuable to hear others with similar experiences.*
- *Lots of information. Relaxed environment.*



Nova Scotia Early Psychosis Program  
Capital District Mental Health Program  
Abbie J. Lane Memorial Building  
5909 Veteran's Memorial Lane

## Nova Scotia Early Psychosis Program Education Programs

# LAPS

## Learn About Psychosis Sessions

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*For Recovery*

## What is LAPS?

We invite you to become actively involved in your own recovery and we have developed a number of programs to help you with this process. The LAPS (Learn About Psychosis Sessions) is one of the programs available to help you understand your illness and how to recover.

We started LAPS after getting feedback from people who receive treatment from our program. We included their suggestions about what information and activities they thought would be helpful and we keep refining LAPS with input from successive groups.

## Why go to LAPS?

If you attend LAPS, you will have the opportunity to:

- learn about psychosis and know the different options and services that are available to support your recovery.
- become an active participant in your treatment and recovery.
- get the information you need to make informed decisions about your treatment and recovery.
- learn from one another but still focus on your own needs and goals.

## Who can attend?

Patients receiving treatment from the Early Psychosis Program, who have:

- An interest in learning about psychosis.
- A level of interest and commitment to attend all the sessions.

Group size will be limited to 8 – 10 participants.

## What information will be covered?

**There are five sessions:**

Session 1: Introduction to LAPS

Session 2: Understanding Psychosis

Session 3: Treatment of Psychosis: Part I

Session 4: Treatment of Psychosis: Part II

Session 5: Understanding and Overcoming the Barriers to Recovery

## When are the LAPS sessions held?

The LAPS sessions run on a continual basis. We hold them on Tuesdays, from 4 – 6 pm. (Sometimes these times vary a little depending on the needs of the participants.)

## Where are they held?

LAPS is held on the 3<sup>rd</sup> floor of the Abbie J. Lane Memorial Building.

## How do people get into the group?

Ask your clinician or contact 473-4022