

WHAT IS PSYCHOSIS?

Psychosis is a serious but treatable brain disorder. Although it can affect anyone, it strikes primarily during adolescence and early adulthood.

If someone you know exhibits any of the following behaviour, they may be experiencing a first episode of psychosis:

- Withdraws from usual activities with friends and family
- Displays unreasonable levels of suspicion, tension, or irritability
- Has difficulty sleeping, restlessness, night pacing
- Hears, sees or perceives things that are not actually there
- Seems confused, unclear and/or disorganized in thoughts and speech
- Finds every day activities difficult
- Shows bizarre or unusual behaviour
- Has extreme mood swings or offers very little facial and emotional expression

Reach for a healthy future

Seek early help for Psychosis



NSEPP
Nova Scotia
Early Psychosis Program



NSEPP
Nova Scotia
Early Psychosis Program

TO INITIATE A REFERRAL OR FOR MORE INFORMATION CONTACT:

Phone: (902) 473-2976
Fax: (902) 473-3456

If under 19 years of age
Phone: (902) 464-4110 (IWK Central referral)

www.earlypsychosis.medicine.dal.ca

Department of Psychiatry

DALHOUSIE UNIVERSITY
CAPITAL HEALTH ADDICTIONS AND MENTAL HEALTH PROGRAM
IWK MENTAL HEALTH AND ADDICTIONS PROGRAM

WHAT IS PSYCHOSIS?

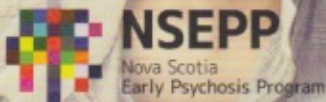
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WHAT IS THE NOVA SCOTIA EARLY PSYCHOSIS PROGRAM (NSEPP)?

Formed in 1995, the mission of the NSEPP is to promote early detection and optimal, timely healthcare for persons at risk for, or experiencing, a first episode of psychosis. The program advocates strongly on behalf of patients and their families to improve the odds for a successful outcome.

The NSEPP is a multidisciplinary, evidence-based program that incorporates excellence in the following areas:

Clinical Services

- Comprehensive psychiatric assessment
- Comprehensive biopsychosocial care for up to five years
- Psychoeducation and supportive programs for patients and their families
- Liaison with appropriate community members to optimize recovery
- Consultation on diagnosis and treatment

Education

A variety of programs are provided to patients, families, educators, health care professionals and the general public, in order to provide up-to-date information about psychosis and its treatment.

Research

Our active research program contributes to the growing knowledge about psychosis and the development of improved treatments. Research activities include:

- Clinical trials of new antipsychotics
- Studies of brain function in psychosis
- Studies of symptomatic and functional recovery and predictors of outcome in first episode psychosis
- Program evaluation

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HOW DO I REFER SOMEONE TO THE PROGRAM?

Who can be referred?

Any person within the Capital District Health Authority/IWK Health Centre may be referred who are:

- Exhibiting symptoms of, or has been diagnosed with, a first episode of psychosis
- Between the ages of 12-35
- Has been treated for less than six months with an antipsychotic

Who can refer someone?

Anyone can refer someone to the program, including self-referrals, family members, friends, teachers, counsellors, family physicians and health care professionals.

From outside the CDHA/IWK, persons may be referred for a consultation regarding diagnosis and/or treatment.

Psychosis is treatable.
The sooner, the better.

