

Psychosocial *Treatments*



Early Psychosis Intervention Program

Psychosocial treatments include education, stress management, supportive counseling and numerous other interventions.

These treatments help to speed up the recovery process and promote good quality of life for you and your family.

Case Management

At the core of psychosocial treatment is the case manager – your EPI clinician. Your EPI Clinician will provide much of the psychosocial treatments to you and your family.

The role of your EPI Clinician is to –

- Provide emotional support
- Help you become educated about psychosis and treatment
- Perform a comprehensive assessment to determine your unique needs
- Offer practical assistance with day to day living (help reestablish a routine, develop a plan for return to work or school, find suitable housing, obtain financial assistance, etc.)
- Provide a range of psychosocial treatments including stress management and relapse prevention

- Provide treatments for other problems as needed
- Make referrals to other service providers or community programs as needed
- Do regular assessments to make sure treatment is progressing as expected
- Coordinate your care to make sure that you are getting all the help you need

Education

Education about psychosis, treatments, and the factors that promote recovery will be offered to both you and your family.

Becoming educated about psychosis is important to understand your experience with psychosis and to help you become an informed consumer of the treatments that are recommended.

Much of the education will be done in session with your EPI Clinician. Group education is also provided by the EPI program several times per year and both you and your family will be invited to participate.

Stress Management

Being able to manage stress not only limits emotional distress but can also help to prevent a reoccurrence of psychosis.

There are numerous ways of managing stress – including the use of relaxation methods, coping strategies, and problem solving skills. Your EPI Clinician will discuss different methods of managing stress.

Relapse Prevention

Many of the treatments offered to you are important to help prevent a reoccurrence of psychosis (called a “relapse”). Taking medication as prescribed, education and learning how to manage stress will all help prevent relapse.

In addition, becoming educated about the early warning signs of relapse and developing a plan of action if these occur, can help thwart or reduce the severity of relapse.

Your EPI Clinician will provide this education and will work with you on developing an individualized relapse prevention plan.

Other Treatments

Depending on your unique needs, other treatments may be offered. For example, if you are having problems with anxiety, your EPI Clinician might suggest a specific treatment to help.