Instilling *HOPE*: an early intervention approach for psychosis

Dr. Marielle Demarais
Psychosis is common

- 3 out of 100 people experience psychosis
- Psychosis includes:
  - Hearing or seeing things that others do not
  - Feeling afraid or suspicious of others
  - Having thoughts that seem strange

- Psychosis can be treated
- Early intervention is best
Need for early intervention

- Catching psychosis early (first few months) and providing integrated treatment can help people:
  - Resume normal, daily activities
  - Seek education
  - Obtain employment
  - Improve social relationships
  - Gain a sense of purpose
  - Increase well-being
  - Improve quality of life
  - Develop higher self-esteem
  - Build **HOPE!**
HOPE Program model of care

- Interdisciplinary team providing
  - Individual therapy to learn skills for coping
  - Family education to teach best ways to communicate and problem-solve
  - Supports for returning to or staying in school and work
  - Case management to access community resources
  - Medication management to help reduce symptoms and prevent relapses
We believe all people can live a rewarding and meaningful life.

We are here to help people achieve that!