

The background features abstract, overlapping green geometric shapes in various shades, creating a modern and dynamic feel. The shapes are primarily triangles and polygons, some solid and some semi-transparent, arranged in a way that suggests movement and depth. The colors range from light lime green to deep forest green.

# Instilling *HOPE*: an early intervention approach for psychosis

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# 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

Obtain employment

Gain a sense of purpose

Improve quality of life

Seek education

Increase well-being

Develop higher self-esteem

Improve social relationships

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!

