

# **Wisconsin Public Psychiatry Network Teleconference (WPPNT)**

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# WPPNT Reminders

## How to join the Zoom webinar

- **Online:** <https://dhswi.zoomgov.com/j/1606358142>
- **Phone:** 669-254-5252
- Enter the Webinar ID: 160 635 8142#.
  - Press # again to join. (There is no participant ID)

## Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- [Download or view the presentation materials](#). The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.
  
- [Participate live to earn continuing education hours](#) (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2024.htm>



# Recognizing and Responding to Signs of Psychosis

A Basic Introduction for Members of the Community

Steven P Dykstra, PhD (*he, him, his*) | Psychologist




# Description

Different forms of psychosis, particularly schizophrenia, are among the most serious mental illnesses we are likely to confront. While we have no cure for schizophrenia, we have a much better understanding of effective treatment than we had even a relatively short time ago. Like many conditions, both medical and psychiatric, early identification and intervention tends to lead to better outcomes. With that in mind, the importance of recognizing the early signs of psychosis becomes important. Early identification and treatment may be able to prevent the development of psychosis in individuals at risk, and definitely changes the course of the illness for people who are identified early compared to those who linger with the condition for months or years without effective treatment.



# Learning Objectives

- 1) Participants will have a basic understanding of the difference between positive and negative symptoms, and the role of those different symptom types in their identification and diagnosis of psychosis.
- 2) Participants will recognize the 5 types of positive symptoms of psychosis, and will understand the difference between hallucinations, delusions, and thought disorder.
- 3) Participants will have a basic understanding of the psychosis "prodrome", how it can be recognized, and the importance of treatment when it occurs.



The word psychosis is used to describe conditions that affect the mind, where there has been some loss of contact with reality. When someone becomes ill in this way it is called a psychotic episode. During a period of psychosis, a person's thoughts and perceptions are disturbed and the individual may have difficulty understanding what is real and what is not. Symptoms of psychosis include delusions (false beliefs) and hallucinations (seeing or hearing things that others do not see or hear). Other symptoms include incoherent or nonsense speech, and behavior that is inappropriate for the situation. A person in a psychotic episode may also experience depression, anxiety, sleep problems, social withdrawal, lack of motivation, and difficulty functioning overall. – *National Institute of Mental Health*

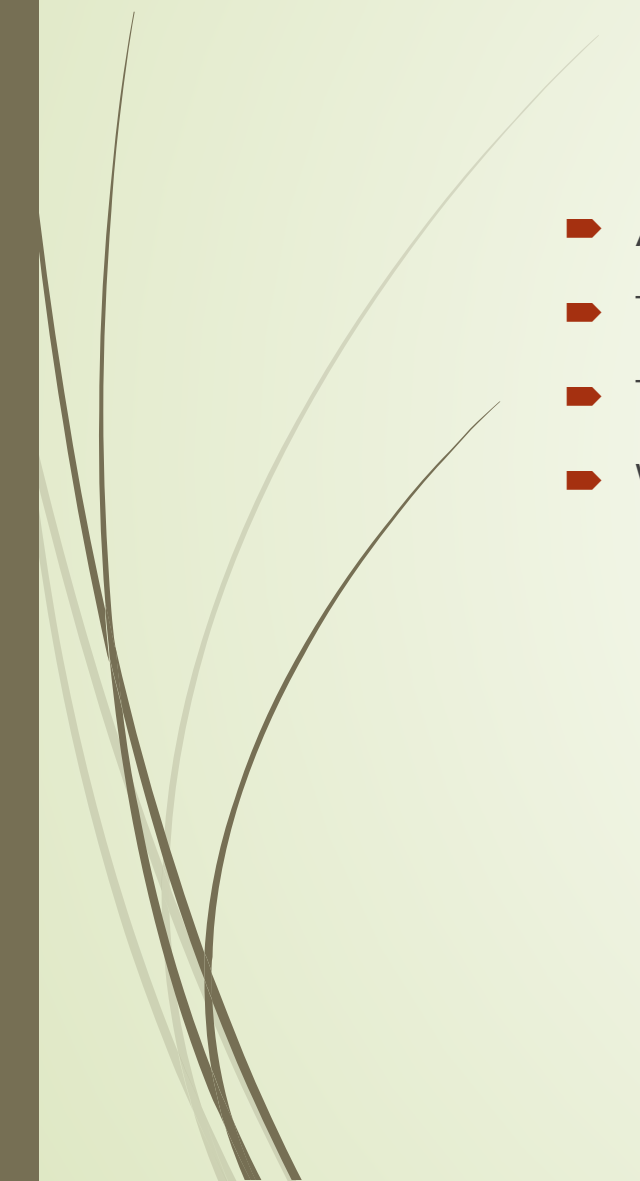


# Psychosis ...

- ▶ Can be very serious
- ▶ Occurs along a range of severity both within and between individuals
- ▶ Is a major public health challenge
- ▶ Can be treated and managed effectively
- ▶ Often, but not always, requires medication
- ▶ Can begin at almost any age, but usually begins in adolescence or early adulthood
- ▶ Can be very frightening and disruptive



# Psychosis is not...

- ▶ A death sentence
  - ▶ The end of hopes, dreams, goals, and joy
  - ▶ The same for everyone
  - ▶ What we once thought it was
- 






# In the past

- ▶ Long and frequent hospitalizations
- ▶ Send them away
- ▶ Before medication
- ▶ Early medications
- ▶ The lingering stigma,
- ▶ We just didn't know any better




# Best practices...

- Community!
  - Collaboration
  - Relationships
  - Options
  - No longer a war against symptoms
  - Early identification and treatment
- 



# Types of Psychosis

- Drug Induced
  - Affective, or Bipolar syndromes
  - Severe Anxiety or Depression
  - Associated with a head injury or cognitive delay
  - As a result of trauma
  - **Schizophrenia**
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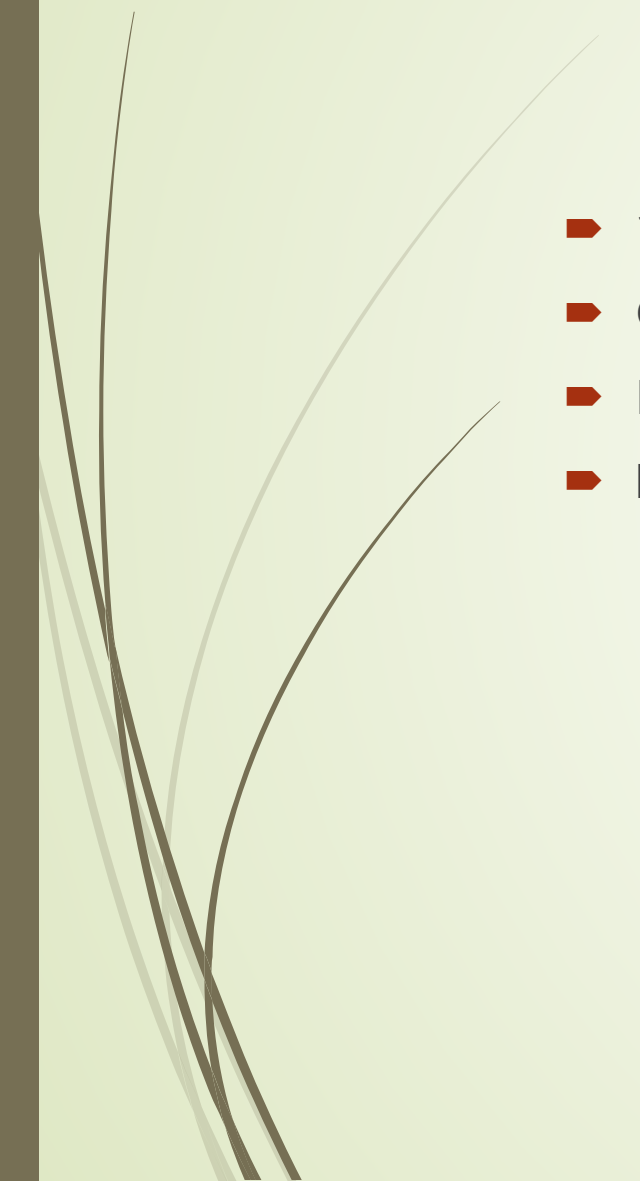


# Risk of Psychosis and the “Prodrome”

- ▶ The prodrome is a period of time prior to full psychosis when one or more signs or symptoms emerge at pre-psychotic levels
- ▶ The prodrome can last months or years
- ▶ Many people with prodromal psychosis never develop full psychosis
- ▶ Most people with full psychosis slide back to a less acute level of symptoms, much like the prodrome, for periods of time
- ▶ **It is much easier to “see” the prodrome looking back, than as it first develops**
- ▶ **Recognizing the prodrome is HARD, but very important!**
- ▶ **That’s why we need your help!**




# The edge of the prodrome

- 1, 2, 3, 4, 5, 6
  - Genetics and cumulative risk
  - DUP
  - Importance of early intervention, changing the odds
- 




# CHRP and FEP





# “Positive” Symptoms of Psychosis and the Prodrome

- ▶ Delusions
  - ▶ Suspicious/Persecutory
  - ▶ Grandiose
  - ▶ Strange
- ▶ Hallucinations
  - ▶ Auditory
  - ▶ Visual
- ▶ Confused thinking or communication



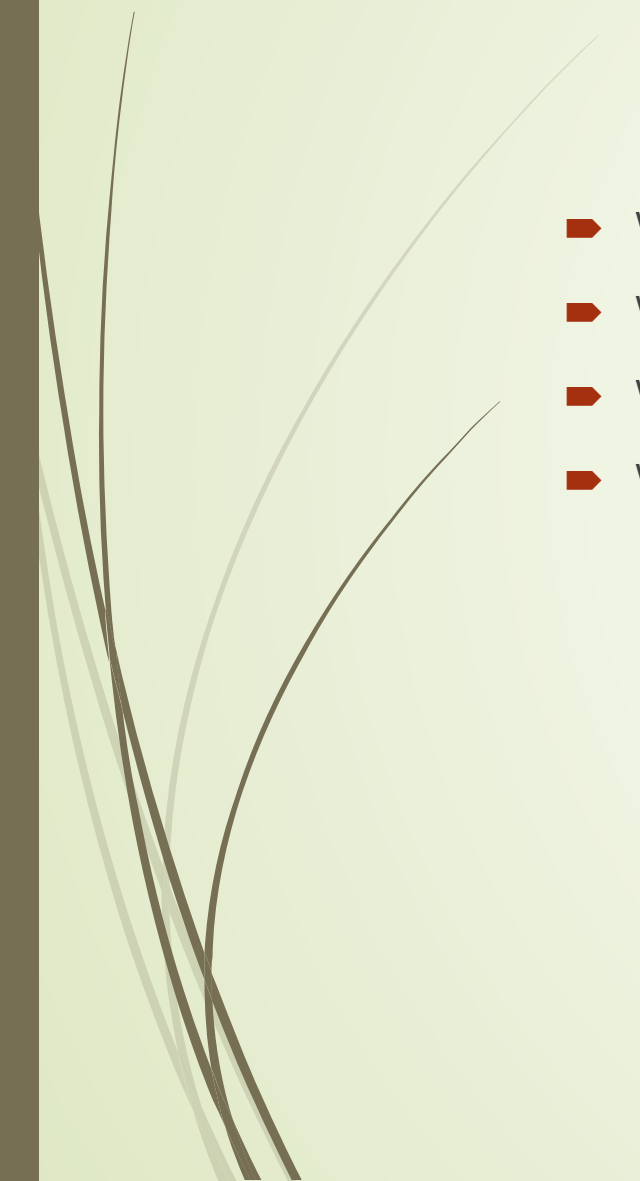
# “Negative” Symptoms of Psychosis and the Prodrome

- ▶ Disrupted motivation
- ▶ Disrupted organization
- ▶ Decline in social functioning, withdrawn
- ▶ Decline in self-care
- ▶ Generally more “odd”
- ▶ Less joy and pleasure
- ▶ Disrupted sleep
- ▶ Increased stress, anxiety, and worry
- ▶ Seems flat, empty, depressed



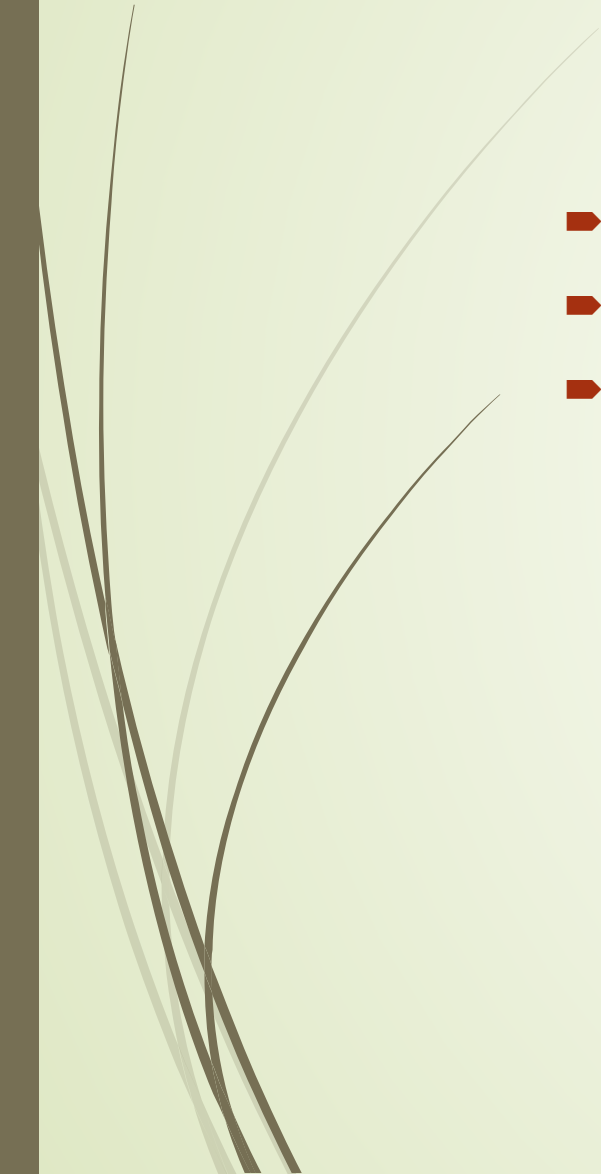


# Increased concern

- ▶ When we see multiple signs and symptoms
  - ▶ When we see both positive and negative symptoms
  - ▶ When there is a noticeable pattern of decline over time
  - ▶ When there is a family history of major mental illness
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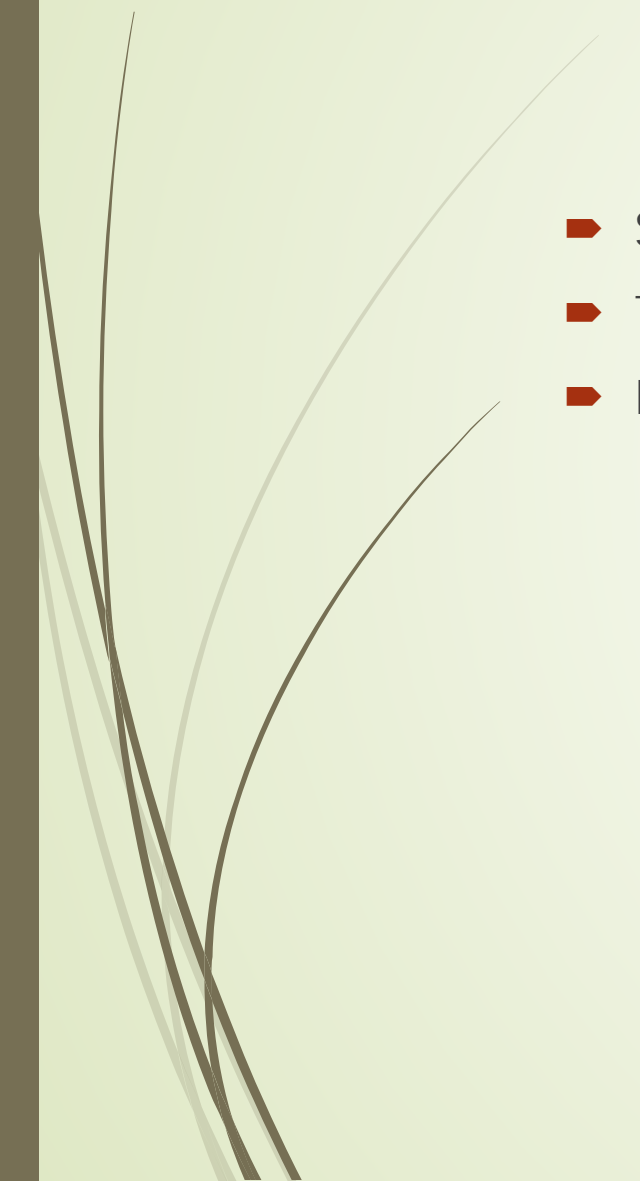



# What we need from you

- ▶ We need your eyes and ears
  - ▶ We need you to notice
  - ▶ We need you to share your worries and concerns with us
- 




# We don't need you to...

- ▶ Sort psychosis from the prodrome
  - ▶ Tell one form of psychosis from another
  - ▶ Be sure
- 



# What people with psychosis need from you

- ▶ Patience
  - ▶ Kindness
  - ▶ Gentle Persistence
  - ▶ Friendship
  - ▶ Share your concern, show your love
- 



# Things to know

- ▶ We expect most referrals to be something else. That's OK
  - ▶ We have support and programming for them, too
  - ▶ Spotting psychosis early dramatically improves the course of the illness
  - ▶ This literally saves lives
- 