

# LIFE Path

Lasting Independence Family Empowerment

Helping young people experiencing the early signs of psychosis maintain hope through their life path



# What is Psychosis?

- Brain condition
  - Permanent damage
- Impairs quality of life
- Loss of contact with reality
- Treatable with early detection and intervention
- 3/100 individuals will experience psychosis between the ages 12-25

# Related Illnesses

- Mood disorders
- Trauma
- Anxiety
- Bullying
- Stress
- Sleep deprivation
- Autism
- Epilepsy
- Vitamin deficiencies
- Coping strategies
- Substances
- Schizophrenia spectrum

# Prodromal Phase

- Period prior to illness
- Average 6 mon to 2 years
- New onset of symptoms
- Positive and Negative symptoms
  - Must have at least one positive symptom
  - Must be bothersome to client
  - Must meet minimum occurrences/time

# Positive Symptoms

- Perceptual abnormalities
- Real v. imaginary
- Control of thoughts
- Reading minds
- Being watched
- Special gifts
- Communication difficulties
- Vague figures, shadows
- Maintains insight

# Negative Symptoms

- Isolation
- Lack of motivation
- Personal hygiene
- Less connected to people
- Feeling flat, numb
- Abstract thought
- Sleep disturbance
- Dysphoric, anxious
- Decrease in performance
- Increase in severity



# LIFE Path: Who we serve?



- 14-25 years old
- Reside in Stanislaus County
- At-risk of developing psychosis
- 1<sup>st</sup> year of a psychotic break
- Cognitive ability

# Who We Serve...

- **At-Risk**

- Prodromal symptoms of Psychosis
- Genetic Risk
  - Decline in functioning
  - 1<sup>st</sup> degree relative with a psychotic disorder

- **1<sup>st</sup> Break**

- Schizophrenia spectrum diagnoses
- Bipolar with Psychotic Features
- Major Depressive Disorder with Psychotic Features



# Services Provided

- Individual Counseling
- Family Counseling
- Group Services
- Individual Rehabilitation
- Medication Services
- Case Management
- Vocational/Educational Support



# Referral Process

- Call LIFE Path at 312-9580 for a consultation
- Client may self-refer or parent for minor client
- Fax Referral Form to 312-9584
- Team can contact client or parent
- Team can engage client slowly or in comfortable environment if needed

# Questions?



## Contact Information

### Office number

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