

What is EPIP?



We are a healthcare team that provides treatment and support (for up to 5 years) to young people experiencing psychosis for the first time (usually in adolescence or early 20s). Support is also available for their families.

Symptoms of Early Psychosis

- Social withdrawal
- Loss of interest
- Decline in self-care
- Suspiciousness
- Major mood changes
- Debilitating anxiety
- Unusual thoughts or behaviour
- Changes in thoughts, beliefs and perceptions (delusions and hallucinations)



Service Providers:

Adult and Youth Psychiatrists provide assessment and diagnosis; they make recommendations for your treatment and plan in collaboration with other providers involved in your care.

Occupational Therapists work with you to overcome barriers and build skills to be as independent as possible. The goal is to help you participate in meaningful activities like school, work or other things that are important to you.

Community Mental Health Nurses help develop and implement your plan of care, offer education about your illness and assist with the administration and management of medications. They also support you to be involved in community activities and other therapeutic pursuits.

Recreation Therapists will help you identify and pursue activities from the arts and culture, social and physical domains which build confidence and social skills for healthier minds and bodies.

Family Consultants provide education on first-break psychosis and support to families. This service focuses on building strategies for coping with psychosis; they also offer training to improve problem solving, communication and crisis management.

Addiction Counsellors provide education on the potential risks of substance use related to your psychosis. Through ongoing screening and assessment, they work with you with the goal of supporting you to reduce or cease the use of substances that may be harmful to you. This is called *harm reduction*.

Psychologists assess and treat mental, emotional and behavioural disorders. Their assessments are used to clarify diagnoses, better understand your experiences and make recommendations regarding work or school needs. The use of research-based behavioural and psychological interventions are used to address ongoing difficulties and make lasting change.

REMEMBER!

This program is voluntary. In order to achieve the best possible recovery, your cooperation is needed for the following:

- Attending all groups, appointments, etc.
- Taking your medications
- Utilizing the tools, resources and supports offered to you
- Managing your addictions

We are here to help you along the way!