

# Early Intervention in Psychosis Program (EIP)



## Information for patients and families

Read this information to learn:

- What the Early Intervention in Psychosis Program is
- How it helps members of the Chinese community who have psychosis
- About our services
- Who to call if you have any questions



## **What is the Early Intervention in Psychosis Program (EIP)?**

EIP is a part of the Asian Initiative in Mental Health (AIM) Program. EIP provides treatment and other services to people who experience their first symptoms of psychosis. The program also provides support to the family members and friends who care for them.

EIP services accommodate Chinese culture and language. The program team includes psychiatrists and mental health clinicians that speak Chinese and English.

## **What is psychosis?**

Psychosis is a mental health condition. Experiencing psychosis is often called a **psychotic episode**. When this happens, you have difficulty telling the difference between what is real and not real. This can be scary and confusing.

Psychosis can happen to anyone. About 3 in 100 people experience psychosis sometime in their life. It can be serious, but it is treatable.

## **What are the symptoms of psychosis?**

- Hearing voices or seeing things that others cannot hear or see (hallucinations)
- Being confused about what is and isn't real
- Being suspicious or paranoid (for example, thinking that you are being watched or followed or someone is trying to hurt you)
- No longer wanting to spend time with friends and family
- Mood, thinking, speaking and behaving in an unusual way
- Difficulty concentrating or thinking clearly

## **How is it treated?**

Combining medicine with psychotherapy and social support is the most effective treatment. The chance of recovery increases the earlier the treatment starts.

## **How can EIP help?**

EIP can identify and treat the early stages of psychosis. This can help prevent future psychotic episodes.

### **EIP services include:**

- Providing clients and family members with knowledge about psychosis, including how to cope with symptoms, what treatments are available and ways to recover
- Doing thorough assessments to help decide the best treatment
- Providing pharmacotherapy (treatment with medicines), psychotherapy and counselling
- Preventing and managing crises
- Helping clients make plans to meet their basic needs like food, housing, clothing, health care, and social welfare
- Helping clients find and take part in activities that they enjoy, including hobbies, work or school
- Helping clients set treatment goals and learn skills to meet those goals
- Reducing family's burden, teaching families coping with problems and crisis, providing problem solving skills
- Connecting clients and their family and friends with other resources and services in their community and referring clients to relevant services according to their needs

## Who can take part in the program?

- People between the ages of 16 to 45 who experience their first psychotic episode
- Members of the Chinese community who live in Toronto
- People who have never received medical treatment for psychosis or have received medical treatment for less than 1 year

Our services are available to our clients for up to 3 years. We will help connect clients to other services they may need before their treatment with us ends.

## Confidentiality

We will keep your personal information **private**. We will not give out any information to anyone without permission unless we must by law.

If anyone you know or care about is experiencing one or more of the symptoms of psychosis, please contact us as soon as possible.



**Remember: Psychosis is treatable. Please get help early!**

## Who can I call?

Anyone can call **416 603 5071** to speak with staff from EIP. We will get back to you within 48 working hours.

## Asian Initiative in Mental Health

Early Intervention in Psychosis Program

Toronto Western Hospital

East Wing – 9<sup>th</sup> floor

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Toronto, ON M5T 2S8

Phone: 416 603 5071

Fax: 416 603 5661

Website: [https://www.uhn.ca/MentalHealth/Clinics/Asian\\_Mental\\_Health](https://www.uhn.ca/MentalHealth/Clinics/Asian_Mental_Health)

AIM is an outpatient mental health program at Toronto Western Hospital that helps people from the Chinese community cope with mental health problems. AIM's services accommodate the Chinese language and culture.



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