

SCHIZOPHRENIA

Schizophrenia interferes with a person's ability to think clearly, manage emotions, make decisions, and relate to others.

It is a serious mental illness (SMI) and brain disease that involves a psychotic episode. It can have profound effects and typically occurs in early adulthood.

3 PHASES

Schizophrenia has three phases that happen over time. There are different symptoms that begin in each of these phases —

PRODROMAL PHASE	ACUTE PHASE	RESIDUAL PHASE
<i>May build slowly and subtly over years</i>	<i>Must be at least one month long</i>	<i>Can last years</i>
Symptoms start	Symptoms continue, with added anxiety, irritability and anger (more intense affect than other phases)	Symptoms are often the most disabling, with added depression
Behaviors Social withdrawal, decline in function, less attention to hygiene, unusual rituals, loss of motivation, disconnect from emotions	Behaviors Grossly disorganized behavior or trouble thinking or speaking clearly	Behaviors Like prodromal symptoms, but may have a lower level of functioning, disorganized behavior may persist
Thinking Suspicious, superstitious, illogical or odd beliefs	Thinking Grossly disorganized speech, delusions	Thinking Cognitive deficits often persist, delusions may persist, but are less intense
Senses Odd sensory experiences, like seeing a shadow and thinking it is a monster	Senses Hallucinations	Senses Hallucinations may persist, but are less intense



Women tend to first show symptoms in their 20's and early 30's, while for men it is in their late teens and early 20's



Each year, less than 1% of adults in the U.S. experience schizophrenia



Of those people, 57% show moderate unawareness of their mental illness, also known as anosognosia

TREATMENT



Schizophrenia can be treated and managed in several ways.

- ✓ **Antipsychotic medications** to relieve symptoms of psychosis, such as delusions and hallucinations.
- ✓ **Various forms of psychotherapy:**
 - ▶ Cognitive behavioral therapy (CBT) and CBTp, which was created for more serious conditions such as psychosis and other persistent symptoms that do not respond to medication.
 - ▶ Supportive psychotherapy, which focuses on the here and now, not traumatic experiences of childhood or otherwise.
 - ▶ Cognitive enhancement therapy (CET), which works to promote cognitive functioning and confidence in one's cognitive ability.
- ✓ **Psychosocial treatments** like assertive community treatment (ACT), which provides comprehensive treatment for people with serious mental illness. ACT professionals help individuals address problems proactively, prevent crises, and adhere to medication plans.
- ✓ **Complementary and alternative approaches** including acupuncture, meditation, nutrition and supplements (like Omega-3 fatty acids), which support treatment but do not replace it.

RECOVERY



RECOVERY from serious mental illness is not only possible — for many people today, it is probable.

RECOVERY is a journey, not a destination.

RECOVERY is often misinterpreted as a day when an individual is “healed” and done with treatment. Unfortunately, recovery is not an event. It is an incremental process towards wellness with good days and not-so-good days.

Some information that you read or hear may make it seem that **RECOVERY** is rare or unlikely. But people can and do recover from serious mental illness.

GRANT STATEMENT

Funding for this initiative was made possible (in part) by Grant No. 1H79SM080818-01 from SAMHSA. The views expressed in written conference materials or publications by speakers and moderators do not necessarily reflect the official policies of the Department of Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.