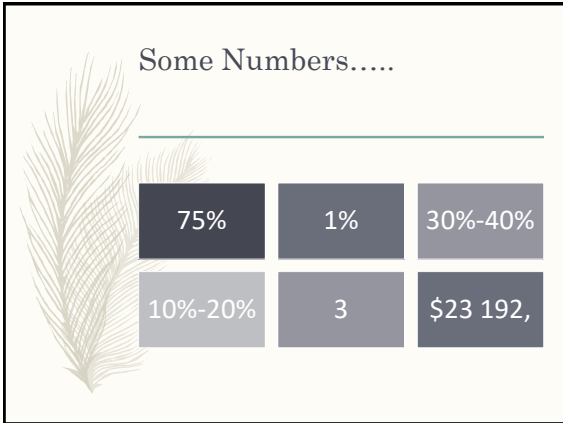


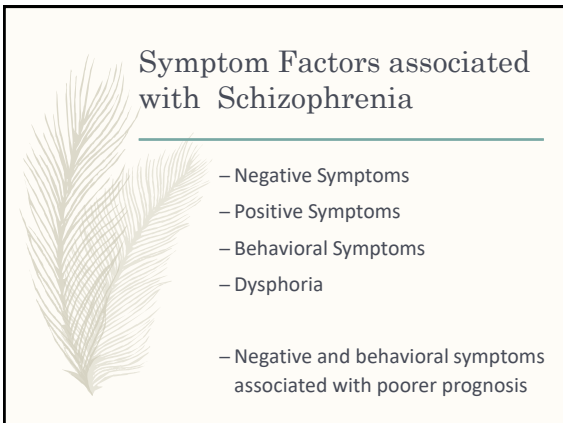
Early Onset Psychosis: Considerations for Asian Americans

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Some Numbers.....

75%	1%	30%-40%
10%-20%	3	\$23 192,



Symptom Factors associated with Schizophrenia

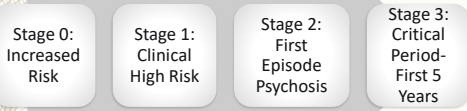
- Negative Symptoms
- Positive Symptoms
- Behavioral Symptoms
- Dysphoria

- Negative and behavioral symptoms associated with poorer prognosis

Conditions Associated with Early Onset Psychosis

- Schizophrenia/Schizoaffective Disorder
- Bipolar Disorder
- Depressive Disorders
- Anxiety Disorders
- PTSD
- Substance Abuse
- Medication Induced
- Pervasive Developmental Disorders

Stages of Early Onset Psychosis



Stage 0: Increased Risk



Risk Factors for Psychotic or Severe Mood Disorder



Teens with significant risk factors including of Those with Psychotic or Mood Disorders






Reduce Stigma
Improve Health Literacy
Family Systems Approach
Family Education
Address Reversible Risk Factors

Stage 1: Clinical High Risk

<p>Gradual and nonspecific changes</p> <p>Drop in grades or job performance</p> <p>Trouble thinking clearly or concentrating</p> <p>Suspiciousness or uneasiness with others</p> <p>Isolative</p> <p>Decline in self care and personal hygiene</p> <p>Strong, inappropriate emotions or none at all</p>		
	<p>School Social Workers</p> <p>Faith Leaders</p> <p>Primary Care Providers</p> <p>Pharmacists</p> <p>Traditional Healers</p> <p>Family and Community</p>	<p>Psychosociocultural Interventions</p> <p>Multifamily Education</p> <p>CBT</p> <p>Treat Comorbidities</p>

Stage 2: First Psychotic Episode

		 <p>Asian-Americans are 3x less likely to seek mental health services than other Americans.</p>
<p>First episode of psychotic or severe mood disorder</p>	<p>Client</p> <p>Family</p> <p>Community</p> <p>Emergency Services</p> <p>Other Providers</p>	<p>Address Access and Diagnostic Accuracy</p> <p>Minimize</p> <p>DURATION OF UNTREATED PSYCHOSIS (DUP)</p> <p>With CBT, Meds, Sociocultural Recovery</p>

Stage 3: Critical 5 First Five Years Psychosis

		
<p>Symptoms of Chronic Psychotic Disorder</p>	<p>Client</p> <p>Family</p> <p>Community</p>	<p>Therapy, Medication, and Sociocultural Interventions to maximize functioning and family/community participation</p>

Case Discussion: K.X.

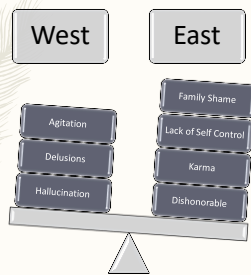
- 17- year-old Hmong girl
- Eight months of auditory, visual hallucinations, and uncontrollable behavior
- Admitted to hospital several times in past month, most recently for running into traffic in attempt to kill herself
- She has been nonadherent to medications.

Emerging Shaman

Parents believe that patient is an emerging shaman and that visual and auditory experiences are signs of connection to spirit world.



Concerns

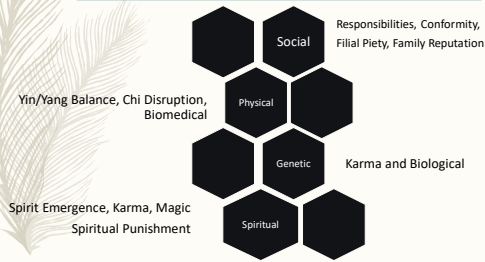


Stigma in Asian Cultures

- Greater stigma associated with mental illness
- Longer time to seek help
- Greater likelihood to hide mental illness and withdraw from those with mental illness

Ryder AG, Bean G, Dion KL. (2000) Caregiver responses to symptoms of first-onset psychosis: a comparative study of Chinese and Euro-Canadian families. *Transcultural Psychiatry* 37: 225-236.

Dimensions of Cause and Impact



Case Discussion

- But they are concerned that the spirits are overwhelming their daughter.
- Daughter feels frightened by voices who tell her to kill herself.

Help Seeking Influencers





Treatment Approaches

Family Engagement

- Address Stigma and Shame
- Validate family's wish and efforts to support patient
- Work with family decision-making process

Collaborative Model



- Elicit patient/family's understanding of symptoms and illness
- Attempt to reach common ground regarding the character and degree of importance of symptoms and explanation
- Elicit patient/family's expectations of treatment

Collaborative Model



- Shape treatment plan to address patient/family's idioms of distress.
- Explore culturally sanctioned treatment options, and support them appropriately.

Psychopharmacology



- Start at low dose
- Titrate to therapeutic dose slowly
- Monitor for side effects closely
- Asking patients to bring in meds facilitates discussion of medication effects and side effects

Case Discussion

- Client becomes more adherent with treatment including medications
- Family becomes more engaged with treatment
- Rehospitalizations prevented x 1 year post culturally informed intervention.
- Continued to have symptoms but reputation as shaman expanded
