

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

Stage 1:
Clinical
High Risk

Stage 2:
First
Episode
Psychosis

Stage 3:
Critical
Period-
First 5
Years

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

Gradual and nonspecific changes
Drop in grades or job performance
Trouble thinking clearly or concentrating
Suspiciousness or uneasiness with others
Isolative
Decline in self care and personal hygiene
Strong, inappropriate emotions or none at all



School Social Workers
Faith Leaders
Primary Care Providers
Pharmacists
Traditional Healers
Family and Community

Psychosociocultural Interventions
Multifamily Education
CBT
Treat Comorbidities

Stage 2: First Psychotic Episode



First episode of
psychotic or severe
mood disorder

Client
Family
Community
Emergency
Services
Other Providers

Address Access and
Diagnostic Accuracy
Minimize
DURATION OF
UNTREATED PSYCHOSIS
(DUP)
With CBT, Meds,
Sociocultural Recovery

Stage 3: Critical 5 First Five Years Psychosis

WHAT IS SCHIZOPHRENIA?
Schizophrenia is a very common brain disorder which causes people to abnormally interpret their sense of reality.

1 Symptoms
Social isolation, compulsive behaviors, self-harm, anorexia, lack of sleep, thoughts aren't their own, memory loss, anxiety, detachment, hallucinations, rapid speaking, and fatigue, among many others.

2 Causes
There is no exact cause of schizophrenia. A family history of mental disorders and environmental factors such as drug use are identified as risk factors.

3 Early signs
Early symptoms in teenagers include withdrawal from friends and family, lack of motivation, a sudden weight loss, depressed mood, declining academic performance, and irritability, among others.

4 Treatment
Treatment is symptom-based. Depending on the unique case, a combination of antipsychotic drugs and other means of therapy might be used in conjunction.



Symptoms of
Chronic
Psychotic
Disorder

Client
Family
Community

Therapy, Medication,
and Sociocultural
Interventions to
maximize functioning
and
family/community
participation

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

West

East

Agitation

Delusions

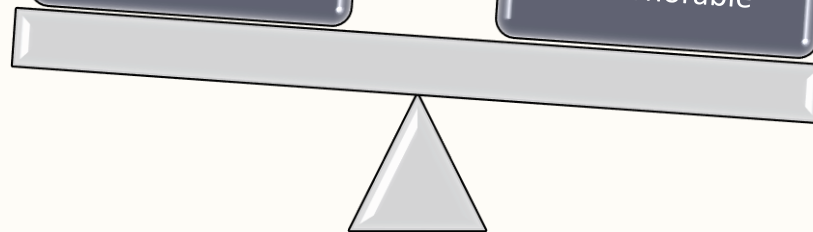
Hallucination

Family Shame

Lack of Self Control

Karma

Dishonorable



Stigma in Asian Cultures



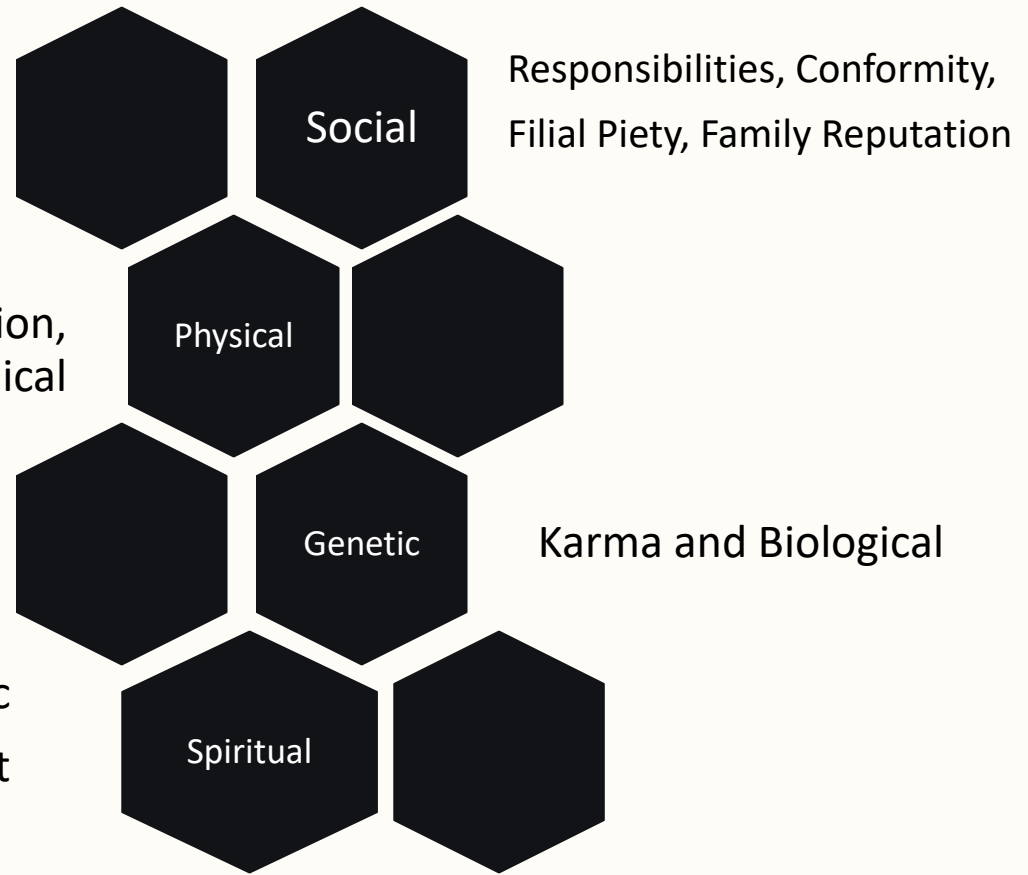
- Greater stigma associated with mental illness
- Longer time to seek help
- Greater likelihood to hide mental illness and withdraw from those with mental illness

Dimensions of Cause and Impact



Yin/Yang Balance, Chi Disruption,
Biomedical

Spirit Emergence, Karma, Magic
Spiritual Punishment



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

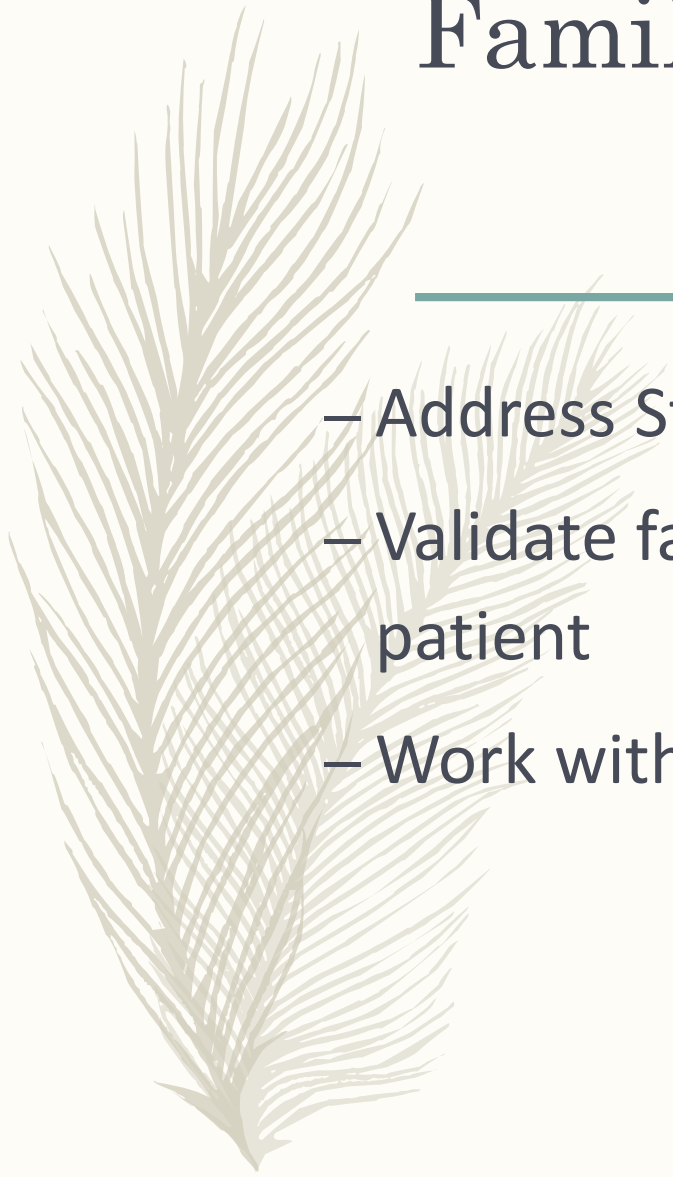




Treatment Approaches

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