



1st Step Program

reaching out...staying connected

FAMILY IS IMPORTANT TO US!

The Early Psychosis Intervention Program is a holistic, community based program. We believe that if one person in a family is struggling with a first episode of psychosis, the whole family may feel upset, confused or at a loss as to the next steps. We see each family as special, with their own needs and concerns, each one an expert in how their family can come together to survive and flourish in the face of difficulty and challenge.

Services

Our services for families are flexible. It may be as simple as an individual meeting with a clinician for support or to ask questions, meeting with our nurse for advice re medication and side effects, or a meeting to clarify the expectations and parameters of the program.

Folks with many questions may find the "Family Day" to be valuable for the education as well as the opportunity to connect with other families at different stages of recovery. These are scheduled regularly to support and coincide with the early recovery of family members.

All family members are invited to attend a weekly group - "Conversations, Understanding and Support in Psychosis" (CUSP). It is a positive blend of sharing and learning together as the journey towards recovery unfolds.

How can I get involved?

Services can be easily accessed through the Intake process, regardless of whether or not the person experiencing the first episode chooses to be involved in the therapeutic process with our program. Simply call Early Psychosis Intervention Program at 519-821-2060, extension 738.

While we cannot predict the recovery path of the family member experiencing difficulty, we do know that working together with the family and friends can create a meaningful and positive environment for all to thrive.

It's never too early to make the first call.

INFORMATION ABOUT YOUR MEDICATION

Some other side effects include restlessness, stiffness, tremors, and involuntary movements. Please let your clinician know when you experience any side effects.

You may experience side effects before you notice the benefit of the medication. This is a sign that the medication is being absorbed into the body and starting to work. Do not stop taking the medication until you check with your Psychiatrist or nurse.

Most side effects experienced will diminish over time. Your side effects will be monitored closely and there are a variety of ways to help manage them.

Dosage and Duration:

Initially a low dose of antipsychotic will be started and may be gradually increased over time. It may take several weeks for the medication to have its full effect. If the antipsychotic medication does not produce satisfactory results another antipsychotic can be tried.

It is recommended that you take your medications everyday as prescribed even after your symptoms of psychosis are gone.

If you miss a dose take it as soon as you remember; unless it is close to the next scheduled dose of medication.

There are other medications that may also be used to help with other symptoms such as sleeping difficulties, depression, anxiety and mood swings.

My Medication:

Medication _____

Dose _____

Frequency _____

Medication _____

Dose _____

Frequency _____

If you have questions about your medications or their side effects please contact your EPI clinician or Sherri Papadedes, Nurse Clinician: 519-821-2060 ext. 752.