

First Break Psychosis

Behavioral Health Tips

“First break” psychosis refers to the first time one experiences psychosis, a condition in which the brain is experiencing reality differently. There are multiple ways people experience this. Some hear voices or see things that are not there. Other feel things that don’t exist. Still others have worries that someone is following them, trying to get them, or communicating with them in bizarre ways. Some people with psychosis have an understanding that their mind is playing tricks on them and others do not. People with psychosis often do not have an understanding that their thoughts and experiences are bizarre and this may be reflected in their behavior.

Warning Signs:

While outward symptoms are typically most talked about in psychosis (hallucinations, delusions, paranoia), most individuals with psychosis start with less outwardly obvious symptoms. Those in the process of developing psychosis often withdraw from social situations. They start to get caught up in strange beliefs. They stop doing well in school or at work. Parents should not attempt to diagnosis psychosis on their own. Common symptoms of psychosis can be caused by many things, including serious health issues. Any child undergoing an abrupt change deserves to be evaluated by a medical professional to rule these serious issues out.

How Parents Can Help:

Patients who have psychosis are often frightened or confused, and thus support and seeking treatment immediately are extremely important. The earlier the treatment, the better! Contrary to popular belief, psychotic patients are more likely to harm themselves than other people. It is important to educate yourself on the condition and provide the necessary support to the patient during this difficult time. Often patients with psychosis will need extra support immediately after diagnosis. They often are admitted

For more information

Cohen Children’s Medical Center

Pediatric Behavioral Health Emergency Service
Ground Floor, CCMC Emergency Room

718-470-3768

Pediatric Behavioral Health Urgent Care
269-01 76th Avenue, Suite 161
New Hyde Park, NY 11040

718-470-3148

Pediatric Behavioral Health- Rockville Centre
100 Merrick Road
Rockville Centre, NY 11570

516-927-1630

Pediatric Behavioral Health- Mineola
156 1st St
Mineola, NY 11501

516-321-5770

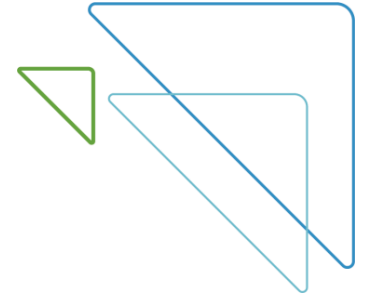
Pediatric Behavioral Health- Commack
2171 Jericho Tpke, Suite 345
Commack, NY 11725

631-775-3280

to the hospital to begin treatment, and parents can help their children and adolescents by playing an active role during the admission and ensuring that their child makes all follow-up appointments and takes any prescribed medicine. Parents are often



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able to sound the alarm if their child starts doing worse by getting them to an outpatient appointment or bringing them to the hospital.

Treatments:

Psychosis is usually a treatable condition. Treatment options include medications known as anti-psychotics and psychotherapy. While these medication do have some side effects, they are proved to help those with psychosis lead more normal lives. Patients will also be connected with services to assist them in returning to school or work.

Additional Information:

- 1) <https://www.nimh.nih.gov/health/topics/schizophrenia/raise/fact-sheet-first-episode-psychosis.shtml>
- 2) <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-5005.pdf>
- 3) <https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/What-is-Early-and-First-Episode-Psychosis.pdf>
- 4) https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Schizophrenia-In-Children-049.aspx

Books:

1. **If Your Adolescent Has Schizophrenia: An Essential Resource for Parents** by Raquel E. Gur and Ann Braden Johnson
2. **The First Episode of Psychosis: A Guide for Patients and Their Families** by Michael T Compton, Beth Broussard
3. **Promoting Recovery from First Episode Psychosis: A Guide for Families** by Sabrina Baker, Lisa Martens

Apps:

1. SARDAA HealthStorylines
2. UCSF PRIME