



GTH: GATEWAY TO HOPE

Lunch & Learn: Schizophrenia

PRESENTED BY

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The Four Rs

RECOGNIZE a mental health problem

REFER to a mental health professional

RELATE to those in distress

RESTORE through supportive community

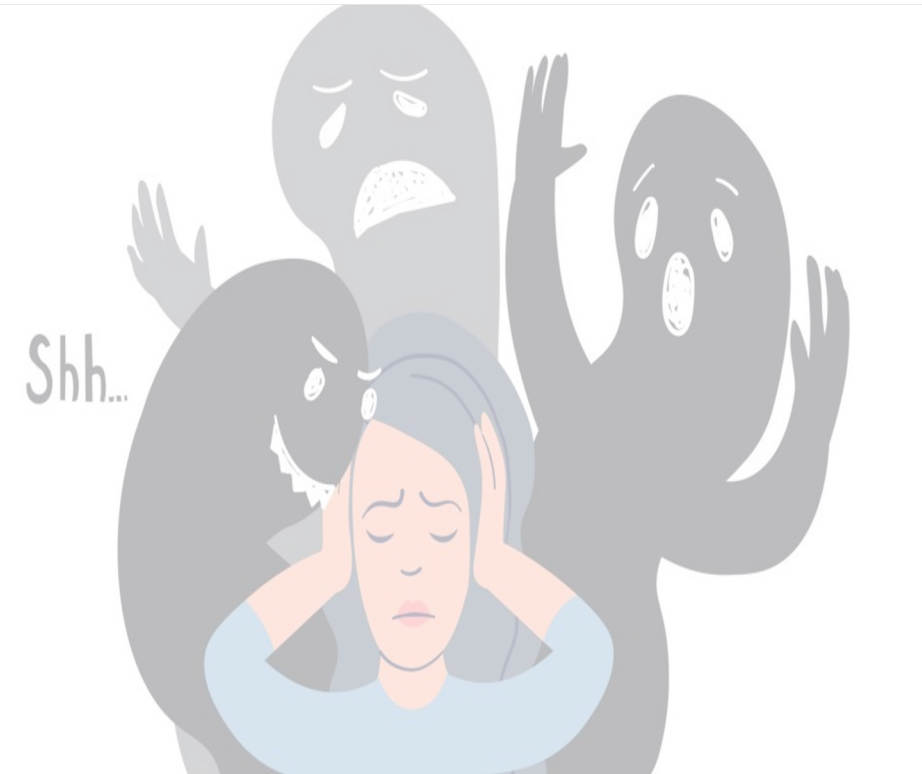


RECOGNIZE

a mental health problem

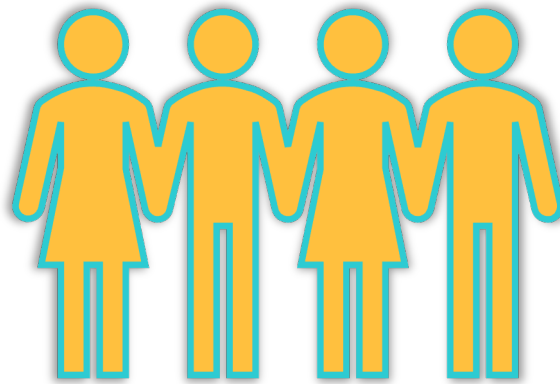
What is Schizophrenia?

- Schizophrenia is a chronic and severe mental disorder that affects how a person thinks, feels, and behaves.
- Although schizophrenia is not as common as other mental disorders, the symptoms can be very disabling.
- The symptoms of schizophrenia fall into three categories: positive, negative, and cognitive.



Age of Onset

- Symptoms of schizophrenia usually start between the ages of 16 and 30.
- In rare cases, children can be diagnosed with schizophrenia too.



Prevalence of Schizophrenia

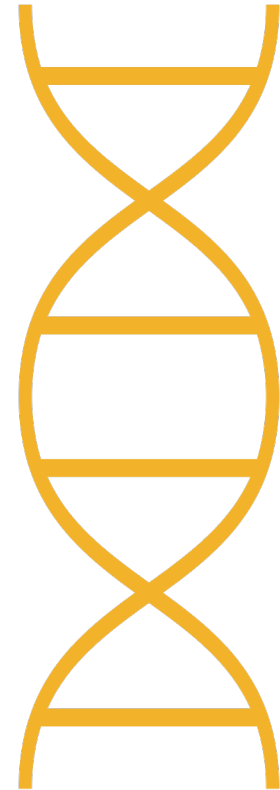
- The exact prevalence of schizophrenia is difficult to measure, but estimates range from 0.25% to 0.64% of U.S. adults.



What Causes Schizophrenia?

Genetic Risk Factors

- Many different genes may increase the risk of schizophrenia, but no one single gene causes the disorder by itself.
- It is not yet possible to use genetic information to predict who will develop schizophrenia.



Risk Factors

Different brain chemistry and structure:

- Imbalances in the complex, interrelated chemical reactions of the brain involving the neurotransmitters, dopamine and glutamate, and possibly others, plays a role in schizophrenia.
- Research shows that people with schizophrenia may be more likely to have differences in the size of certain brain areas and in connections between brain areas.
- Problems during brain development before birth may lead to faulty connections.



Environmental Risk Factors

- Exposure to viruses
- Malnutrition before birth
- Problems during birth
- Psychosocial factors
- Living in stressful or dangerous environments

Understanding the Symptoms of Schizophrenia



Positive Symptoms

“**Positive**” symptoms are psychotic behaviors not generally seen in healthy people. People with positive symptoms may “lose touch” with some aspects of reality.

Symptoms include:

- Hallucinations
- Delusions
- Thought disorders (unusual or dysfunctional ways of thinking)
- Movement disorders (agitated body movements)



Negative Symptoms

“**Negative**” symptoms are associated with disruptions to normal emotions and behaviors. Symptoms include:

- “Flat affect” (reduced expression of emotions via facial expression or voice tone)
- Reduced feelings of pleasure in everyday life
- Difficulty beginning and sustaining activities
- Reduced speaking

Cognitive Symptoms

For some patients, the cognitive symptoms of schizophrenia are subtle, but for others, they are more severe. Patients may notice changes in their memory or other aspects of thinking. **Cognitive symptoms** include:

- Poor “executive functioning” (the ability to understand information and use it to make decisions)
- Trouble focusing or paying attention
- Problems with “working memory” (the ability to use information immediately after learning it)

Subtypes of Schizophrenia



Subtypes of Schizophrenia

- Although the subtypes don't exist as separate clinical disorders anymore, they can still be helpful as specifiers and for treatment planning. There are five classical subtypes:
 - Paranoid Schizophrenia
 - Catatonic Schizophrenia
 - Disorganized Schizophrenia
 - Residual Schizophrenia
 - Undifferentiated Schizophrenia

Paranoid Schizophrenia

- Symptoms include auditory hallucinations or delusional thoughts
- Trouble forming words and speech (echolalia)
- Flat affect
- Issues with impulse control and concentration

Catatonic Schizophrenia

- The main symptom is issues with movement and responding to situations and other people
- Mimicking actions and speech (echopraxia)
- Loss of speech (mutism)

Disorganized/Hebephrenic Schizophrenia

- The primary symptom is a disorganized thought process
- Issues with speech and communication
- Flat or blunted affect
- Difficulty managing daily functioning

Residual Schizophrenia

- Individual no longer experiences prominent symptoms
- They may experience mild symptoms (typically negative symptoms)
- Typically, the symptoms are mild enough to not affect the daily functioning of the individual

Undifferentiated Schizophrenia

- Various symptoms resulting in an uncertainty in subtype
- Various symptoms

REFER

to a mental health professional



The Right Mental Health Provider

- Primary Care Doctor (General Practitioners)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities

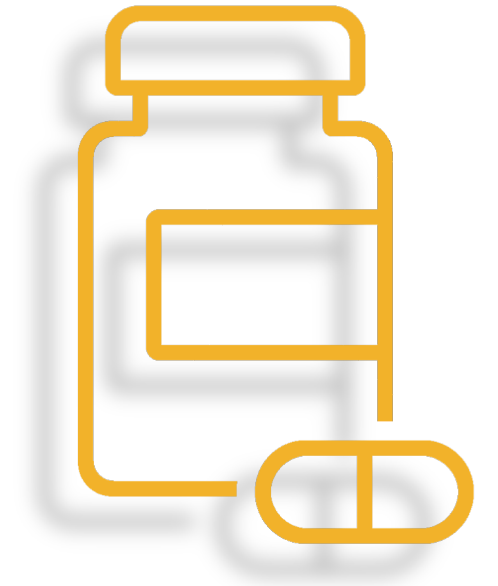
Treatment Options

- Antipsychotics
- Psychosocial Treatment
- Coordinated Specialty Care (CSB)

Treatment Options

Antipsychotics:

- Antipsychotic medications are usually taken daily in pill or liquid form. Some antipsychotics are injections that are given once or twice a month.
- Take working with a medical professional to understand what dose works for the individual



Treatment Options

Psychosocial Treatments:

- Learning and using coping skills to address the everyday challenges of schizophrenia helps people to pursue their life goals, such as attending school or work.
- Individuals who participate in regular psychosocial treatment are less likely to have relapses or be hospitalized.



Treatment Options

Coordinated Specialty Care (CSC):

- This treatment model integrates medication, psychosocial therapies, case management, family involvement, and supported education and employment services, all aimed at reducing symptoms and improving quality of life.



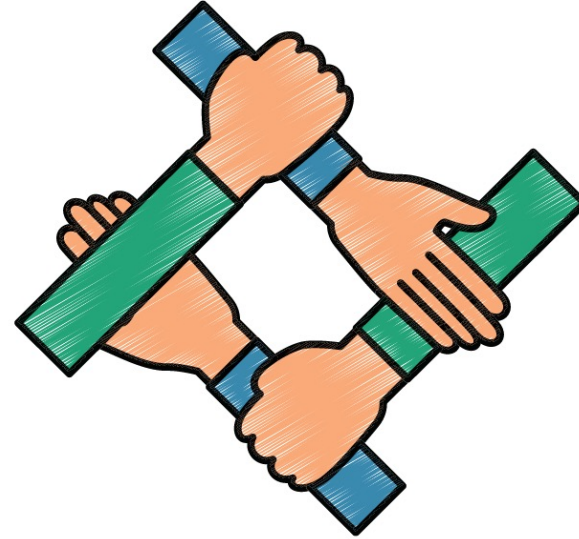


RELATE

to those in distress

Relate

- Be empathetic
- Be patient and alert
- Speak calmly
- Don't take it personally
- Take action if you think they're in danger



Coping and Support

- Learn about schizophrenia
- Stay focused on goals
- Learn relaxation and stress management
- Join a support group
- Avoid alcohol and drug use





RESTORE

through supportive
community

Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure



A Spiritual Perspective


- Faith in God's love and infinite goodness is the foundation of their beliefs and practices, and it is this strength of faith that is the key to recovery in schizophrenia.



Gateway to Hope Trainings

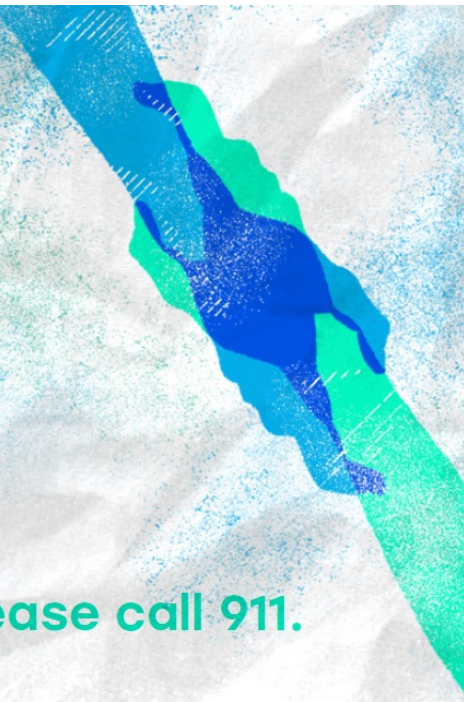


Hope Line



**Houston
Hope Line**
(832) 831-7337
Relief. Just a call away.

Open daily 5-8pm
*In case of emergency, please call 911.



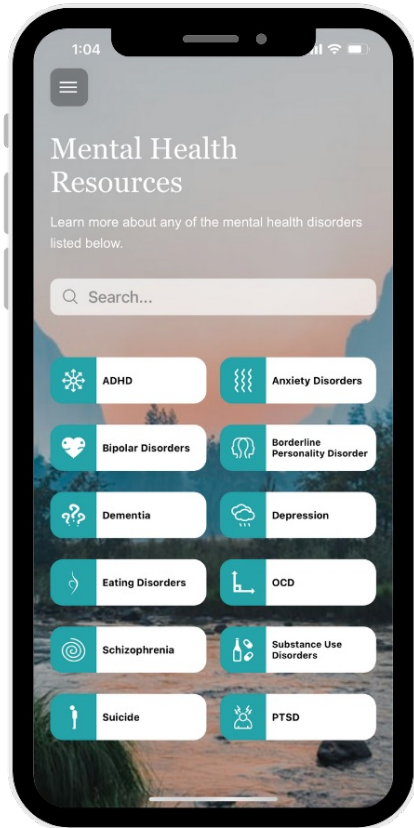
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Mental Health Gateway Websites



MentalHealthGateway.org
MentalHealthGateway.org/es

Mental Health Gateway App



- Mental health resources
 - PDFs
 - Videos
 - Guides and Workbooks
- Easy access to trainings
- Special features for Mental Health Coaches
 - Forum
 - Access to GTH Provider database

We're Here for You!

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