

What I would like friends and family to know

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Intro

- You have been thrown into a new experience of learning how to deal with psychosis and brain changes.
- You, your family and your friends have also been thrown into this and are trying to figure this out also.
- It may be very hard to understand what they are going through.



Experience and Impacts

- There will be ups and downs while in EASA – not going to be a smooth path
- This occurs at a time when they are trying to figure out who they are developmentally
- You are all developing new ways of communicating, relating and interacting with each other

Delusions, Hallucinations and Changes

- Psychosis is changes in the brain that alters the way I experiences the world.
- It is significant changes in how I experience reality and makes it harder to understand the world and myself It is characterized by:
 - Delusions or beliefs that are not true. They may believe that they can achieve things that aren't real or possible
 - Hallucinations or hearing and seeing things that others don't. They may hearing voices or see things.
 - Changes –disorganized thoughts and behaviors. Thing such as having a harder time staying on topic, communicating or pay attention or have disorganized thoughts.



I am still the person I was before

The diagnosis does not define me

When I learn about it or get information, it makes it easier to understand

The person I am, is still there, I am just trying to deal with these changes right now

I am trying to make sense of my world



Families

This a totally new experience for you and your family.

The family system has changed and they are dealing with changes also.

- They may deal with it a different way than you need to.
- Communication is key
- What may have worked before, may not work now
- Use the family guidelines
- Have family check in= meals, 1 x a week, with EASA team
- Listen when they set their own boundaries about what they need
- Learn about psychosis



Friends

- You need to re-establish relations with them
- Help them to see you are still the person you were, but have some changes
- Use your EASA team to learn how to deal with them
- May need to have new friends
- Know your boundaries for your friends
 - Disclosure
 - Relationships



Things that help

- Communication
- Education
- Reconnect with strengths and interests
- Support- be part of the team
- Listen to your youth-
 - Get to know what they are going through
 - What they need now



Communication

- Do short check ins
- Listen and not commenting
- Not to argue with delusions
- Avoid anger
- Encourage and don't put down
- Keep it simple
- Give space when needed & it is okay



Communication

- Break things down into smaller steps
- Slow down talking and use short phrases
- Be open and honest
- Share information
- Be positive and instill hope
- One day at a time
- Keep HOPE alive
- Put the family guidelines into action

Reconnect with strengths and interests

- Help to get involved –
 - Hard to take first step & take a risk
 - Encourage gently, the more they do it, the easier it becomes
 - Support them, they are not alone- others are going through this
 - When around others they feel better & build social connections
 - Try new things together
 - Do it gradually- start slow, go at their pace
 - Remember, they cannot jump back into old life right away

Reconnect with strengths and interests

- Doing things and being involved helps them and you on many levels-
 - Feel better
 - Helps brain heal and organize
 - Helps with recovery
 - Gives you hope
 - Figure out what you want and make a plan
 - Builds self esteem
 - Helps you to meet others that are going through this

Reconnect with strengths and interests

- Engage in healthy activities for you and your youth
 - Exercise
 - Eat healthy
 - Good sleep
 - Balance in your life
 - Go outdoors
 - Do something you enjoy doing
 - Do things that were fun in the past
 - You do not have to do everything together- work out a plan



Reconnect

- Do things you have done in the past that you enjoyed together
 - Board games
 - Cooking together
 - Playing music
 - Hiking
 - Going out to dinner



Taking a Risk

- Encourage them to get involved – trust self again
- See how they have changed
- See how they have not changed
- You may have missed people and want them back,
- It is okay to set certain ground rules
 - Friends
 - Family
 - Others



Experience and Impacts

- Learn What it looks and feels like when I am doing well-
 - Happy, joking
 - Socializing
 - Going outside
 - Doing things to enjoy life
- Learn What it looks and feels like when I am struggling-
 - Withdrawn/isolating
 - Afraid
 - Indecisive
 - Not taking care of myself
 - Not normal self



Supports

- Know my warning signs- share with others around you
- Encourage me but don't criticize or argue
- Educate others -EASA workshop, appointments, know when to share and how much
- Encourage to do a little at a time- start slow
- Walk along side me



Supports

- EASA Team –know who they are and what they do
- Know who you can trust around you and how much to share
- Friends- trial and error as to what works, educate, work with EASA to determine this
- Family – get involved with EASA, know what EASA can do and provide, use the team for support and problem solving



Supports

- Resources :
 - PCC- crisis lines, crisis teams, etc.
 - Your EASA Team
 - Prescriber –write down notes for appts. Be open and honest with them.
 - School –accommodations, counseling, aware of issues, supported education
 - Work –EAP, supported employment
 - Church – personal strength, groups. Involvement
 - Self- know yourself and what works for you



Moving Forward

- Everybody is an unique individual and will have different needs and experience
- Listen to them and help them to learn what works for them
- Walk along them and at their pace
- Be patient
- Remember they are still the youth there were
- Learn what you can to understand



Disclosure

- When you share, you risk the chance of stigma
- Know why you want to disclose to someone and how much you need to disclose
- If you decide to share, set boundaries around what you are willing to share
- Be aware of how other's may react to your disclosure
- Work with you EASA team to discuss disclosure and make decisions
- Once you share, you cannot go back
- Think about it ahead of time



Disclosure

- May help others to understand you better
- May make communication easier
- May help to get supports at school and work
- My introduce you to someone else that is struggle
- May help you to see how far you have come and accomplished



Stigma

- Assumptions others have about you
- Prejudice
- People look at you differently
- Scared to share and trust
- You are seen as less capable – can't do things
- You don't have the same privileges
- Discrimination
- Mental health in Social Media - more information available than in the past & more positive information



Ways to stop stigma

- Learn as much as you can and want to
- Listen –and don't judge
- Believe in yourself
- Help others to understand what you are experiencing
- Get involved – YALC



HOPE

- Always have hope – you will come back
- Take care of yourself
- Do things you enjoy
- Be patient
- Future focused
- May be slower than you want, be patient
- Believe in yourself