

CONNECTICUT EARLY PSYCHOSIS LEARNING HEALTH NETWORK

STEP

Breaking the Stigma EARLY PSYCHOSIS

MYTH: PSYCHOSIS IS REALLY RARE, NO ONE IN MY LIFE WILL BE IMPACTED BY PSYCHOSIS



MYTH: TREATMENT DOESN'T WORK







FACT:

PSYCHOSIS IS MORE COMMON THAN YOU MIGHT THINK, 3 IN 100 PEOPLE WILL EXPERIENCE PSYCHOSIS. IT IMPACTS EVERY RACE, GENDER, SEXUALITY, RELIGION, AND SOCIO-ECONOMIC STATUS

FACT:

TREATMENT IS EFFECTIVE. PEOPLE WITH PSYCHOSIS CAN GO ON TO LIVE SUCCESSFUL AND MEANINGFUL LIVES. THE SOONER TREATMENT IS STARTED, THE BETTER THE RECOVERY.

FACT: DON'T BELIEVE THE SCARY THINGS YOU SEE IN THE MOVIES. TREATMENT IS SAFE AND TYPICALLY CONSISTS OF MEDICATION AND PSYCHOSOCIAL THERAPIES

TREATMENT IS SCARY AND PAINFUL

MYTH: TREATMENT MEANS BEING LOCKED IN A HOSPITAL

MYTH: PEOPLE WITH PSYCHOSIS ARE VIOLENT AND DANGEROUS

MYTH:

PSYCHOSIS IS DUE TO A LACK OF WILL POWER AND DOESN'T REQUIRE TREATMENT



FACT:

EARLY TREATMENT OFTEN HAPPENS IN AN OFFICE. THE PATIENT COMES IN FOR TREATMENT AND THEN GOES HOME AGAIN.

FACT:

PSYCHOSIS DOES <u>NOT</u> MEAN PSYCHOPATH. PEOPLE WITH SCHIZOPHRENIA ARE 14 X MORE LIKELY TO BE HURT BY VIOLENCE THAN TO COMMIT IT

FACT:

PSYCHOSIS IS A BRAIN DISORDER. TOO MANY YOUNG PEOPLE, AND THOSE AROUND THEM, IGNORE THE SYMPTOMS OF PSYCHOSIS AND AVOID GETTING NECESSARY TREATMENT.

For more information visit: CTEarlyPsychosisNetwork.org

CONNECTICUT EARLY PSYCHOSIS LEARNING HEALTH NETWORK The Connecticut Early Psychosis Learning Health Network is a workforce development initiative hosted by the STEP Program. Our mission is to transform access, care quality, and outcomes for individuals and families impacted by recent onset psychosis throughout the state of Connecticut.

Yale school of medicine

