

# Children's Mental Health Matters!

a Maryland public awareness campaign

Facts For Families

## Psychosis

Psychosis occurs when an individual loses contact with reality. The term "psychosis" does not refer to a specific diagnosis, but rather a group of symptoms. Three out of every 100 people experience psychosis at some point in their lives, and most will recover.

### How it affects my child

Psychosis affects the way a person thinks, feels and acts. Symptoms include:

- Hallucinations (hearing, seeing, tasting, smelling or feelings things that are not there)
- Delusions (fixed beliefs that are false, such as that one is being watched or followed)
- Disordered/confused thinking and difficulty concentrating
- Rapid changes in mood/feelings
- Behavior changes, including not taking care of or grooming oneself as usual or laughing at inappropriate times

### What can we do about it?

Treatment for psychosis often involves the following:

- Learning treatment options and working with professionals
- Working with a mental health professional to learn coping skills
- Working with a physician to determine how medications can help
- Working with professionals who specialize in helping youth and young adults to manage relationships, jobs, and school neurologists, psychiatrists and pediatricians.

### Why is early treatment so important?

Experiencing symptoms of psychosis may disrupt your child's life. When psychosis is detected early, many problems can be prevented and the greater the chances are

of a successful recovery. Mental illnesses with psychosis often develop between ages 15 to 25. This is a critical stage of life, when teens and young adults are developing their identities, forming relationships, and planning for their future.

### What helps people recover from psychosis?

The most important thing is for you and your child to be actively involved in treatment.

- Participate in treatment by partnering with your child's providers to learn all you can about medications and therapy.
- Help your child to focus on personal goals, which can be strong motivators for recovery.
- Help your child to find needed support -friends, family, support groups
- Make sure your child has structure in his/her life, whether school, work, volunteering or other activities.

\*\* All information provided by: National Institute of Mental Health's Recovery After an Initial Schizophrenia Episode - Implementation and Evaluation Study. This information can be retrieved at: <http://marylandeip.com/eip-resources>.

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

coordinated by

mhamd  
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF  
maryland coalition of families

[www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

## Resources/ Links

### **Maryland Early Intervention Program (EIP)**

Offers specialized programs with expertise in early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults at risk for, or in the early stages of mental illness with psychosis.  
[www.marylandeip.com](http://www.marylandeip.com)

### **Maryland Coalition of Families**

A coalition of organizations throughout Maryland dedicated to working on behalf of children with mental health needs and their families.  
<http://mdcoalition.org/>

### **National Alliance on Mental Illness**

A nation-wide organization that provides support, advocacy, education, and awareness to those affected by mental illness and their families.  
<http://www.nami.org/>

### **American Psychiatric Association's Healthy Minds Blog**

Provides articles regarding mental health and mental health treatment.  
<http://apahealthyminds.blogspot.com/>

### **Here to Help**

Provided by the Canadian government, this site provides additional information, resources, and tools for those affected by mental illness.  
<http://www.heretohelp.bc.ca/factsheet/psychosis>

### **Children's Mental Health Matters**

Facts for families - First steps in seeking help  
[www.childrensmentalhealthmatters.org](http://www.childrensmentalhealthmatters.org)

### **Mental Health Association of Maryland**

MHAMD is a state-wide education and advocacy agency. Programs include the Maryland Parity Project, Mental Health First Aid and mental health publications and resources.  
[www.mhamd.org](http://www.mhamd.org)  
[www.mhamd.org/getting-help/health-insurance-protections/the-parity-law/](http://www.mhamd.org/getting-help/health-insurance-protections/the-parity-law/)  
[www.mhfamaryland.org](http://www.mhfamaryland.org)

### **Psychosis 101**

A website devoted entirely to providing information, resources, and connection to those affected by mental illness with psychosis.  
<http://www.psychosis101.ca/>

MHAMD ~ 443-901-1550 ~ [www.mhamd.org](http://www.mhamd.org)

MCF ~ 410-730-8267 ~ [www.mdcoalition.org](http://www.mdcoalition.org)

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School and Community Champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)