



**Ross Memorial Hospital**  
**Mental Health Program**  
10 Angeline St. N. 2<sup>nd</sup> Floor  
Lindsay, ON K9V 4M8

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# Mental Health Out-Patient Programs

## Early Psychosis Intervention

L.Y.N.X

Assessment, treatment and family support for young adults

### THE PROGRAM

The Lynx Early Intervention Program identifies people with first episode psychosis as early as possible and provides intensive, sustained case management. Research shows that early detection and treatment of psychosis leads to quicker and more complete recovery.

The Lynx Early Intervention Program is part of the Ross Memorial Hospital's Mental Health Community Counselling Services. The Ministry of Health funds this service and there is no fee for this treatment. The Lynx program encompasses Early Psychosis Intervention (EPI) services provided in Campbellford, Cobourg, Peterborough and Haliburton. The Case management services are coordinated with Family Support and Education services provided through local Canadian Mental Health Association branches.

The EPI case managers and psychiatrists are qualified and experienced clinicians who specialize in working with youth with first episode psychosis.

### WHAT IS PSYCHOSIS?

- A physical condition of the brain that affects all aspects of a person's life.
- Early warning signs are suspiciousness, thoughts that are faster or slower than normal and a vague sense that things are different. Family or friends may also notice that their loved one is behaving differently. These changes often lead to a decline in functioning.
- Symptoms include hallucinations, delusions and disorganized thinking. These have been called "positive" or active symptoms. "Negative" or passive symptoms include such changes as a lack of spontaneity, social withdrawal and slowed movements.
- Psychosis affects about 3% of the population. It occurs equally in males and females and tends to emerge during adolescence and early adulthood.

**Families play an important role in treatment. Research shows that when families are involved in care and treatment, the person with psychosis can make a better recovery.**

**With prompt attention and treatment most people will recover.**

## THE LYNX EPI SERVICE PROVIDES:

- Education about psychosis and its treatment.
- A comprehensive assessment to determine the individuals unique needs. Regular assessments ensure treatment is progressing well.
- Building a team of people who will help the person achieve a sustained recovery. This team always includes the case manager, psychiatrist and family education and support coordinator but may also include family members, family doctor, educators or anyone concerned with the person's recovery.
- Practical assistance with day-to-day living such as help establishing a routine or developing a plan to return to work or school.
- A range of psychosocial treatments including stress management, relapse prevention and treatment of other mental health issues.
- Emotional support.

## WHO DOES IT SERVE

- People aged 16-45 in the early stages of psychosis and their families.
- Residents of the City of Kawartha Lakes.

## CONFIDENTIALITY

All counselling requests are handled in the strictest confidence and are free of charge to all residents of the City of Kawartha Lakes.

In order to protect your confidentiality, your written approval is required prior to the release of any information either verbal or written, except in circumstances where the legal system may require disclosure.

## REFERRALS

Self-referrals and referrals from physicians, educators or other helping professionals are welcomed.

Referrals can be made by:

Calling Kathleen Hayes at (705) 328-6064 OR referral forms can be obtained by coming in to the Mental Health Day Program area (Mon – Fri 7:30am – 3:30pm), at your doctors office, by fax or mail.

### **Mental Health Day Program**

Ross Memorial Hospital

10 Angeline Street North

Lindsay, Ontario K9V 4M8

Phone: (705) 328-6064, Fax: (705) 328-6065

## OTHER SERVICES AVAILABLE

- Lynx Public Education and Family Support Coordinator.
- Canadian Mental Health Association, Victoria Branch (705) 328-2704.