



CAYR

MONTRÉAL

A sub-program of:

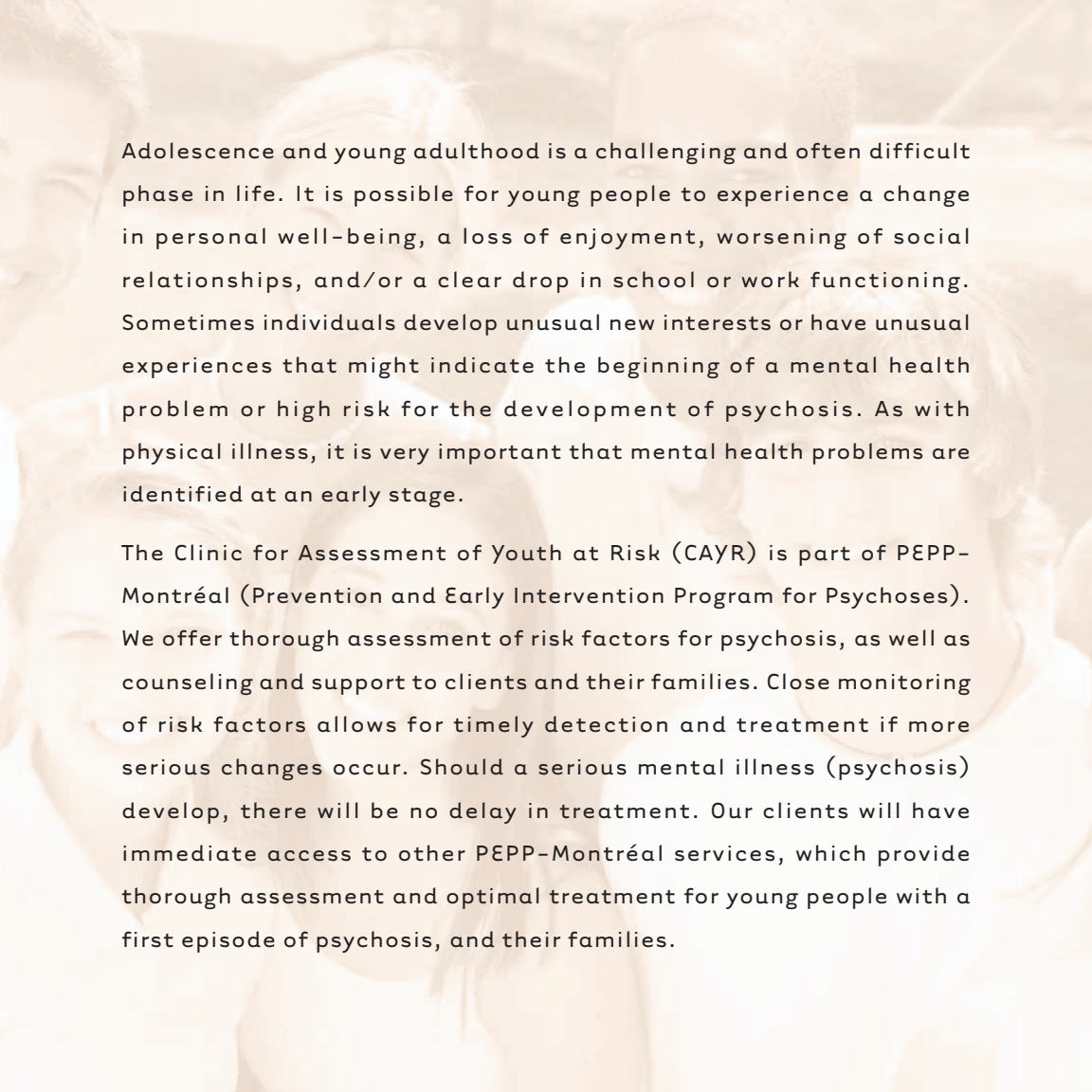


PROGRAMME D'ÉVALUATION, D'INTERVENTION ET DE PRÉVENTION DES PSYCHOSES
PREVENTION AND EARLY INTERVENTION PROGRAM FOR PSYCHOSES

*Clinic for Assessment
of Youth at Risk*

Douglas
INSTITUT MENTAL HEALTH
UNIVERSITAIRE EN UNIVERSITY
SANTÉ MENTALE INSTITUTE

www.douglas.qc.ca



Adolescence and young adulthood is a challenging and often difficult phase in life. It is possible for young people to experience a change in personal well-being, a loss of enjoyment, worsening of social relationships, and/or a clear drop in school or work functioning. Sometimes individuals develop unusual new interests or have unusual experiences that might indicate the beginning of a mental health problem or high risk for the development of psychosis. As with physical illness, it is very important that mental health problems are identified at an early stage.

The Clinic for Assessment of Youth at Risk (CAYR) is part of PEPP-Montréal (Prevention and Early Intervention Program for Psychoses). We offer thorough assessment of risk factors for psychosis, as well as counseling and support to clients and their families. Close monitoring of risk factors allows for timely detection and treatment if more serious changes occur. Should a serious mental illness (psychosis) develop, there will be no delay in treatment. Our clients will have immediate access to other PEPP-Montréal services, which provide thorough assessment and optimal treatment for young people with a first episode of psychosis, and their families.



Objective

The main objective of CAYR is to thoroughly monitor symptoms and changes in functioning in young individuals who may be at high risk for developing psychosis.

Services

Assessment

If a person has been referred to CAYR, an initial interview will be arranged with our screening clinician to assess if risk factors for the development of mental illness are present. If such risk factors are detected, a more detailed assessment will be conducted by an expert team consisting of a psychiatrist and a psychologist. Regular follow-up assessments of risk factors help to monitor changes and ensure timely intervention if the need arises.

Education and support

A CAYR counselor will provide information and education on psychosis, and what it means to be at high risk for psychosis, and will offer advice and support to young clients who meet criteria for CAYR, and their families.

Research

Several biological and environmental factors are suspected of either increasing the risk for, or protecting an individual from, developing a psychotic disorder. By studying these factors, we may better understand people's vulnerability and/or resilience to developing mental health problems. Our research activities include:

1. **Neurological assessment**
2. **Cognitive assessment**
3. **Assessment of psychosocial variables, like stress perception, social support and self-esteem**
4. **Imaging studies**
5. **Genetic studies**
6. **Stress hormone assessment**
7. **Intervention studies to identify the best way to prevent psychosis**



Inclusion Criteria

To be considered for assessment at CAYR, clients must:

- be between 14 and 30 years old
- be able to speak English or French
- seek help for a mental health problem
- show either A, B or C:

A. ATTENUATED PSYCHOTIC SYMPTOMS

Attenuated psychotic symptoms may be illusions such as fleeting shadows, noises or voices, wondering if someone is walking, following or talking about the person - without complete conviction.

B. BRIEF PSYCHOTIC SYMPTOMS

Brief psychotic symptoms are characterized by true delusions (false beliefs or bizarre, paranoid or grandiose ideas) or hallucinations lasting less than 7 days.

C. A POSITIVE FAMILY HISTORY PLUS A DECLINE IN FUNCTIONING

Requires BOTH of the following:

1. Family history of psychotic disorder (schizophrenia or bipolar affective disorder with psychosis) in a first-degree relative
- and**
2. Evidence of decline in level of functioning in one or more areas within the past 5 years (i.e. social, occupational, academic or self-care)

Exclusion Criteria:

Unfortunately, we cannot accept clients who:

- were treated with antipsychotic medication (neuroleptics) for longer than 7 days over their entire lifetime [Examples: Risperidone (“Risperdal”), Olanzapine (“Zyprexa”), Quetiapine (“Seroquel”), Clozapine (“Clozaril”), Haloperidol (“Haldol”) etc.]
- suffer from a neurological disorder, organic brain damage, epilepsy, mental retardation, or severe substance abuse

Referrals

Referrals can be made directly to CAYR, or through PEPP–Montréal. They may come from affected individuals, family members or any healthcare professional. A response to referrals may be expected within three working days.

To submit a referral, please contact:

Isabelle Marceau, 514-761-6131, ext. 3387

or

PEPP–Montréal, 514-888-4453

To receive more information about CAYR, please contact:

**Marita Pruessner, PhD, CAYR Montréal Coordinator
514-761-6131, ext. 3381**

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