



Canadian  
Consortium for  
**Early Intervention  
in Psychosis**

# FUNCTIONAL RECOVERY



is a

**SERIOUS  
but  
TREATABLE**  
condition that can  
affect how you



**THINK**



**FEEL**



**ACT**

**RECOVERY IS POSSIBLE**

# WHAT IS RECOVERY?

**Achievement of a personally desired quality of life and feeling better about yourself, based on your goals and abilities.**

Alleviation of your psychotic symptoms



Reengaging with friends and family in a meaningful way



Capacity to live independently



Ability to continue in school or return to work



**LIVING WITH PSYCHOSIS CAN BE A PROCESS**

**YOU HAVE MORE CONTROL OVER YOUR RECOVERY THAN YOU THINK**



**RECOVERY DOESN'T MEAN YOU WON'T EXPERIENCE ANY MORE CHALLENGES, OR BE SYMPTOM-FREE**

The most effective approach is combining...



**MEDICATION**



**SELF-CARE STRATEGIES**



**SUPPORTIVE SERVICES**



**THERAPY**

**LESS RELAPSES =  
BETTER FUNCTIONING**

**TREATMENT SUCCESS** 



The earlier  
you get  
treatment



The better  
your outcome  
is likely to be

Non-medication pieces of the treatment puzzle can include:

Psychotherapy

Support  
groups

Social or life  
skills training

Employment  
assistance

Self-help

Addressing  
substance misuse

Educational  
programs

**Stick to your TREATMENT PLAN**

**Take SELF-HELP MEASURES**

**Build a strong SUPPORT SYSTEM**

**COMMUNICATE** with your doctors and therapists

**EDUCATE** yourself about your illness

**ANTIPSYCHOTIC MEDICATION** can be  
the **FOUNDATION** of your **RECOVERY**.

**MEDICATIONS** are **IMPORTANT** from the  
**START**, and **HELP** to **CONTROL SYMPTOMS**.

**MEDICATIONS INCLUDE:**  
**PILL** and **INJECTABLE** formulations

Ongoing monitoring is important to  
determine when you are responding  
well to medication, and to help with  
any side-effects.

The more you help yourself, the less hopeless and helpless you'll feel.



HEALTHY DIET

EXERCISE



SLEEP

AVOID SUBSTANCES



RELIEVE STRESS



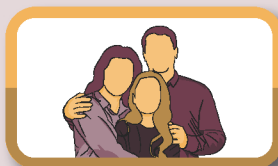
SEEK SUPPORT

## MANAGE STRESS

KNOW YOUR LIMITS : TAKE TIME FOR YOURSELF

DON'T TAKE ON MORE THAN YOU CAN HANDLE

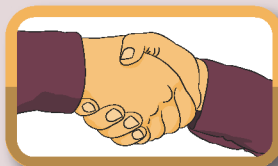
## CREATE A SUPPORT NETWORK



FAMILY



FRIENDS



FELLOW PATIENTS



HEALTH CARE TEAM

## LIMIT DRUGS, ALCOHOL AND SMOKING

People with psychosis are more sensitive to the effects of drugs and alcohol than those without the illness. Using substances to cope is not the way to a healthy lifestyle, which is essential for your recovery.

MINIMIZE YOUR CANNABIS USE, AS IT CAN:

Make your symptoms get worse and more difficult to treat

Make you more likely to stop taking your medication



Make you more likely to have a relapse

Decrease your attention, memory, processing speed; all cognitive skills

1. Addington D, et al. *Can J Psychiatry*. 2017;62(9):586-683.; 2. CPA. *Can J Psychiatry*. 2005;50(13 Suppl 1):7S-57S.; 3. CPA. Schizophrenia: The Journey to Recovery A Consumer and Family Guide to Assessment and Treatment. 2007. <https://www.schizophrenia.ca/docs/RoadtoRecoverySchzioph-web.pdf>. Accessed October 31, 2019.; 4. González-Pinto A, et al. *Schizophr Bull*. 2011;37(3):631-639.; 5. Harvey PD. *Schizophr Bull*. 2009;35(2):299.; 6. Iyer S, et al. *Can J Psychiatry*. 2013;58(5 Suppl 1):23S-9S.; 7. Iyer S, et al. *Can J Psychiatry*. 2013;58(5 Suppl 1):14S-22S.; 8. Lahera G, et al. *BMC Psychiatry*. 2018;18(1):176.; 9. Lahera G, et al. *Actas Esp Psiquiatr*. 2016;44(3):97-106.; 10. Malla A, et al. *Can J Psychiatry*. 2013;58(5 Suppl 1):30S-5S.; 11. Manchanda R, et al. *Can J Psychiatry*. 2013;58(5 Suppl 1):5S-13S.; 12. Melinda. Schizophrenia Treatment and Self-Help - HelpGuide.org. <https://www.helpguide.org/articles/mental-disorders/schizophrenia-treatment-and-self-help.htm>. Accessed October 31, 2019.; 13. Norman R, et al. *Can J Psychiatry*. 2017;62(9):617-623.; 14. Remington G, et al. *Can J Psychiatry*. 2017;62(9):604-616.; 15. Robinson DG, et al. *Am J Psychiatry*. 2004;161(3):473-479.



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## CHOOSE WISELY

**DIET**

**EXERCISE**

**SLEEP**

**AVOID SUBSTANCES**

**SEEK SUPPORT**

**RELIEVE STRESS**

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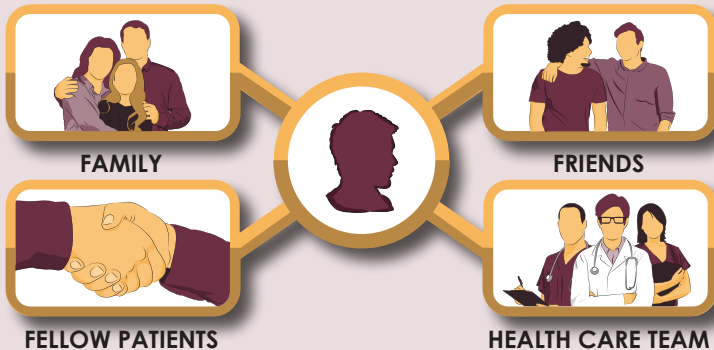
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## CREATE A SUPPORT NETWORK



## FOLLOW A COMPREHENSIVE TREATMENT PLAN

**MEDICATION**

**SELF-CARE STRATEGIES**

**SUPPORTIVE SERVICES**

**THERAPY**

1. Addington D, et al. *Can J Psychiatry*. 2017;62(9):586-683; 2. CPA. *Can J Psychiatry*. 2005;50(13 Suppl 1):75-575; 3. CPA. Schizophrenia: The Journey to Recovery A Consumer and Family Guide to Assessment and Treatment. 2007. <https://www.schizophrenia.ca/docs/RoadtoRecoverySchzioph-web.pdf>. Accessed October 31, 2019; 4. González-Pirto A, et al. *Schizophr Bull*. 2011;37(3):631-639; 5. Harvey PD. *Schizophr Bull*. 2009;35(2):299; 6. Iyer S, et al. *Can J Psychiatry*. 2013;58(5 Suppl 1):235-95; 7. Iyer S, et al. *Can J Psychiatry*. 2013;58(5 Suppl 1):145-225; 8. Lahera G, et al. *BMC Psychiatry*. 2018;18(1):176; 9. Lahera G, et al. *Actas Esp Psiquiatr*. 2016;44(3):97-106; 10. Malla A, et al. *Can J Psychiatry*. 2013;58(5 Suppl 1):305-55; 11. Manchanda R, et al. *Can J Psychiatry*. 2013;58(5 Suppl 1):55-135; 12. Melinda. Schizophrenia Treatment and Self-Help - HelpGuide.org. <https://www.helpguide.org>. <https://www.helpguide.org/articles/mental-disorders/schizophrenia-treatment-and-self-help.htm>. Accessed October 31, 2019; 13. Norman R, et al. *Can J Psychiatry*. 2017;62(9):617-623; 14. Remington G, et al. *Can J Psychiatry*. 2017;62(9):604-616; 15. Robinson DG, et al. *Am J Psychiatry*. 2004;161(3):473-479.