

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

Psychosis in Teenagers

One of the most alarming symptoms of a mental health disorder in a teenager or young adult is psychosis, or losing touch with reality. A young person who seemed fine is suddenly hearing voices or having disturbing, unrealistic thoughts. This often results in dangerous behavior that sends kids to the emergency room. When this happens it's called a first psychotic episode, and it usually (but not always) signals the onset of **schizophrenia** or **bipolar disorder**.

A first psychotic episode may seem to come out of the blue, but there are early **signs of developing psychosis** that, if they're caught, can help kids get the support that can head off a full-blown crisis. And there is now **specialized treatment after a first psychotic episode** that enables patients with schizophrenia to get back to their lives and dramatically reduces the likelihood that they will have later episodes. This week we also offer articles on **how cognitive behavioral therapy (CBT) can help young people with psychosis**, what it looks like **when children**

develop schizophrenia, and what to expect if you find yourself needing to **take your child to an emergency room**.

Watching for Signs of Psychosis in Teens

How to catch kids early and support them before they're in crisis.

https://childmind.org/article/watching-for-signs-of-psychosis-in-teens/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-07-25&utm_content=watching-for-signs-of-psychosis-in-teens

Early Treatment for Schizophrenia

The right care after a first psychotic episode decreases later relapses.

https://childmind.org/article/first-episode-psychosis-early-treatment-critical/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-07-25&utm_content=first-episode-psychosis-early-treatment-critical

Bipolar Disorder: Why It's Often Misdiagnosed

And how behavioral treatment, along with medicine, can improve outcomes.

https://childmind.org/article/bipolar-disorder-difficult-to-diagnose-in-adolescents/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-07-25&utm_content=bipolar-disorder-difficult-to-diagnose-in-adolescents

How Does CBT Help People With Psychosis?

Specialized therapy helps them avoid crises and manage symptoms of schizophrenia.

https://childmind.org/article/cbt-help-people-psychosis/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-07-25&utm_content=cbt-help-people-psychosis

Childhood Schizophrenia: What Are the First Signs?

When the disorder develops in children, they may hide symptoms that are frightening.

<https://childmind.org/article/childhood-schizophrenia-what-are-the-first-signs/>

[utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-07-25&utm_content=childhood-schizophrenia-what-are-the-first-signs](#)

Taking a Child to the Emergency Room

What the ER can (and can't) do for your child in a psychiatric emergency.

[https://childmind.org/article/taking-a-child-to-the-emergency-room-2/?](#)

[utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-07-25&utm_content=taking-a-child-to-the-emergency-room-2](#)

Shared information and Credit to "The Child Mind Institute".