

PRESS RELEASE

Thanks to early intervention, the Douglas Institute helps young people with psychosis regain control of their lives

For immediate release

Montreal, May 22, 2013 — This year marks the 10th anniversary of the Prevention and Early Intervention Program for Psychoses (PEPP-Montréal) at the Douglas Institute. For the occasion, Dr. Ashok Malla, program founder and director, will host an international conference at the Douglas Institute on May 27 and 28. He will give an overview of PEPP-Montréal's accumulated knowledge and achievements to an audience of eminent researchers and clinicians from across the globe. Visionary physician Dr. Patrick McGorry is also a highly anticipated guest speaker, as he has completely changed the model of care in Australia for youth who suffer from psychosis to ensure that they get better services and have better chances for recovery.

Psychosis is a temporary loss of contact with reality and is a sign of an underlying mental illness. Psychosis is not a permanent state; it can be treated and the majority of people afflicted can live satisfactory lives.

"The earlier we intervene and the more targeted our treatment, the better our results," explained Dr. Ashok Malla. What's more, a young person who calls PEPP-Montréal directly will get an appointment for an assessment within the week. "We can now identify at-risk youth and prevent them from developing psychosis. If the young person has already started experiencing an episode, we have very effective tools to treat the psychosis and reduce its harmful effects."

These tools of course include medication, but they also consist of individual and family therapy, stress management, referrals, housing and employment assistance, and more.

Lynne McVey, Executive Director of the Douglas Institute, also stressed the importance of erasing taboos. "To prevent mental illness, people—and especially young people—need to know that they can ask for help without being stigmatized."

It is with this prevention goal in mind that experts will be discussing the most promising research in this field along with the most effective care models both here and abroad.

What?

International conference

Early intervention in psychosis: Current knowledge and future directions

When?

May 27 and 28, 2013

Where?

Douglas Hall, Douglas, Institute

- Opening remark by André Delorme, National Director of Mental Health, Ministère de la Santé et des services sociaux, Monday at 8 :30 a.m.
- Overview of accumulated knowledge and achievements at PEPP-Montréal, Monday, May 27, 10:00 a.m.
- Consult the full program at peppmontreal.ca.
- Researchers will be available for interviews on site.

About the Douglas Institute – www.douglas.qc.ca

The Douglas is a world-class institute affiliated with McGill University and the World Health Organization. It treats people suffering from mental illness and offers them both hope and healing. Its teams of specialists and researchers are constantly increasing scientific knowledge, integrating this knowledge into patient care, and sharing it with the community in order to educate the public and eliminate prejudices surrounding mental health.

– 30 –

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