

**Behavioral Health Promotion Activities Plan**

<b>Behavioral Health Concern/ Diagnosis:</b>	<b>Psychotic Disorders:</b> (1) Schizotypal (Personality) Disorder, (2) Delusional Disorder, (3) Brief Psychotic Disorder, (4) Schizophreniform Disorder, (5) Schizophrenia, (6) Schizoaffective Disorder, (7) Other Specified Schizophrenia Spectrum and Other Psychotic Disorder, and (8) Unspecified Schizophrenia Spectrum and Other Psychotic Disorder.
<b>What is it?</b>	Per DSM-5, Psychotic Disorders are defined by: “abnormalities in one or more of the following five domains: delusions, hallucinations, disorganized thinking (speech), grossly disorganized or abnormal motor behavior (including catatonia), and negative symptoms” p.87.
<b>Behavioral Observations of Psychosis include:</b>	Seeing things that are not there (e.g. ghosts or monsters), talking conversationally when alone, having conversations with imaginary voices, hearing voices that tell the person to do things such engage in destructive behavior or make the person feel afraid, a change in verbal fluency (e.g. talks less or more, switching from topic to topic in conversation, speech that is difficult to understand), changes in mood or volition (choices) that are not reasonable for the situation, socially withdrawn behavior, stereotypical and/or odd behavior, fearful behavior, decrease in self-initiated purposeful activities, gradual deterioration in functioning, false fixed beliefs (delusions) that don’t change despite conflicting evidence, and a decrease in emotional expression.
<b>Support Strategies:</b>	<ul style="list-style-type: none"> <li>○ Define and track psychiatric symptoms of psychosis (the symptoms that are being treated or to be treated) and share this data with the prescribing physician (if applicable). The Behavioral Health Team Review Form of Psychotropic Medications is a useful tool for this and can be found on PCHC’s website (click on Resources and then Forms)</li> <li>○ Evidence Based Interventions include: Social Skills Training (SST), Cognitive Behavioral Therapy (CBT), Assertive Community Treatment (ACT), and Family Psychoeducation (see Resource List on PCHC’s website for definitions of these terms). Recovery planning tools such as WRAP (wellness recovery action plan) and art or music therapy may also be helpful.</li> <li>○ Those involved in the person’s care can encourage the person to take his or her medication as prescribed (if relevant), and use strategies/skills that the person has learned by working with a mental health professional.</li> </ul>
<b>Medications Commonly Prescribed for Psychosis include:</b>	<p><b>Conventional or Typical Antipsychotics ( first generation):</b> chlorpromazine (Thorazine), fluphenazine (Prolixin), haloperidol (Haldol), loxapine (Loxapine), and perphenazine (Trilafon).</p> <p><b>Second Generation (newer) Antipsychotics:</b> risperidone (Risperdal), olanzapine (Zyprexa), quetiapine (Seroquel), and ziprasidone (e.g. Geodon).</p>
<b>Frequency of Support:</b>	Fill in which physician treats this condition and how often the person is seen for medication review (typically at least every 90 days).
<b>Desired Outcome:</b>	A reduction in observable and self-reported psychiatric symptoms.
<b>Person/Agency Responsible:</b>	Name of person, family/caregivers, agency nurse, primary care physician, and specialist if applicable.

**References:** American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*. Washington, DC: Author.

Copeland, M. E. (2010). WRAP (Wellness Action Recovery Plan) Plus. Dummerston, Vermont: Peach Press.

Fletcher, R., Barnhill, J. & Cooper, S.A (2017). *Diagnostic Manual – Intellectual Disability 2(DM-ID 2): A Textbook of Diagnosis of Mental Disorders in Persons with Intellectual Disability*. Kingston, NY: NADD Press.

APA Presidential Task Force on Evidence-Based Practice. (2006). Evidence-based practice in psychology. *American Psychologist*, 61, 271-285. Information retrieved from: [https://www.div12.org/psychological\\_treatments/treatments/](https://www.div12.org/psychological_treatments/treatments/)

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<b>Psychotic Symptoms:</b>	
<b>Support Strategies:</b>	
<b>Medications Prescribed:</b>	
<b>Frequency of Support:</b>	
<b>Desired Outcome:</b>	A reduction in observable and self-reported psychiatric symptoms.
<b>Person/Agency Responsible:</b>	

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