

Psychosis and Schizophrenia Online Resources

Preparing for the Program

- Schizophrenia Society of Canada YouTube
<https://www.youtube.com/channel/UCwp8AFlo0N1psiyeHaH-LvQ/featured>
- Indigenous territory acknowledgement <https://native-land.ca/territory-acknowledgement/>
- Guidelines for working with indigenous peoples
<http://www.multiculturalmentalhealth.ca/clinical-tools/guidelines/working-with-aboriginal-peoples/>
- Immigrant and Refugee Mental Health course <https://irmhp-psmir.camhx.ca/courses>
- Multicultural Mental Health Resource Centre <http://www.multiculturalmentalhealth.ca>

Additional Resources

These sites have fact sheets and handouts that facilitators may wish to use:

- Manitoba Schizophrenia Society resources
http://www.mss.mb.ca/resource_materials.php
- Foundry BC
https://foundrybc.ca/articles/psychosis-the-basics/?return_page=1328
- Portico Network
<https://www.porticonetwork.ca/tools/client-handouts/client-handouts-mental-health>
- Centre For Addiction and Mental Health
http://www.camh.ca/health-info/mental-illness-and-addiction-index?query=* &facets=filter_tags:5B480C3FD230426F953C5AD52F8EF444,FC45C116BD5D482C85D99E21885B20A5



Session 1

- Laroie et al (2014) Culture and hallucinations: overview and future directions. Schizophrenia Bulletin, 40(Suppl_4), S213-S220.
https://academic.oup.com/schizophreniabulletin/article/40/Suppl_4/S213/1874317
- DSM-5 updates <https://www.psychiatry.org/patients-families/schizophrenia>
- Science Daily https://www.sciencedaily.com/news/mind_brain/schizophrenia/
- Understanding the DSM-5
<https://www.psychiatry.org/patients-families/understanding-mental-disorders>
 - Cross Cultural Variations in Psychiatrists' Perception of Mental Illnesses
https://www.researchgate.net/publication/304713952_Cross_Cultural_Variations_in_Psychiatrists%27_Perception_of_Mental_Illness_A_Tool_for_Teaching_Culture_in_Psychiatry
- This list of legislation relevant to mental health and disability in Canada, from the Canadian Civil Liberties Association
<https://ccla.org/an-overview-of-relevant-legislation-related-to-mental-health-and-disability/>
- Involuntary hospital admission of mentally ill people and length of stay
<https://www.legalline.ca/legal-answers/involuntary-hospital-admission-of-mentally-ill-people-and-length-of-stay/>
- Provincial privacy legislation
<https://www.priv.gc.ca/en/about-the-opc/what-we-do/provincial-and-territorial-collaboration/provincial-and-territorial-privacy-laws-and-oversight/>
- **Patient rights**
 - Ontario
<https://www.camh.ca/en/your-care/your-rights/bill-of-client-rights>
 - Manitoba
<https://pathwayssmi.org/wp-content/uploads/2015/01/Questions-to-ask-the-psychiatrist.pdf>
 - Saskatchewan
<http://publications.gov.sk.ca/documents/13/99258-Your%20Rights%20Fact%20Sheet.pdf>
 - BC
https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/MentalHealth/Documents/Survival%20Kit_YourRightsasaPersonwithMentalIllness.pdf
 - Vancouver Mental Health Family Bill of Rights
<http://www.spotlightonmentalhealth.com/family-bill-of-rights-4/>
- Canada's Mental Health Strategy(2009)
https://www.mentalhealthcommission.ca/sites/default/files/FNIM_Toward_Recovery_and_Well_Being_ENG_0_1.pdf
- Personalized medicine <http://www.canbind.ca> <http://impact.camhx.ca/en/home.php>
- "Nutraceuticals"
<https://ca.ctrinstitute.com/blog/food-for-thought-nutrition-impacts-on-mental-health/>



Videos

- Schizophrenia symptoms, causes & treatment <https://youtu.be/PURvJV2SMso>
- What is Psychosis? <https://youtu.be/RRGGxK3OpNc>
- Avatar therapy <https://youtu.be/4Gmp9IILUx4> OR <https://youtu.be/ualyndhm5eo>
- Personalized medicine (Genetic clinic at CAMH) <https://youtu.be/hDJnql074Ew>
- What is the evidence that people with schizophrenia can in fact recover? (4:25) <https://youtu.be/cY9DNCnRzcU>

Session 2

- Questions to ask the psychiatrist
- Resource Guide for Manitoba <https://mbwpg.cmha.ca/links/>
- HON code website and toolbar <https://www.hon.ch/HONtools/Patients/index.html>
- WRAP (Wellness Recovery Action Plan) <https://mentalhealthrecovery.com/wrap-is/>

Videos:

- the LEAP approach video: Dr. Amador's TedX talk <https://youtu.be/NXxytf6kfPM>
- Schizophrenia with substance abuse (4:37) <https://youtu.be/bSSFhVGu3nI>
- How do I get my loved one to go to therapy? <https://youtu.be/uyCf6p4FChk>
- How to Help a Spouse with Schizophrenia <https://youtu.be/XKdsQAGTzwY>
- It's Not About the Nail <https://youtu.be/-4EDhdAHrOg>

Session 3

- Studies on cannabis and psychosis <https://cannabisandpsychosis.ca>
- Cocaine, methamphetamine and hallucinogens <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/cocaine>
- Methamphetamines <https://www.camh.ca/en/health-info/guides-and-publications/straight-talk-methamphetamines>
- Tips for family safety <https://www.earlypsychosis.ca/pages/diagnosed/aggression>
- WRAP (Wellness Recovery Action Plan) <https://mentalhealthrecovery.com/wrap-is/>



Videos:

- Drug Use Problems and Mental Illness: Co-Morbidity Explained <https://youtu.be/5RbEotf0jql>
- Caring for someone who is suicidal (7:11) https://youtu.be/JXo7k0hDF_I
- Understanding the link between violence and mental health (2:57) <https://youtu.be/FA2KJoZhSJw>
- Understanding agitation: de-escalation <https://youtu.be/i1D0tdilskA>

Session 4

Optional videos if no person with lived experience available:

- Recovery: Hope changes everything <https://youtu.be/5Q2zkeirxK4>
- What does a person need in their environment in order to recover? (5:53) <https://youtu.be/jaIEW3yceO0>
- When The Voices Fell Silent trailer (3:19)) <https://youtu.be/MxRqFl6MsYs>
- Sean and Doris Miller: A Story of Hope (13:35) <https://youtu.be/EDblspgSoc0>
- Dr. Liberman – What is the evidence that people with schizophrenia can recover? (4:25) https://www.youtube.com/watch?v=cY9DNCnRzcU&list=PLkZB0pYfxQ5bOACKFchxalp5X03lCf_kq&index=7
- interview with Dr. Fred Frese <https://youtu.be/90T3kQFhTxo>

Session 5

- Six characteristics found in strong families <http://family.jrank.org/pages/593/Family-Strengths-Family-Strengths-Perspective.html>
- Housing for People with Mental Disorder and Addictions <http://www.heretohelp.bc.ca/publications/factsheets/housing>
- Centre for Addiction and Mental Health. Housing Discussion paper. http://www.camh.net/Public_policy/Public_policy_papers/housingpaper.html
- Disability Tax Credits <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/information-medical-practitioners/mental-functions-necessary-everyday-life.html>
- Caregiver Tax Credits <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html>
- The Mental Health Commission of Canada guidelines for health professionals to work with families. <https://www.mentalhealthcommission.ca/English/media/3273>

- MHCC Promising Practices Guide
https://www.mentalhealthcommission.ca/sites/default/files/2020-04/Promising_Practices_Guide_eng.pdf
- Family-Centred Mental Health Care - Approach that sees families as partners in care and encourages family involvement.
<https://www.porticonetwork.ca/treatments/approaches-to-care/family-centred-care>
- Updates from MHCC
<https://www.mentalhealthcommission.ca/English/media-centre/news/releases>
- Canadian Patient Safety Institute Shift to Safety tips and tools
<http://www.patientsafetyinstitute.ca/en/About/Programs/shift-to-safety/Pages/public.aspx>
- SSC Advocacy resources <https://schizophrenia.ca/>
- MHCC toolkit
<https://www.mentalhealthcommission.ca/English/initiatives/11847/caregiver-mobilization-toolkit>
- Patient Safety in Mental Health
<http://www.patientsafetyinstitute.ca/en/Topic/Pages/Mental-Health.aspx>

