

## How Do I Make a Referral ?

You may contact the PIER Program at 777-3614 for further information. A referral can be made from any source either by telephone contact, referral letter or Eastern Health Mental Health Referral Form. Appointments for assessment can be obtained quickly – within 1-14 days.



### CALL US

*The sooner we hear from you the sooner we can help.*

## CONTACT INFORMATION

Requests for further information  
should be directed to:

PIER Program  
Mental Health and Addictions Program  
Eastern Health Authority  
Waterford Hospital Site  
306 Waterford Bridge Road  
St. John's, NL  
Canada  
A1E 4J8

Tel: (709) 777-3614

Fax: (709) 777-3553

## PIER PROGRAM

**P**schosis  
**I**ntervention and  
**E**arly  
**R**ecovery

**PIER PROGRAM**

MENTAL HEALTH AND ADDICTIONS PROGRAM  
[www.easternhealth.ca](http://www.easternhealth.ca)

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## What is the PIER Program?

The **PIER Program (Psychosis Intervention Early Recovery)** is a service provided by the Mental Health and Addictions Program of Eastern Health, St. John's. It is a specialized mental health program focused on recognition, assessment and treatment of individuals experiencing a first episode of psychosis. It consists of an interdisciplinary team servicing these individuals and their families with clinical care, education and support.

## What is Psychosis?

Psychosis is a condition which affects the mind. It is often manifested in the following symptoms:

- Changes in thinking patterns e.g. having difficulty concentrating, following a conversation or remembering things.
- Unusual or false beliefs e.g. delusions of being persecuted or monitored; believing one's thoughts are being controlled by an outside force etc.
- Changes in perception e.g. hallucinations, hearing voices or noises that no one else hears, seeing things that are not there, or experiencing unusual physical sensations.
- Changes in feelings and mood e.g. mood swings may be evident. Moods may vary from unusually excited, depressed or anxious to feeling and showing very little emotion.

- Changes in behavior e.g. laughing inappropriately or becoming upset for no apparent reason. Spending more time alone or seem less interested in friends; school etc. Sleeping and eating patterns may change.

## What are the goals of the PIER program?

- Early recognition and identification of individuals experiencing psychotic symptoms
- Comprehensive interdisciplinary assessment, intervention and support for individuals and families
- Promotion of recovery and prevention of relapse
- Provision of clinical consultations for assessment and care
- Provision of education to individuals, families, health workers and the community
- Provision of opportunities for interdisciplinary research

## What are the criteria for referral?

- Individuals 16-55 years of age
- Individuals experiencing symptoms of psychosis for the first time
- Individuals being treated with an antipsychotic medication for a period not exceeding six months

## What services does the program provide?

### Clinical care

- Comprehensive psychiatric assessment, treatment and follow up
- Case Management services which provide psychosocial interventions and education to the individuals experiencing a psychosis
- Family assessments, biopsychosocial interventions, and educational support
- Occupational Therapy assessments and interventions including life, work, vocational and cognitive skills
- Employment Support Specialist Services
- Neuropsychological testing services

### Education

- Education about psychosis is provided to individuals and their families by various team members in individual and group sessions
- Information on awareness, early recognition of psychosis and program services provided to educators, health professionals and the community.

### Research

- Research efforts are aimed at enhancing knowledge about psychosis and development of improved treatments.