



## 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.

## 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

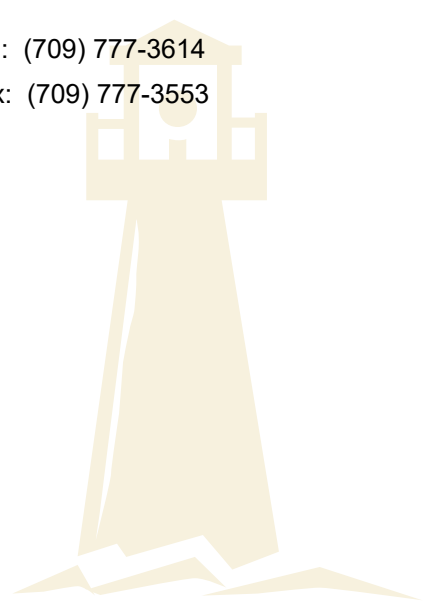
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## PIER PROGRAM

*Psychosis  
Intervention and  
Early  
Recovery*



**PIER PROGRAM**

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

2022

# PIER Program

## What is the PIER Program?

- The PIER Program (Psychosis Intervention and Early Recovery) is a service offered by the Mental Health and Addictions Program through Eastern Health. 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 individuals and their families with clinical care, education and support.

## What is Psychosis?

Psychosis is a treatable medical condition. Not everyone with psychosis experiences the same symptoms. About 3% of people will experience an episode of psychosis at some stage of their life. It can seem so real that the person might not even realize that they are experiencing psychosis. It can often manifested in the following symptoms:

- **Changes in thinking patterns-** such as difficulty concentrating or following a conversation.
- **Delusions** -these are false beliefs

- **Hallucinations-** these are changes in perception such as hearing voices, seeing things or physical sensations that are only experienced by the individual.
- **Mood Swings-** may vary from unusually excited, depressed, anxious or feeling/ showing very little emotion at all.
- **Behavior-** activities and interests may change such as loss of interest in relationships/friendships or school/work. Eating and sleeping patterns can be affected.

## What are the goals of the PIER Program?

- Early Recognition and treatment of individuals experiencing psychotic symptoms.
- Comprehensive interdisciplinary assessment, interventions and support for individuals and their families.
- Relapse prevention and Recovery.
- Providing education to individuals, families, health care workers and the community.

## What are the Criteria for Referrals

- Individuals 16-50 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 do the Program Provide?

- Comprehensive psychiatric assessment, treatment and follow up with a psychiatrist that is experienced in early psychosis.
- Case Management services which provide psychosocial interventions and education to the individuals in the PIER Program.
- Family education and support.
- Occupational Therapy, uses a process of client-centered assessment and intervention to clients in PIER Program.
- Pharmacy interventions and education.
- Collaborate with other programs, groups and clinicians that are specific to clients individual needs.