

## PROGRAMS AND SERVICES

- Breakfast Club Support Group
- Peer Support Group
- Your Recovery Journey
- Strengthening Families Together
- ACHIEVES: Literacy & Numeracy
- ACHIEVES: Pre-employment Skills
- J. Dean McAllister Memorial Bursary

Pamphlets, reference books, videos, cassettes and information packages are available at our office.

### The Schizophrenia Society strives to:

- Promote and provide education, information & support
- Advocate for legislative change
- Support schizophrenia research
- Raise funds to accomplish these objectives

### Interested in helping out?

*If you would like to become a member or to volunteer, please call us at 622-1595 or drop by the office.*

## Miramichi Chapter

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Office: 1756 Water Street, Suite B

**Board Meeting**  
2<sup>nd</sup> Tuesday of month

**Support Meetings**  
1<sup>st</sup> Thursday of month – 10 a.m.  
At Fundy Line Restaurant

**Every Wednesday 6:30 PM**  
For location call Natalie at 622-1595

### Website

[www.schizophreniasociety.nb.ca](http://www.schizophreniasociety.nb.ca)

### Email

[ssnbmiramichi@nb.aibn.com](mailto:ssnbmiramichi@nb.aibn.com)

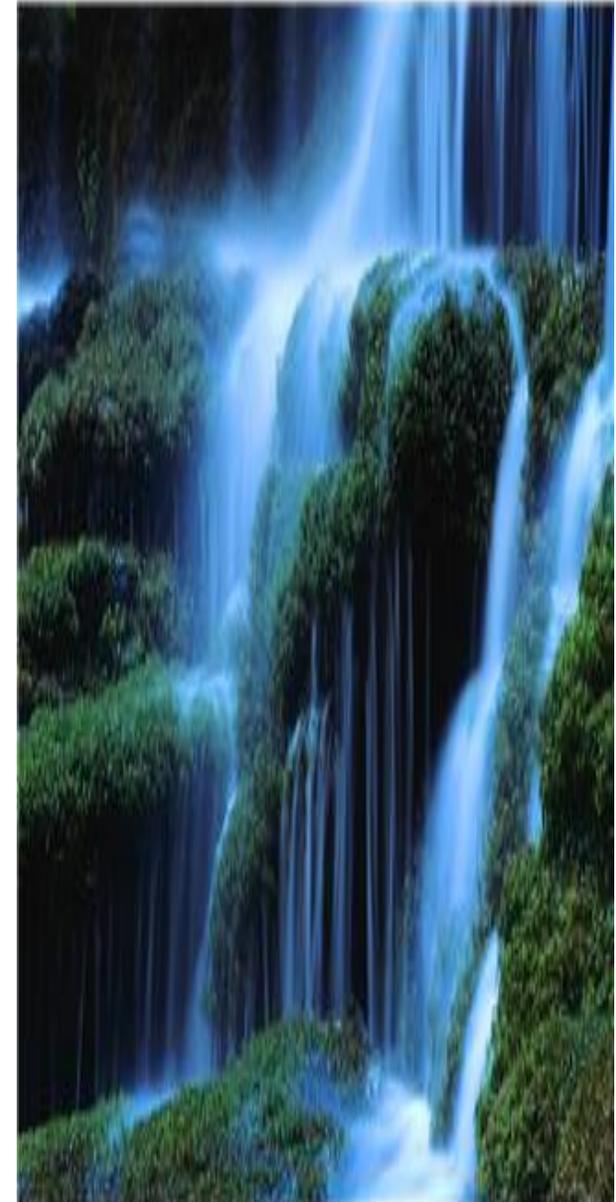


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Revised July 26, 2013

## SCHIZOPHRENIA



## Did you know..?

*Schizophrenia* is a biochemical brain disorder which results in disordered thinking, delusions, hallucinations, and a lack of energy and motivation.

*Schizophrenia* strikes one in every one hundred Canadians, typically people in their late teens or twenties.

*Schizophrenia* patients occupy one in every twelve hospital beds in Canada—more beds than are needed for any other single illness, except cardiovascular illness.

*Schizophrenia* costs more than \$2.3 billion in direct health care costs in Canada, and an additional \$2 billion in indirect costs such as welfare, family benefits, community support, etc.

*Schizophrenia* drastically affects people's quality of life. Many people in prison have the illness, as do about one-third of the homeless. Forty percent of the people with schizophrenia try to commit suicide; ten percent succeed.

Schizophrenia research in Canada is funded at about one-tenth of the rate of other illnesses; if you measure against the total health care costs for each illness.

## There is hope.

While there is no known cure for schizophrenia, it is a very treatable disease. With early diagnosis, intervention and treatment; recovery is possible.

Employment and support strategies, as well as, local support groups are available.

## Recovery is Expected

Source: [Strengthening Families Together](#) (3<sup>rd</sup> edition) SSNB

## Types of Schizophrenia

While there are several forms of the illness, **childhood schizophrenia** and **late-onset schizophrenia**, occur outside the usual age of onset (16-30).

Schizophrenia in children is rare. Affecting 1 in 40,000 compared to 1 in 100 in adults. Children with schizophrenia experience the same symptoms as adults.

Late-onset schizophrenia (which develops after age 35) is more common among women than men. People with late-onset schizophrenia respond well to treatment as developing schizophrenia later in life often allows the individual to draw on a strong support system and previously learned life skills.

## Causes

The precise cause of schizophrenia remains unknown. It is believed to result from a combination of environmental and genetic factors. Scientists have long known that schizophrenia runs in families. It occurs in 1% of the general population, but is seen in 10% of people with a first degree relative (parent, brother, sister) with the disease.

Changes in key brain functions indicate that the brain is the biological site of the disease. There may be changes in dopamine, serotonin, or other neurotransmitters (the substances through which cells communicate).

### **SCHIZOPHRENIA DEFINITELY IS:**

**NOT** caused by childhood experiences

**NOT** caused by poverty

**NOT** caused by domineering mothers or passive fathers

**NOT** caused by parental negligence, and

**NOT** caused by guilt, failure, or misbehaviour

## Symptoms

Symptoms of schizophrenia are generally divided into three categories:

**POSITIVE (ACTIVE) SYMPTOMS** are unusual thoughts or perceptions that ordinarily should not be present, including hallucinations, delusions, thought and movement disorders.

**NEGATIVE (PASSIVE) SYMPTOMS** refer to things taken away from a person's personality, such as changes in facial expression and gestures, diminished ability to communicate, apathy, fewer recreational interests and activities and impaired concentration.

**COGNITIVE SYMPTOMS** include disorganized and distorted perceptions of everyday sights, sounds, and feelings; trouble understanding language and communicating in coherent sentences; loss of short-term memory and organizational skills, and problems with attention.

## Treatment

There is no instant cure for schizophrenia but people can and do recover. There are several treatment options available.

**MEDICATION:** The medications used to treat schizophrenia, commonly referred to as "**antipsychotics**", are used to decrease the active symptoms.

Newer antipsychotics can also relieve some of the passive symptoms.

**TALKING THERAPIES** include counselling, psychotherapy, cognitive behavioural therapy (CBT) and self-help groups.

**PSYCHOSOCIAL INTERVENTIONS** involve **education** which is essential for the individual and the family; **social and living skills training** to relearn skills necessary for independent living; **vocational training and rehabilitation** which enhance personal satisfaction, self-esteem, financial independence, social interaction and companionship opportunities.