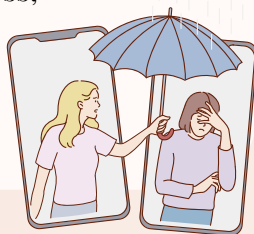


## HOW CAN ONTRACK HAWAII HELP?

OnTrack Hawai'i is an early intervention program that provides treatment and support services, including medication management and therapeutic support in person or via telehealth. The goal at OnTrack Hawai'i is to help young individuals learn coping skills, support overall health and wellness, and reach personal goals for school, work, and social relationships.



## HOW IS PSYCHOSIS TREATED?

### Individual & Group Psychotherapy:

Help individuals develop the knowledge and skills necessary to build resilience.

### Family Support & Psychoeducation:

Teach families about psychosis, coping, and communication to be prepared for the recovery process.

### Medication Management:

Provide individuals with the appropriate medication to reduce psychosis symptoms.

### Supported Employment & Education:

Help individuals return to work or school.

## HELP IS AVAILABLE

If you or anyone you know is experiencing these changes in behavior and they begin to intensify or do not go away, reach out to a healthcare provider.

Even if the changes are not symptoms of psychosis, they are likely signs that an individual is struggling and could use extra support.



## CONTACT US

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Signs, Symptoms, & Support



Child & Adolescent  
Mental Health Division

**OnTrack**  
Hawai'i

# UNDERSTANDING PSYCHOSIS

## Signs, Symptoms, & Support

### WHAT IS PSYCHOSIS?

Psychosis is a term that describes changes in a person's thoughts, feelings, senses, and behaviors.



Psychosis conditions can affect the mind in a way that interferes with day-to-day life and makes it difficult to separate reality from false personal experiences.

**First Episode Psychosis (FEP)** can often begin in young adulthood (late teens to mid-20s).

Psychosis typically develops in response to biological or psychosocial factors such as stress, traumatic experiences, substance use, or social changes in vulnerable individuals.

### WHAT ARE THE SYMPTOMS OF PSYCHOSIS?

- Hallucinations
- Delusions or false beliefs
- Paranoia, suspiciousness
- Disorganized thoughts, speech, and behavior
- Apathy, withdrawing socially
- Changes in mood (anxiety, depression, irritability)
- Difficulties with attention, concentration, memory, planning, and organization



It's important to note that in some cases, a person experiencing a psychotic episode may behave in confusing and unpredictable ways, harm themselves, or become threatening or violent toward others.



Recognizing the signs and symptoms of psychosis is the first step to seeking help.

### WHAT CAN I DO?

Young people may be reluctant to seek help or need guidance on where to turn for support. Here are places to start:

- Contact a mental health provider
- Contact your primary care physician or insurance for a referral
- Apply online for CAMHD services: [health.hawaii.gov/camhd/how-to-apply/](https://health.hawaii.gov/camhd/how-to-apply/)
- Contact Hawai'i CARES: Call or text 988, or visit [hicare.hawaii.gov](https://hicare.hawaii.gov)
- Contact NAMI Hawai'i: (808) 591-1297
- Contact Crisis Text Line: Text "ALOHA" to 741741