

CLINICAL HIGH-RISK FOR PSYCHOSIS

What is Clinical High Risk?

Clinical High Risk for psychosis (CHR-p, also known as *Psychosis Risk Syndrome*), is a mental health condition that causes a person to have psychosis-like experiences that can be overwhelming and distressing for them. However, they are still able to understand that their mind may be playing tricks on them. People who experience CHR-p have a higher chance of developing a psychotic disorder (a more serious condition in which the person fully believes the psychosis experiences are real), however, most do not -- and participating in treatment that helps to build skills for managing symptoms can really help.

What is psychosis?

Psychosis is a set of symptoms that makes it difficult to tell what is real from what is not real.

Psychosis is a

CONTINUUM

of symptoms and experiences ranging from mild to severe.

Mild→ **Moderate**→ **Severe**

Normative, Non-Clinical Experiences

- Reality testing intact
- "I think my classmates don't like me and talk about me."

**Noticeable,
Not bothersome**

Clinical High Risk

- Able to induce doubt
- "My teacher might be reading my mind and recording me."

**Bothersome,
Affects daily life**

Full Psychosis

- 100% Conviction
- "There are spies in my school who are stealing my thoughts and putting them on the Darknet."

**Significantly interferes
with daily life**

Psychosis symptoms are more common than you might think.

Up to 17% of people have psychosis-like experiences.

And up to 8% may experience CHR-p

Most people at CHR-p also have other mental health conditions such as depression or anxiety.

Common CHR-p Experiences

- Odd beliefs or magical thinking
- Eyes and ears playing tricks
- Disorganized thinking and speech
- New trouble concentrating
- Paranoia
- Withdrawing from others
- Confusion about what is real and what is not

Treatment

There is treatment available -- and early intervention matters. Response to Risk is researching which treatments are most effective and offers treatment studies aimed at preventing worsening of symptoms.

Some treatments that might work for you may include:

Family Therapy*

Cognitive Behavioral Therapy for Psychosis (CBT-p)
Medication

School Coaching*

*available at Response to Risk



Visit our website to learn more



Additional Resources

Our research studies:
responsetorisk.org/studies
CEDAR Clinic: cedarclinic.org