

Index

• Numerics •

100 Questions & Answers about
Schizophrenia (DeLisi), 344

• A •

- Achieving the Promise: Transforming Mental Health Care in America* online report, 295
- ACT (assertive community treatment) program
characteristics, 84–85
overview, 174, 273
qualifying people, 85
studies, 204
- Active Minds on Campus, 109, 343
- activism, 295
- activities of daily living (ADLs), 85
- acupuncture, 206
- acute psychotic break, 16
- ADA (Americans with Disabilities Act), 89, 129–130, 220
- Adamec, Christine, *How to Live with a Mentally Ill Person: A Handbook of Day-to-Day Strategies*, 344
- ADLs (activities of daily living), 85
- advance directives, 286–287
- adverse effects, 151
- advocacy, 303–304
- age of onset, 11
- AHRQ (Agency for Healthcare Research and Quality), 191
- akathisia, 45, 152, 158
- alcohol use, 333–334
- Alcoholics Anonymous (AA) self-help groups, 178
- Aldridge, Lionel (professional athlete), 11
- alolia, 42
- alpha 2a selective agonist, 199
- alternative treatments
overview, 162–163, 204
reasons for using, 204–205
types, 205–206
- AMA (American Medical Association), 75, 342
- Amador, Xavier, *I Am Not Sick, I Don't Need Help! Helping the Seriously Mentally Ill Accept Treatment*, 105, 344
- American Academy of Child & Adolescent Psychiatry, 342
- American Association for Geriatric Psychiatry, 342
- American Board of Psychiatry and Neurology, 74
- American Medical Association (AMA), 75, 342
- American Psychiatric Association (APA), 54, 75, 217, 341, 342
- American Psychological Association, 342
- Americans with Disabilities Act (ADA), 89, 129–130, 220
- amphetamine, 62
- angel dust, 62–63, 198
- anhedonia, 42, 61
- anosognosia, 102, 271
- antianxiety medication, 157–158
- antidepressants, 155–156
- antioxidant vitamins, 205
- antipsychotic medications, 136, 291
- antisocial personality disorders, 15
- anxiety, 14, 45–46
- AOT (assisted outpatient treatment), 281
- APA (American Psychiatric Association), 54, 75, 217, 341, 342
- assertive community treatment program.
See ACT (assertive community treatment) program
- assessment, 56

assisted outpatient treatment (AOT), 281
 atypical antipsychotics, 140
 auditory hallucinations, 39–40
 avoidance behaviors, 248
 avolition, 42

• B •

Barrett, Syd (musician), 11
 barriers to communication, 239
 Bazelon Center for Mental Health Law, 128, 222, 287, 336, 339
Beautiful Mind, A (film), 41
 behavioral health, 75, 119
 behaviors
 avoidance, 248
 catatonic, 46, 58–59
 defined, 138
 obsessive-compulsive, 44–45
 public disturbances, 252–253
 sleep disturbances, 251
 belief modification, 176
 Benadryl, 152
 benign, 155
 Bennett, Amanda, *The Quiet Room: A Journey out of the Torment of Madness*, 322
 Berman, Claire, *The Day the Voices Stopped: A Memoir of Madness and Hope*, 322
 biopsychosocial, 77
 bipolar disorder, 18, 61–62
Bipolar Disorder For Dummies (Fink and Kraynak), 61
 blunted affect, 42
 boarding homes, 265
 body language, 240
 books, 344. *See also specific books*
 borderline personality disorder (BPD), 18, 63
 Boston University Center for Psychiatric Rehabilitation, 174, 341
 boundaries, defining/redefining, 252
 BPD (borderline personality disorder), 18, 63
 brain
 biopsies, 201
 disorder myths, 307–308
 medication reaction, 136–138

normal, compared to schizophrenic, 12
 role of, in development of schizophrenia, 26–27

Breakthroughs in Antipsychotic Medications: A Guide for Consumers, Families and Clinicians (Weiden, Scheifler, Diamon & Ross), 344

breathing, as stress reliever, 244
 Bridge, Andrew, *Hope's Boy: A Memoir*, 322
 burnout, avoiding caregiver, 226–227

• C •

Campaign for Mental Health Reform, 339
 caregiver
 becoming primary, 224–225
 burnout, avoiding, 226–227
 demands and rewards, 225–226
 staying home/coming home, 225
 stress reduction tips, 227
 case management
 case managers, 21, 81
 defined, 84
 families, 86
 CAT (cognitive adaptation training), 186
 catatonic behavior, 46, 58–59
 catatonic schizophrenia, 17
 catharsis, 168
 causes of schizophrenia
 individual differences, 33–34
 nature and nurture roles, 29–33
 reason, searching for, 25–29
 two-hit theory, 12–13
 what science does not know, 34–35
 CBT (cognitive behavioral therapy), 21, 176–177, 204
Center Cannot Hold: My Journey through Madness, The (Saks), 322
 Center for Food Safety and Applied Nutrition, 208
 Center for Medicare Advocacy, 127
 Center for Mental Health Services, *Recovering Your Mental Health: A Self-Help Guide*, 331
 Center for Psychiatric Rehabilitation (Boston University), 174

- Center for Substance Abuse Prevention, 340
- Center for Substance Abuse Treatment, 340
- Centers for Medicare & Medicaid Services (CMS), 127, 340
- CET (cognitive enhancement therapy), 186
- character defects, myths associated with schizophrenia, 16
- chat rooms, 181–182
- cheeking, 144
- child and adolescent psychiatry, 73
- child-onset schizophrenia, 11
- children
- of schizophrenic parent, 232–233
 - sharing diagnosis with, 219
 - treatment for, 105–108
- chlorpromazine, 136
- cholinergic approaches, 199–200
- chronic, 110
- circadian rhythms, 332
- clinical case management, 84
- Clinical Handbook of Schizophrenia* (Mueser & Jeste), 344
- clinical social workers, 81
- clinical trials
- conducting, 192–193
 - cost, 128–129
 - finding appropriate trials, 195–196
 - Institutional Review Boards (IRBs), 196
 - participating in, 193–194
- ClinicalTrials.gov, 340
- clinician's illusion, 291
- Clonapin, 157
- Clozaril
- improving insight, 104
 - OCD and mood swings, 45
 - overview, 139–140
 - weight gain, 153
- CMS (Centers for Medicare & Medicaid Services), 127, 340
- Cogentin, 152
- cognition, 160
- cognitive adaptation training (CAT), 186
- cognitive behavioral therapy (CBT), 21, 176–177, 204
- cognitive enhancement therapy (CET), 186
- cognitive rehearsal, 176
- cognitive remediation (CR), 20, 83, 101, 185–186, 204
- cognitive symptoms, 14, 43–44
- cognitive-restructuring. *See* cognitive behavioral therapy (CBT)
- college student treatment, 108–110
- combining medications, 149–150
- command hallucinations, 40
- communication skills
- barriers to communication, 239
 - techniques, 240–241
- communities
- community-based treatment, increase of, 19–20
 - lack of services and support, 23
 - resources, 342
 - services for treatment, 96–97
- Compeer, Inc., volunteer program, 181
- complementary treatments
- defined, 204
 - reasons for using, 204–205
 - types, 205–206
- Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most out of Life, The* (Mueser & Gingerich), 344
- compliance, 158
- confidentiality policies, 276, 319
- conflicts, defusing, 250–251
- consequences, 248
- Consumer Organization and Networking Technical Assistance Center, 343
- consumer-run programs, 254
- control group, 192
- conventional antipsychotics, 138
- conventions used in this book, 2–3
- co-occurring treatment programs, 334
- coping skills
- communication skills, 239–241
 - defusing conflicts, 250–251
 - independence, 253
 - politically correct terminology, 254–255
 - public behavior, 252–253

- coping skills (*continued*)
 - recognizing role of negative symptoms, 248
 - seeking support, 254
 - setting realistic limits, 245–248
 - sleep disturbances, 251
 - stress reduction, 238–239, 242–245
 - tips, 317–326
 - unrealistic thinking, 248–249
 - co-prescribing, 149
 - costs
 - clinical studies and trials, 128–129
 - college mental healthcare, 128
 - financial, 190
 - future-care plan, 131–132
 - housing, 258
 - Medicaid, 126–127
 - Medicare, 127–128
 - medications, 328
 - overview, 117–119
 - private insurance, 119–122
 - public services, 122–123
 - Social Security, 124–126
 - USB flash drive, 273
 - veterans' benefits, 123–124
 - work incentives, 126
 - counselor, 80
 - course of illness
 - defined, 54
 - predicting, 67–68
 - CR (cognitive remediation), 20, 83, 101, 185–186, 204
 - Crazy: A Father's Search through America's Mental Health Madness* (Earley), 295, 322
 - Criminal Justice/Mental Health Consensus Project, 341
 - crisis management
 - acceptance, 269–271
 - advance directives, 286–287
 - confidentiality policies, 276
 - hospitalization, 278–281, 296–297
 - housing, 281
 - local law enforcement, 282–284
 - missing persons, 284–285
 - preparation, 271–275
 - professional help, 277–278
 - recognizing downward spirals, 275–277
 - response teams, 273
 - risk of suicide, 281–282
 - signs of acute crisis, 277
 - CRISP search engine, 191
 - criteria, 54
 - crystal meth, 62
 - culture variances in treatment, 115–116
 - “cures,” 294
- D •
- Day the Voices Stopped: A Memoir of Madness and Hope, The* (Steele & Berman), 322
 - DBS (deep brain stimulation), 200
 - Dealing with Cognitive Dysfunction Associated with Psychiatric Disabilities* (New York State Office of Mental Health), 186
 - deep brain stimulation (DBS), 200
 - deficit syndrome
 - defined, 43
 - negative symptoms, 16
 - deinstitutionalization, 293
 - DeLisi, Lynn E., *100 Questions & Answers about Schizophrenia*, 344
 - delusional depression, 62
 - delusions
 - in children, 106
 - defined, 58, 59
 - of grandeur, 40
 - overview, 40–41
 - positive symptom, 13
 - demands of caregiving, 225–226
 - dementia praecox (early dementia), 290
 - denial, 102
 - Depakote (valproate), 45, 157
 - depot medications, 144, 329
 - depression, severe, 18, 62
 - developmental disabilities, myths
 - associated with schizophrenia, 15
 - diagnosis
 - accepting, 65–66
 - adjusting to, 214–216
 - criteria, 57–58

- defined, 54
 denying, 66–67
 determining, 54
 differential, 17–18
 difficulties of, 46–49
 dual, 110
 guidelines for sharing, 216–223, 221
 men compared with women, 231
 psychiatric interview, 56–57
 receiving, 17, 64–65
 understanding, 319
Diagnosis: Schizophrenia (Miller & Mason), 344
Diagnostic and Statistical Manual of Mental Disorders (DSM), 54
 Diamon, Ronald J., *Breakthroughs in Antipsychotic Medications: A Guide for Consumers, Families and Clinicians*, 344
 differential diagnosis, 17–18
 diffusion tensor imaging (DTI), 202
 disability
 criteria for determining, 124
 defined, 130
 Disability Planner (SSA), 298
 discrimination, 301–302
 discussion forums, 181
 disorganized schizophrenia, 59
 disorganized speech, 58
 disorganized thinking, 40–41, 160
 dissociative identity disorder, 15, 309
Divided Minds: Twin Sisters and Their Journey through Schizophrenia (Wagner & Spiro), 322
 Dix, Dorothea (reformist), 90
 DO (Doctor of Osteopathy), 73
 DoctorFinder (AMA) Web site, 75
 doctors. *See* healthcare team
 dopamine system, 138
 dose
 defined, 142
 schedule, 145–146
 double-blinding, 192
 “double-trouble” self-help groups, 111, 178
 downward spiral, 275, 277
 drop-in centers, 181
 drugs. *See also* medications
 cholinergic approaches, 199–200
 glutaminergic approaches, 198–199
 high-potency, 152
 illegal, 62
 “me, too,” 141
 mimicking symptoms, 58
 noradrenergic approaches, 199
 street, 333–334
 substance abuse, 18, 19, 62–63, 102
 DSM (*Diagnostic and Statistical Manual of Mental Disorders*), 54
 DTI (diffusion tensor imaging), 202
 dual diagnosis, 110
 duration of untreated psychosis (DUP), 50
 dysfunction of healthcare teams, 87–88
 dystonias, 152
- **E** ●
- EAPs (employee assistance programs), 122
 Earley, Pete, *Crazy: A Father's Search through America's Mental Health Madness*, 295, 322
 eating patterns, 331–332
 ECT (electroconvulsive therapy), 162–163
 EEG, 201
 efficacy, 199
 elation, 156
 Elavil, 156
Eldercare For Dummies (Zukerman), 128
 elderly, treatment for, 111–113
 electroconvulsive therapy (ECT), 162–163
 electroshock therapy, 162
 employee assistance programs (EAPs), 122
 employers, sharing diagnosis with, 220
 employment programs, 171
 enablers, 241
 enforcing rules, 247–248
 environmental factors, 12
 ethnographic methods, 203
 evidence-based treatment, 66, 193
 evoked potentials, 201
 exacerbations, 67
 exclusion criteria, 37, 57–58

exercise, as stress reliever, 243
 experimental group, 192
 extended families, 220

● F ●

Facebook, 181–182
 families
 adjusting to diagnosis, 214–216
 avoiding blame game, 215–216
 breaking news to, 216–223
 in case management, 86
 challenges of caregiving, 223–227
 children, 219
 collaborating with professionals, 233–234
 extended family, 220
 family-support groups, 254
 history, 13, 19
 mothers, schizophrenogenic myths
 associated with, 15
 neglect, 323–324
 parenting skills, myths associated with
 schizophrenia, 15
 planning for future, 234–235
 problems dealing with loved one having
 schizophrenia, 23
 psychoeducation importance, 21
 psychoeducational groups, 183–184, 204
 resources, 343–344
 safety, 227–229
 siblings, 229–231
 spouse/partner, 218–219, 231–233
 stress factors on, 239
 support organizations, 184
 therapy, 182–183
 unsupportive, 222–223
 Family and Medical Leave Act (FMLA),
 130–131
 Family-to-Family Educational Program
 (NAMI), 183–184
 famous people with schizophrenia, 11
 FDA MedWatch program, 208
 federal block grants, 123
 federal programs, 267

financial aid support, 22
 Fink, Candida, *Bipolar Disorder For
 Dummies*, 61
 “first break,” 16, 46, 66
 first generation antipsychotics, 138–139
 flat affect, 42
 fluoxetine hydrochloride (Prozac), 45
 fluphenazine (Prolixin), 152
 FMLA (Family and Medical Leave Act),
 130–131
 food supplements, 207
 foster-care homes, 265
 Fountain House psychosocial
 clubhouse, 180
 friendships, 220, 302–303
 frontal lobe, 136–137
 functional magnetic imaging studies,
 12, 308
 future-care planning, 131–132

● G ●

gender, likelihood of developing
 schizophrenia, 11
 generic medications, 141
 genetics
 counselor, 114
 susceptibility to schizophrenia, 12, 13
 geriatric psychiatrist, 73, 112
 Gingerich, Susan, *The Complete Family
 Guide to Schizophrenia: Helping Your
 Loved One Get the Most out of Life*, 344
 glutaminergic approaches, 198–199
 Google Web site, 75, 76
 Gordon, Jim (musician), 11
 government agency resources, 340
 gray matter of brain, normal brain,
 compared to schizophrenic, 12
 Green, Peter (musician), 11
 groups
 control, 192
 experimental, 192
 family-support, 254
 therapy, 177–182

Gur, Raquel E., *If Your Adolescent Has Schizophrenia: An Essential Resource for Parents*, 344

• H •

Haldol (haloperidol), 45
half-life, 146
halfway houses, 264
hallucinations
 in children, 106
 defined, 58, 59
 hallucinogens, 62
 positive symptom of schizophrenia, 13
 types, 39–40
haloperidol (Haldol), 45
Harrell, Tom (musician), 11
head doctor, 72
Health Insurance Portability and Accountability Act (HIPAA), 276, 300, 319
health maintenance organization (HMO), 119
healthcare
 disparities, 299
 power of attorneys, 286–287
 professionals, working collaboratively with, 233–234
 support for, 22
healthcare team
 additional members, 81–82
 coordinating treatment/care, 84–86
 dysfunction, 87–88
 improving, 88–90
 licensed professional counselors, 82
 marriage and family therapists, 82
 occupational therapists, 82
 peer counselors, 84
 psychiatric nurses, 81
 psychologists, 80
 putting together, 71–72
 recreation therapists, 83
 rehabilitation therapists, 83
 social workers, 81
 vocational therapists, 82–83

HealthGrades Web site, 75, 275
hearing voices, 172
high anxiety, 45–46
high-potency drugs, 152
HIPAA (Health Insurance Portability and Accountability Act), 276, 300, 319
HMO (health maintenance organization), 119
homelessness, 267, 341
hope
 for dealing with schizophrenia, 23–24
 maintaining, 324–325
 myths associated with schizophrenia, 16
Hope's Boy: A Memoir (Bridge), 322
hospitalization
 alternatives to, 280–281
 crisis management, 296–297
 decision, 279–280
 hospitals, 95–96, 273–275
 long-term, 262
 overview, 278–279
 partial, 281
 what to bring, 280
housing
 boarding homes, 265
 challenges in finding, 257–260
 crisis, 281
 evaluating residential care, 266
 financial cost, 258
 foster-care homes, 265
 homelessness, 267
 lack of continuity, 259–260
 lack of low cost, 23, 258–259
 living at home, 260–261
 permanent compared with transitional, 263–264
 programs, 261
 questions to ask loved one, 265–266
 specialized options, 261–265
 supported, 22, 264
 supportive, 263–264
How to Live with a Mentally Ill Person: A Handbook of Day-to-Day Strategies (Adamec), 344
HUD programs, 262, 267, 340

hypnotics, 155
 hypomania, 18, 45, 61, 156
 hypotension, 155

• I •

I Am Not Sick, I Don't Need Help! Helping the Seriously Mentally Ill Accept Treatment (Amador & Johanson), 105, 344
 icons used in this book, 5
 identification, 284
 IEP (individualized education plan), 108
If Your Adolescent Has Schizophrenia: An Essential Resource for Parents (Gur & Johnson), 344
 illegal drugs, 62
Imagining Robert: My Brother, Madness, and Survival: A Memoir (Neugeboren), 322
 inability to focus, 172
 inappropriate actions, 173
 inclusion criteria, 57
 incomplete taper, 149
 independence, fostering, 253
 individual advocacy, 303–304
 individualized education plan (IEP), 108
 informed consent, 194–195
 injectable medications, 144, 280
Insanity Defense: How America's Failure to Treat the Seriously Mentally Ill Endangers its Citizens (Torrey), 295
 Institutional Review Boards (IRBs), 196
 insurance, 23, 119–122, 273, 280
 integrated, 86
 International Center for Clubhouse Development, 180
 Internet
 chat rooms, 181–182
 Mental Health, 341
 research, 208–209
 interviewing psychiatrists, 76–78
 intractable agitation, 163
 investigator, 192
 IRBs (Institutional Review Boards), 196
 irrational polypharmacy, 149
 irritability, 172
 isolation, warning sign in teenagers, 19

• J •

Jail diversion programs, 297
 Jeste, Dilip V., *Clinical Handbook of Schizophrenia*, 344
 job developers, 83, 171
 jobs, lack of, 23
 Johanson, Anna-Lisa, *I Am Not Sick, I Don't Need Help! Helping the Seriously Mentally Ill Accept Treatment*, 105, 344
 Johnson, Ann Braden, *If Your Adolescent Has Schizophrenia: An Essential Resource for Parents*, 344
 journal writing, cognitive behavioral therapy, 177

• K •

Kaiser Health Foundation, 160–161
 Kerouac, Jack (author), 11
 Kraynak, Joe, *Bipolar Disorder For Dummies*, 61

• L •

Lachenmeyer, Nathaniel, *The Outsider: A Journey into My Father's Struggle with Madness*, 322
 Lamictil (lamotrigine), 157
 lamotrigine (Lamictil), 157
 laughing, as stress reliever, 244
 laziness myths, 312
 learned helplessness, 87
 legal rights
 Americans with Disabilities Act (ADA), 129–130
 disability rights Web site, 130
 Family and Medical Leave Act (FMLA), 130–131
Let's Talk Facts about Schizophrenia (APA), 341
 Librium, 157
 licensed professional counselors, 82
 limits, setting realistic, 245–248
 Lincoln, Mary Todd (first lady), 11
 liquids (medication), 144

living at home, 260–261
 local hospitals, for treatment, 95–96
 local law enforcement, 273, 282–284
 local mental-health authority, 262, 274
 local public housing authority, 262
 loneliness myths, 312–313
 long-term hospitalization, 262
 LSD, 62

• M •

Mad House: Growing Up in the Shadows of Mentally Ill Siblings (Simon), 322
 magnetic resonance imaging (MRI), 12, 60, 201–202, 308
 “make-work,” 83
 mania, 205
 manic-depressive disorder, 61
 marijuana, 62
 marriage and family therapists (MFTs), 82
 marriage maintenance, 231–232
 Mason, Susan E., *Diagnosis: Schizophrenia*, 344
 McKinney-Vento Homeless Programs, 267
Me, Myself & Irene (film), 309
 “me, too” drug, 141
 Medicaid, 126–127
 medical problems, ruling out, 17
 Medicare
 Improvements for Patients and Providers Act (2008), 127
 overview, 127–128
 Rights Center, 128
 medication therapy, 167
 medications. *See also* drugs; *specific types*
 adherence to, 161–162, 321
 alternative therapies, 162–163
 on brain function, 136–138
 combining, 149–150
 cost, 328
 dosing, 142–143, 145–146
 finding, 23, 99–101
 first generation, 138–139
 forms of, 144–145
 importance of, 20
 injectable, 280
 instructions for, 100–101
 metabolic problems, 154
 movement disorders, 152–153
 myths, 314–315
 new, 141
 personalized, 143
 Phase I trials, 192
 rapid-acting, 144–145
 refusal reasons, 159–161
 relationship with relapses, 270–271, 327–328
 resources, 343
 rules for, 147
 second generation, 139–140
 side effects, 151–152, 170
 slow-release, 145
 stress factors associated with, 239
 switching, 147–148
 treatment guidelines, 140–141
 trial and error, 142
 weight gain, 153–154
 Medline Plus, 340, 343
 MedWatch program (FDA), 208
 mental conditions, 60–64. *See also specific conditions*
 Mental Health America, 318, 339, 343
 Mental Health First Aid, 49
 Mental Health Part D, 343
 mental healthcare, 118, 128
 mental illness
 financial costs, 190
 prevalence, 297
 stress factors, 238–239
 mental retardation, myths associated with
 schizophrenia, 15
 mental status examination, 56–57
 mental-health courts, 284, 297
 mental-health literacy, 50
 mental-health parity, 121
 Merck Manuals Online Medical Library
 Home Edition for Patients and Caregivers, 341
 meta-analysis, 205–206
 metabolic problems, 154
 metabotropic, 199
 methamphetamine, 62

- MFTs (marriage and family therapists), 82
- Miller, Rachel, *Diagnosis: Schizophrenia*, 344
- missing persons, 284–285
- mixed-use housing, 261
- mobile outreach teams, 273, 281
- mood disorders, 18, 60–61
- mood stabilizers, 156–157
- mood swings, 14, 45
- mothers, myths associated with, 15
- motivation level, 172
- movement disorders, 152–153
- MRI (magnetic resonance imaging), 12, 60, 201–202, 308
- Mueser, Kim T.
Clinical Handbook of Schizophrenia, 344
Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most out of Life, The, 344
- multidisciplinary teams, 84
- multiple personalities, myths associated with schizophrenia, 15
- mutual self-help, 22
- MySpace, 181–182
- myths associated with schizophrenia, 14–16, 217, 307–315
- **N** •
- NADR (National Association of Disability Representatives), 126
- NAMI (National Alliance on Mental Illness)
community resources, 184, 263, 274
Consumer Star Center, 343
family psychoeducation, 21
Family-to-Family Educational Program, 183–184
finding medical professionals through, 318
joining, 303–304
for missing persons, 285
Peer-to-Peer program, 179
psychiatrist selection, 76
treatment, 50
Web site, 69, 217, 254, 340, 343
- NARSAD (National Alliance for Research on Schizophrenia and Depression), 191, 217, 339, 341
- Nash, John
Beautiful Mind, A, 41
as schizophrenic, 11
- NASHMPD (National Association of State Mental Health Program Directors), 341
- NASW (National Association of Social Workers), 81, 342
- National Academy of Certified Clinical Mental Health Counselors, 82
- National Alliance for Caregiving, 341
- National Alliance on Mental Illness. *See* NAMI (National Alliance on Mental Illness)
- National Alliance for Research on Schizophrenia and Depression (NARSAD), 191, 217, 339, 341
- National Association of Cognitive-Behavioral Therapists, 342
- National Association of Disability Representatives (NADR), 126
- National Association of Social Workers (NASW), 81, 342
- National Association of State Mental Health Program Directors (NASHMPD), 341
- National Center for Complementary and Alternative Medicine (NCCAM), 206, 207, 340
- National Coalition of Mental Health Consumer/Survivor Organizations, 343
- National Consumer Supporter Technical Assistance Center, 343
- National Council on Community Behavioral Healthcare, 49, 342
- National Disability Rights Network, 287
- National Empowerment Center, 344
- National Family Caregivers Association, 341
- National Federation of Families for Children’s Mental Health, 340
- National GAINS Center, 341
- National Guidelines Clearinghouse, 141, 322, 340
- National Health Information Center, 340
- National Institute on Alcohol Abuse and Alcoholism, 340
- National Institute on Disability and Rehabilitation Research (NIDRR), 174
- National Institute on Drug Abuse, 340

- National Institute of Mental Health. *See* NIMH (National Institute of Mental Health)
- National Institutes of Health (NIH), 195, 207, 340
- National Library of Medicine (NLM), 194
- National Mental Health Consumer's Self-Help Clearinghouse, 344
- National Mental Health Information Center, 340
- National Organization of Social Security Claimants' Representatives (NOSSCR), 126
- National PLAN Alliance, 235
- National Research and Training Center on Psychiatric Disability, 174, 341
- National Resource Center on Psychiatric Advance Directives, 287, 336, 342
- National Suicide Prevention Lifeline, 282, 342
- NCCAM (National Center for Complementary and Alternative Medicine), 206, 207, 340
- NEAR (neuropsychological educational approach to rehabilitation), 186
- NeedyMeds, 343
- negative expectations, 290–291
- negative symptoms
- deficit syndrome, 16
 - overview, 42–43, 312
 - recognizing, 248, 275
 - relationship with social isolation, 172–173
 - types, 14
- neglect, 323–324
- neighbors, 220
- neologisms, 41
- nervous breakdown, 67
- Neugeboren, Jay, *Imagining Robert: My Brother, Madness, and Survival: A Memoir*, 322
- neuropsychological educational approach to rehabilitation (NEAR), 186
- neurotransmitter receptor system, 137, 199
- New York State Office of Mental Health, *Dealing with Cognitive Dysfunction Associated with Psychiatric Disabilities*, 186
- nicotine addiction, 111
- nicotinic agonists, 200
- NIDRR (National Institute on Disability and Rehabilitation Research), 174
- NIH (National Institutes of Health), 195, 207, 340
- Nijinsky, Vaslav (ballet dancer), 11
- NIMBY phenomenon, 267
- NIMH (National Institute of Mental Health)
- 2008 funding, 190
 - cognitive symptoms, 44
 - mental health research, 191
 - Schizophrenia*, 341
 - Web site, 216, 340
- NLM (National Library of Medicine), 194
- nonsensical thoughts, warning sign in teenagers, 19
- noradrenergic approaches, 199
- normalizing psychotic experiences, 176
- NOSSCR (National Organization of Social Security Claimants' Representatives), 126
- novel antipsychotics, 140
- nurse practitioners, 81
- nursing homes, 261
- 0 •
- obsessive-compulsive behavior, 44–45
- occasional lapse, 330
- occipital lobe, 136–137
- occupational dysfunction, 58
- occupational therapists, 82
- off-label, 148, 157
- Office of Dietary Supplements (ODS), 207
- olanzapine (Zyprexa), 47
- olfactory hallucinations, 39
- omega-3 fatty acids, 205
- 100 Questions & Answers about Schizophrenia* (DeLisi), 344
- online resources. *See* Web sites
- optimism, 215
- outcomes
- factors, 67–68
 - measuring, 192
- outpatient commitment, 281
- Outsider: A Journey into My Father's Struggle with Madness, The* (Lachenmeyer), 322
- oxygen deprivation, 12

• p •

- PACT (Program for Assertive Community Treatment), 84
- PADs (psychiatric advance directives), 286–287
- paranoid delusions, 40
- paranoid personality disorder, 63
- paranoid schizophrenia, 17, 59
- parenting skills, myths associated with schizophrenia, 15
- parietal lobe, 136–137
- partial hospitalization, 281
- partner
 - dealing with schizophrenia in, 231–233
 - sharing diagnosis with, 218–219
- Partnership for Prescription Assistance, 343
- Partnership for Workplace Mental Health, 342
- patients, 94–95, 255
- PCP, 198
- peer counselors, 84
- peer support programs, 22, 254, 343–344
- Peer-to-Peer program (NAMI), 179
- permanent housing, 263–264
- personal stories, 47, 48
- personality disorders, 63–64
- personalized medicine, 98, 143
- PET (positron emission tomography)
 - imaging, 12, 60, 202
- pets, as stress relievers, 243–244
- pharmacology, 145
- Phase I trials, 192
- phencyclidine (PCP), 198
- physical trauma during childbirth,
 - susceptibility to schizophrenia, 12
- pills, 144
- placebo, 141, 192
- PLAN (Planned Lifetime Assistance Network), 132, 235
- planning, for future, 234–235, 336
- point-of-service (POS) plan, 119
- politically correct terminology, 254
- polypharmacy, 149
- Portland State University, 174
- POS (point-of-service) plan, 119
- positive symptoms
 - defined, 38–39, 139
 - delusions, 40–41
 - disorganized thinking, 41–42
 - hallucinations, 39–40
 - relationship with social isolation, 172–173
 - types of, 13
- positron emission tomography (PET), 12, 60, 202
- poverty level, 298
- power of attorney, 286–287
- PPO (preferred provider organization), 119
- practice guidelines, 140
- pregnancy, 114
- preparation, crisis, 271–275
- Prescription Drug Plan Finder, 127
- President’s New Freedom Commission on Mental Health, 340
- priorities, setting, 243
- privacy, 276, 319
- private insurance, 119–122
- problems, remaining for people with schizophrenia, 22–23
- process of research, 190
- prodromal phase, 49
- professional help, calling for, 277–278
- prognosis, 17
- Program for Assertive Community Treatment (PACT), 84
- Prolixin (fluphenazine), 152
- proof of concept, 202
- proprietary services, 275
- protection and advocacy (P&A)
 - system, 287
- proxy, 286
- Prozac (fluoxetine hydrochloride), 45
- psychopharmacology, 73
- pseudoparkinsonian symptoms, 152
- psychiatric advance directives (PADs), 286–287
- psychiatric emergency insurance
 - coverage, 120
- psychiatric interview elements, 56–57
- psychiatric nurses, 81
- psychiatric rehabilitation. *See* psychosocial treatments
- psychiatrists, 56, 73–79
- psychodynamic therapy, 175
- psychoeducational classes, 111
- psychologists, 80
- psychopharmacology, 20, 168

- psychosis, 39
 psychosocial clubhouses, 180–181
 psychosocial options, 187
 psychosocial rehabilitation. *See*
 psychosocial treatments
 psychosocial skills training, 173–174
 psychosocial treatments
 adding to medication therapy, 167
 building vocational/occupational skills,
 171–172
 cognitive behavioral therapy, 176–177
 cognitive remediation, 185–186
 defined, 166
 expanding psychosocial options, 187
 family psychoeducation, 183–184
 family support organizations, 184
 group psychotherapy, 177–178
 importance of, 20–21
 individualized treatment plans, 168–170
 learning new skills, 173–174
 overview, 165–166
 psychodynamic therapy, 175
 relieving social isolation, 172–173
 research, 203–204
 self-help groups, 178–182
 supportive therapy, 175–176
 psychotherapy
 group, 177–178
 overview, 168
 psychosocial treatment, 21
 psychotherapists, 80
 psychotic episode, 92
 public benefits, eligibility requirements,
 298
 public disturbances, 252–253
 public services, 122–123
 PubMed, 340
- **Q** •
- quality of life, 203
*Quiet Room: A Journey out of the Torment of
 Madness, The* (Schiller & Bennett), 322
- **R** •
- randomization, 192
 rapid-acting forms (medication), 144–145
 rational polypharmacy, 149
 reasons for development of schizophrenia
 difficulty of determining, 25–26
 human brain, 26–27
 myths, separating from reality, 27–29
 reattribution, 176
 recommended dose, 142
*Recovering Your Mental Health: A Self-
 Help Guide* (Center for Mental Health
 Services), 331, 341
 recovery
 achieving goals, 291–294
 defined, 292
 facets, 292–294
 Recovery, Inc., 179, 344
 recreation therapists, 83
 Rehabilitation Services Administration
 (RSA), 172
 rehabilitation therapists, 83
 relapse
 avoiding, 327–337
 defined, 169, 270
 potential causes, 270–271
 warning signs, 324, 329–331
 relationship building, 334
 remissions, 67, 169
 repetitive skills training, 185–186
 repetitive transcranial magnetic
 stimulation (TMS), 200–201
 representative payee, 131
 research
 alternative treatments, 204–206
 brain studies, 201–203
 clinical trials, 192–196
 complementary treatments, 204–206
 defined, 190
 drug discovery, 196–200
 important “players,” 191
 informed consent, 194
 Institutional Review Boards (IRBs), 196
 Internet, 208–209
 new technologies, 200–201
 personal, 322–323
 process, 190
 psychosocial, 203–204
 risks of unproven treatments, 206–208
 translational, 190
 residential care, 266
 residual symptoms, 101
 resistance to treatment, 102–105, 139

- resources
 - books, 344
 - community services, 96–97
 - housing, 262–263
 - local hospitals, 95–96
 - surveying crisis, 273–275
 - Web sites, 339–344
 - resultant action, 138
 - Revolution Health Web site, 75
 - rewards of caregiving, 225–226
 - risks
 - individual differences, 33–34
 - nature and nurture, roles of, 29–33
 - reason, searching for, 25–29
 - two-hit theory of causes, 12–13
 - of unproven treatments, 206–208
 - of violence, 228
 - what science does not know, 34–35
 - Risperidal, 115
 - roadblocks
 - complex treatment system, 300
 - crimes of mental illness, 297–298
 - crises, 296–297
 - delays in treatment, 294–296
 - discrimination, 301–302
 - friendships, 302–303
 - homelessness and poverty, 298–299
 - research, 301
 - substandard healthcare, 299
 - Ross, Ruth, *Breakthroughs in Antipsychotic Medications: A Guide for Consumers, Families and Clinicians*, 344
 - routines as stress relievers, 244
 - RSA (Rehabilitation Services Administration), 172
 - rules
 - enforcing, 247–248
 - setting, 245–246
 - RxAssist, 343
- S ●
- safe havens, 181
 - SafeMedication.com, 343
 - safety, 227–229
 - Saks, Elyn R., *The Center Cannot Hold: My Journey through Madness*, 322
 - SAMHSA (Substance Abuse and Mental Health Services Administration), 191, 302, 340, 342
 - scarcity of subsidized housing, 258–259
 - scattered-site apartments, 261
 - Scheifler, Patricia L., *Breakthroughs in Antipsychotic Medications: A Guide for Consumers, Families and Clinicians*, 344
 - Schiller, Lori, *The Quiet Room: A Journey out of the Torment of Madness*, 322
 - schizoaffective disorder
 - defined, 45
 - overview, 60–61
 - schizophrenia, differentiating from, 18
 - schizoid personality disorder, 63
 - schizophrenia. *See also specific topics*
 - research, 290
 - spectrum disorders, 54
 - Schizophrenia: Public Attitudes, Personal Needs* report, 295
 - Schizophrenia in Children* (AACAP), 341
 - Schizophrenia Digest*, 342
 - Schizophrenia* (NIMH), 341
 - Schizophrenia Research Forum, 191
 - Schizophrenia.com, 342
 - SchizophreniaConnection.com, 342
 - Schizophrenics Anonymous, 344
 - schizotypal personality disorder, 63
 - school performance, decline in, warning sign in teenagers, 19
 - schools, role of for children, 108
 - Sec 811 Supportive Housing Program for People with Disabilities, 267
 - second-generation antipsychotic medications, 107, 139–140
 - second opinions, 68–69, 320–321
 - Section 8 Housing Choice Voucher (HCV), 267
 - selective serotonin uptake inhibitor (SSRI), 45
 - self-esteem, 173
 - self-fulfilling prophecy, 290
 - self-help groups
 - clubhouse models, 180–181
 - defined, 84
 - drop-in centers, 181
 - Internet chat rooms, 181–182
 - online resources, 179

- overview, 178–180
- resources, 343–344
- social media, 181–182
- types, 178–179
- volunteer programs, 181
- self-report, 174
- serial killers, myths associated with
 - schizophrenia, 15
- shared decision-making, 87, 95
- shrink, 72
- siblings, 229–231
- side effects
 - medications, 170
 - metabolic problems, 154
 - miscellaneous, 155
 - movement disorders, 152–153
 - overview, 100–101, 151–152
 - refusal reason, 159
 - weight gain, 153–154
- signs. *See* warning signs
- Simon, Clea, *Mad House: Growing Up in the Shadows of Mentally Ill Siblings*, 322
- single photon emission computed tomography (SPECT), 202
- skills
 - communication, 239–241
 - learning new, 173–174
 - training, 204
 - vocational/occupational, 171–172
- sleep disturbances
 - changes in, 331–332
 - handling, 251
 - overview, 46
 - symptoms of schizophrenia, 14
- slow-release forms (medication), 145
- social anxiety, 173
- social dysfunction, 58
- social isolation, 172
- social media, 181–182
- Social Security Administration (SSA), 124–126, 298, 340
- Social Security Disability Income (SSDI), 124–125
- social worker, 81
- special needs trust, 132
- specialists, 73–74
- specialized housing options, 261–265
- SPECT (single photon emission computed tomography), 202
- Spiro, Carolyn S., *Divided Minds: Twin Sisters and Their Journey through Schizophrenia*, 322
- split-personality myths, 15, 308–309
- spouse
 - dealing with schizophrenia in, 231–233
 - sharing diagnosis with, 218–219
- SSA (Social Security Administration), 124–126, 298, 340
- SSDI (Social Security Disability Income), 124–125
- SSI (Supplemental Security Income), 124
- SSRI (selective serotonin uptake inhibitor), 45
- Stanley Medical Research Institute, 342
- state mental-health authority, 262, 281
- statistically significant difference, 192
- Steele, Ken, *The Day the Voices Stopped: A Memoir of Madness and Hope*, 322
- Stevens-Johnson syndrome, 157
- Stevenson, Robert Louis, *The Strange Case of Dr. Jekyll and Mr. Hyde*, 308
- stigma, 301–302
- Strange Case of Dr. Jekyll and Mr. Hyde, The* (Stevenson), 308
- strategies for defusing conflicts, 250–251
- street drugs, 62, 333–334
- stress
 - factors of mental illness, 238–239
 - minimizing, 242–245, 334–336
- students, treatment for, 108–110
- subsidized housing, 258–259
- substance abuse, 18, 19, 62–63, 102, 110–111
- Substance Abuse and Mental Health Services Administration (SAMHSA), 191, 302, 340, 342
- suicide, 281–282
- supplemental needs trust, 132
- Supplemental Security Income (SSI), 124
- support, seeking, 254
- supported employment programs, 171, 204
- supported housing, 263–264
- supportive therapy, 175–176
- Surviving Schizophrenia: A Manual for Families, Consumers, and Providers* (Torrey), 344

suspicious thoughts, warning sign in teenagers, 19
 symptoms. *See also* negative symptoms;
 positive symptoms
 in children, 106–107
 cognitive, 14, 43–44
 defined, 37–38, 57
 high anxiety, 45–46
 mood swings, 45
 obsessive-compulsive behaviors, 44–45
 overview, 13–14
 pseudoparkinsonian, 152
 residual, 101
 sleep problems, 46
 warning signs, 49
 synapses, 136

• T •

tablets, 144
 tactile hallucinations, 39
 tardive dyskinesia, 152–153, 205
 technology research, 200–201
 teenage behaviors, schizophrenia,
 differentiating from, 19
 temporal lobe, 136–137
 Temporary Assistance for Needy Families, 125
 therapeutic effects, 151
 therapeutic recreation, 83
 therapists, 80
 therapy. *See also specific types*
 cognitive behavioral, 176–177
 group vs. individual, 177–178
 psychodynamic, 175
 supportive, 175–176
 Thorazine, 136
Three Faces of Eve, The (film), 308
 Thresholds psychosocial clubhouse, 180
 Ticket to Work Program, 126
 TMS (repetitive transcranial magnetic
 stimulation), 200–201
 Torrey, E. Fuller
 *Insanity Defense: How America's Failure
 to Treat the Seriously Mentally Ill
 Endangers its Citizens*, 295
 *Surviving Schizophrenia: A Manual for
 Families, Consumers, and Providers*, 344

training
 cognitive adaptation (CAT), 186
 psychosocial skills, 173–174
 repetitive skills, 185–186
 transitional employment programs, 171
 transitional housing, 263–264
 translational research, 190
 treatability myths, 310–311
 treatment. *See also* drugs; medications
 children, 105–108
 college students, 108–110
 community-based, 19–20
 complementary, 204–206
 co-occurring programs, 334
 cultural variations, 115–116
 delays, 294–295
 elderly, 111–113
 evidence-based, 66, 193
 family psychoeducation, 21
 guidelines, 140–141
 housing, financial, and healthcare
 support, 22
 immediate, 50
 individualized plans, 168–170
 past lack of, 291
 peer support and mutual self-help, 22
 plan, 319
 positive approach, 92–93
 psychosocial treatments, 20–21
 questions during, 92, 94–95
 resistance, 102–105, 139
 resources, 95–98
 risks of unproven, 206–208
 substance abuse, 102, 110–111
 system complexity, 300
 team, 234, 317–318
 therapies, 101–102
 trying different, 98–99
 women, 113–115
 Treatment Advocacy Center, 342
 treatment-resistant schizophrenia, 87
 twins, 13
 two-hit theory of causes of schizophrenia,
 12–13
 typical antipsychotics, 138
 typology, 263

• U •

Ulysses contracts, 286
Understanding Schizophrenia
 (NARSAD), 341
 undifferentiated schizophrenia, 17, 59
 University of South Florida, 174
 unrealistic thinking, 248–249
 unsupportive families, 222–223
 U.S. Department of Housing and Urban
 Development (HUD), 262, 267, 340
 U.S. Department of Veterans Affairs Mental
 Health, 340
 U.S. Food and Drug Administration Index to
 Drug-Specific Information, 343
 U.S. National Library of Medicine, 143
 U.S. Psychiatric Rehabilitation
 Association, 342
 USB flash drive, 273

• V •

validity testing, 176
 Valium, 45, 157
 valproate (Depakote), 45, 157
 ventricles, 12
 Veterans Health Administration (VHA),
 123–124
 violence myths, 15, 311
 visual hallucinations, 39
 vitamin E, 205–206
 vocational rehabilitation (VR), 82
 vocational skills, 171–172
 vocational therapists, 82–83
 voices, hearing, 172
 volunteer programs, 181
 VR (vocational rehabilitation), 82

• W •

Wagner, Pamela Spiro, *Divided Minds:
 Twin Sisters and Their Journey through
 Schizophrenia*, 322
 warning signs
 acute crisis, 277
 defined, 38, 57
 downward spiral, 275, 277

of relapse, 324
 of stress, 242
 waxy flexibility, 46, 59
 Web sites
*Achieving the Promise: Transforming
 Mental Health Care in America*
 report, 295
 APA (American Psychiatric Association),
 75, 217, 341, 342
 Bazelon Center for Mental Health Law,
 128, 287, 336, 339
 Boston University Center for Psychiatric
 Rehabilitation, 174, 341
 Center for Food Safety and Applied
 Nutrition, 208
 Center for Medicare Advocacy, 127
 clinical trials list, 129, 195
 Compeer, Inc., volunteer program, 181
 CRISP search engine, 191
*Dealing with Cognitive Dysfunction
 Associated with Psychiatric Disabilities*
 handbook, 186
*Diagnostic and Statistical Manual of Mental
 Disorders* (DSM), 55
 discussion forums, 181
 EEOC, 130
 Facebook, 181–182
 FDA MedWatch program, 208
 FMLA (Family and Medical Leave Act),
 130
 Fountain House psychosocial
 clubhouse, 180
 Google, 75–76
 HealthGrades, 75, 275
 IEPs (individualized education plans), 108
 International Center for Clubhouse
 Development, 180
 Medicaid, 127
 Medicare, 127, 128
 Mental Health America, 318, 339, 343
 mental health courts, 284
 MySpace, 181–182
 NAMI (National Alliance on Mental
 Illness), 179, 184, 217, 254, 340, 343
 NAMI affiliates, 318
 NARSAD (National Association for
 Research on Schizophrenia and
 Depression), 217, 339

Web sites (*continued*)

NASW (National Association of Social Workers), 81, 342

National Association of Disability Representatives, 126

National Council on Community Behavioral Healthcare, 49, 342

National Disability Rights Network, 287

National Guidelines Clearinghouse, 141, 322, 340

National Organization of Social Security Claimants' Representatives, 126

National PLAN Alliance, 235

National Research and Training Center on Psychiatric Disability, 174, 341

National Resource Center on Psychiatric Advance Directives, 287, 336, 342

National Suicide Prevention Lifeline, 282, 342

NCCAM (National Center for Complementary and Alternative Medicine), 207, 340

NIMH (National Institute of Mental Health), 216, 340, 341

NLM (National Library of Medicine), 194

ODS (Office of Dietary Supplements), 207

PLAN (Planned Lifetime Assistance Network), 132

Portland State University, 174

Prescription Drug Plan Finder, 127

Recovery, Inc., 179, 344

resources, 339–344

Revolution Health, 75

SAMHSA (Substance Abuse and Mental Health Services Administration), 302, 341, 342

Schizophrenia: Public Attitudes, Personal Needs report, 295

Schizophrenia Research Forum, 191

Schizophrenia.com, 301, 342

self-help groups database, 179

Social Security Online Disability Planner, 125

SSA (Social Security Administration), 125, 298, 340

state commitment law, 280

State Medicaid plan, 127

Thresholds psychosocial clubhouse, 180

Ticket to Work Program, The, 126

University of South Florida, 174

U.S. National Library of Medicine, 143

Veterans Health Administration, 123

WRAP (Wellness Recovery Action Program), 181

Weiden, Peter J., *Breakthroughs in Antipsychotic Medications: A Guide for Consumers, Families and Clinicians*, 344

weight gain, 153–154

Wellness Recovery Action Program (WRAP), 181

When Someone You Love Has a Mental Illness (Woolis), 344

white matter of brain, normal brain, compared to schizophrenic, 12

Wilson, Brian (musician), 11

Woolis, Rebecca, *When Someone You Love Has a Mental Illness*, 344

work incentive program, 126

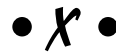
working memory, 43

World Health Organization, 116

worried well, 66

WRAP (Wellness Recovery Action Program), 181

written contract, 228, 245



Xanax, 157



Zoloft, 156

Zyprexa (olanzapine), 47

Zukerman, Rachele, *Eldercare For Dummies*, 128