

Schizophrenia Recovery: The Cadabams Recovery Model



Schizophrenia is a serious mental health disorder that affects 3 out of 1000 people in the country. The disorder manifests as multiple distressing symptoms and can result in severe distress for a person, and their families. The symptoms of the disorder can be divided into positive symptoms, negative symptoms, and three other axes. The symptoms include

Symptoms of the disorder

Symptoms of Schizophrenia can be categorized under 5-axis-

- **Negative Symptoms:** Emotional Flattening, Isolation, lack of interactions.
- **Positive Symptoms:** Hallucinations, Delusions
- **Cognitive Issues:** Breakdown in functioning, lack of executive function control, trouble with daily tasks.
- **Mood Issues:** Fluctuations in mood, between mania and depression.
- **Anger Issues:** Aggressiveness, breaking things, and other such symptoms.



Causes of Schizophrenia

Schizophrenia has yet to be definitively linked to a cause. However, research and experience have shown a number of elements that may impact the disorder's occurrence. There are genetic, environmental, and psychological aspects to consider. In the case of Schizophrenia, heredity plays a significant impact. Individuals who have close relatives who suffer from the illness are at a higher risk.



Treating Schizophrenia: The Cadabams Model of Recovery

Cadabams is well-known for treating mental illnesses with the Biopsychosocial approach. All of our treatment centers follow the recovery model of disorder treatment. We hope that by doing so, we can prevent existing impairments from becoming permanent disabilities and that whatever functioning remains can be kept and improved. Our recovery model focuses on the following:

- **Biological Perspective:** Psychiatrists and the team analyze the individual from a biological standpoint. They are aware of the issues that the individual is dealing with. They examine it from a medical standpoint. The patient's entire medical history is requested. The prescriptions they took, the dose, and the length of time they took them are all meticulously recorded. They will then prescribe medicines.





Psychological Perspective: Clinical psychologists and the team can help with this from a psychological standpoint. They work with the individual to determine the disorder's behavioural effects. The majority of the time, when families come to us, they are concerned about the disorder's behavioural effect or impairment. It is our responsibility to go under the surface and determine the cause of the disability or impairment.

Social Perspective: This is when psychiatric social workers enter the picture. They collaborate with family members and relatives to determine what influence the environment and family had on the disorder's occurrence. They communicate with the parents and children (if any) to assist the family to grasp the implications of the diagnosis and move forward.

The Recovery Process

At Cadabams, we have developed a process that accelerates recovery. The process includes:

- **Identifying the underlying cause:** Typically, only the most essential symptoms are presented by families. However, we investigate the illness's underlying causes to identify the disorder's essential concerns. We also know how much of a recovery is possible and what deficits can be reversed. Multiple specialists will be assessed to get a comprehensive picture of the person's personality and the impact the disease has made.



- **Psychosocial Rehabilitation:** We discuss family structures, parenting approaches, inherited influences, personality characteristics, and expressed emotions. We go into this topic in-depth to learn why and how the family plays a part in the occurrence of the condition as well as its rehabilitation. We recognize these characteristics and assess the entire family. A PSW conducts this as part of our family's evaluation.
- **The Goal:** We can take the impairment produced by the symptoms and reverse it to some extent if symptoms are noticed early on. We can also prevent the impairment from progressing into a disability. The basic purpose of psychological intervention is to achieve this. Disability is not taken into account at Cadabams. It's possible that the problem is cognitive in nature. We recognize this constraint, but what else can we accomplish? That is what we are concentrating on. We'll concentrate on what the person excels at and strive to maintain it.
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The Treating Team at Cadabams

- **The Psychiatrist** - A psychiatrist is a medical practitioner who, among other things, holds a Doctor of Medicine (MD) degree. A psychiatrist specializes in the medical aspects of mental illness and how medication might aid recovery. Psychiatrists are an important element of the treatment team in the emergency room, the hospital, and the rehabilitative environment. They collaborate with other specialists to give a well-rounded treatment program.
- **The Psychologist** - A psychologist is an important member of a treatment team. Psychologists are not medical physicians; instead, they have a doctorate in psychology (PhD) or are a doctor of psychology (PsyD). Clinical psychologists are crucial in the rehabilitation process. They work alongside psychiatrists to reduce symptoms and improve rehabilitation. They employ a variety of psychotherapeutic approaches, such as CBT and REBT, as well as open-ended procedures like counseling, to help people heal faster.



- **The Counselor** - In the healing process, the Counselor is a key cog. They communicate with the recuperating individual on a daily basis and have a thorough understanding of how he or she functions. The Counselor is the focal point of all interactions with the recovering individual. They attend all of the programmes and treatment sessions with the individuals. They keep an eye on the individual's growth and status at all times.
- **The Family Therapist** - The PSW or Family Therapist works with the families of Schizophrenia patients. Schizophrenia has a big influence on people's families. Many of them suffer from caregiver burnout. A family therapist works with families to help them understand how people can be helped and what changes the family has to make.
- **Case Manager** - The case manager is in charge of several people at the rehabilitation center. The case manager's job is to act as a link between the family and the medical staff. They attend to the concerns of the family and ensure that the individuals receive the attention they require. They also assist the family in comprehending the nature of the rehab and everything else.



The Role of Family in Recovery

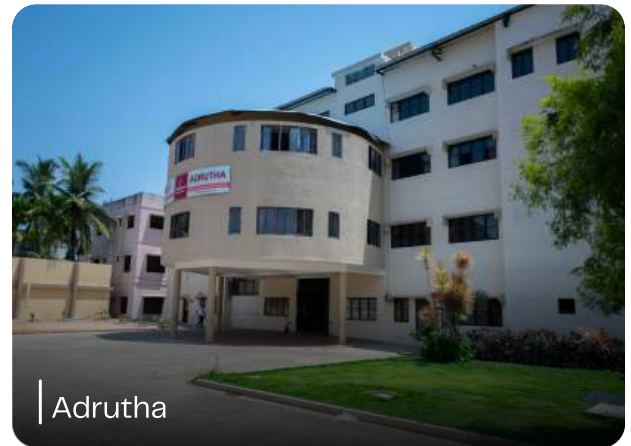
Families are frequently involved in the onset and recovery from schizophrenia. Parenting approaches, parental personality types, and the prevalence of schizophrenia in the immediate family all have a role in schizophrenia development. Furthermore, teaching family members to assist them in changing some behavioural components that may be triggers for the individual is critical to ensure the individual progresses on their path to recovery. There are also instances where Schizophrenia patients have children. They are most likely to have passed these characteristics down to their children. Therefore, we must work with them as well to ensure that they are aware of the hazards and can recognize the warning signals so that they may have a normal life.

Why Cadabams?

Cadabams has been a mental healthcare giant for over 3 decades now. Through this journey, we have built the largest infrastructure in the country to treat all and any mental health disorders. The result? 6 campuses across the country, which include 5 rehabilitation centers and an advanced Hospital dedicated to mental health. We also have the largest number of beds in the country dedicated to treating mental health disorders.



At Cadabams, we combine the best mental health professionals with advanced infrastructure to offer accelerated recovery journeys. Our expert mental health professionals ensure that individuals get the recovery journey they deserve!





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This document is meant for informational purpose only. It cannot be considered as medical advice or professional opinion. Please consult a mental health professional or a medical professional for any advice or opinion.

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Difficulties in Learning: Identify the early signs and types of SLD



Learning disabilities are mental health disorders/ neurological conditions that affect a person's ability to grasp new information and learn skills necessary for daily living. These disorders occur due to genetic or neurobiological factors that can alter brain function in a way that affects one or multiple cognitive abilities that are necessary for learning.

These cognitive issues might make it difficult to master fundamental abilities like reading, writing, and math. They can also obstruct higher-order skills including organization, time management, abstract thinking, long and short-term memory, and concentration. Learning difficulties can have an influence on an individual's life outside the classroom, affecting connections with family, friends, and coworkers.

The signs and symptoms of learning impairments are most typically recognized during the school years since issues with reading, writing, and/or math are obvious problems during that period. Some people, however, do not undergo an evaluation until they are in post-secondary school or are working adults. Others with learning impairments may never have an evaluation and go through life without understanding why they struggle in school, at work, or in interactions with family and friends.

Learning disabilities are not to be confused with learning difficulties caused by visual, hearing, or motor impairments; intellectual disability; emotional disturbance; or environmental, cultural, or economic disadvantages.

People with learning impairments, on average, have normal or above-average intellect. There appears to be a disconnect between an individual's potential and their actual accomplishments. This is why learning difficulties are known as "hidden disabilities": the individual appears to be fully "normal" and intellectual, but may be unable to display the skill level anticipated of someone of comparable age.

A learning disability is a lifetime issue that cannot be healed or rectified. People with learning impairments, on the other hand, can succeed in school, work, relationships, and the community with the right assistance and intervention.



Signs and Symptoms of Learning Disabilities

Learning disorders manifest differently in each child and vary in severity as well. Some children might struggle with reading or spelling, but another child could be proficient at reading but might not be able to make head and tail of mathematics. Some others may have difficulty comprehending speech. While all of these may seem like symptoms of different kinds of issues, they all fall under the umbrella term of learning disorders.

Learning difficulties aren't always simple to spot. Because of the large range of symptoms and profiles, there is no one symptom or profile that can be used to prove the existence of a problem. At various ages, though, certain warning signals are more prevalent than others. You'll be able to detect a learning issue early and take action to aid your child if you know what they are.

Some frequent red flags for learning difficulties are listed in the checklists below. Remember that even children who do not have learning problems may face some of these challenges at different times. When your child's ability to learn specific abilities is consistently unequal, it's time to be concerned.



Symptoms of SLDs in Preschool Years

- **Delays in language acquisition:** Your preschooler should be able to speak in phrases or short sentences by the age of 2 ½.
- **Speech difficulties.** By the age of three, your kid should be able to communicate well enough for adults to comprehend the majority of what they say.
- **Colors, shapes, letters, and numbers are difficult to remember.**
- **Rhyming** words is a challenge.
- **Coordination is a problem.** Your youngster should be able to button clothes, handle scissors, and jump by the age of five. A circle, square, or triangle should be able to be copied.
- **Attention spans are short:** Your youngster should be able to sit down and listen to a short narrative between the ages of 3 and 5. Your youngster should be able to pay attention as they get older.



Symptoms of SLD in ages between 5–9

- 01 It's difficult to make the connection between letters and sounds.
- 02 Incapable of combining sounds to form words.
- 03 When reading, fundamental words become mixed together.
- 04 Learning new talents takes time.
- 05 Frequently misspells words and creates grammatical blunders.
- 06 Basic arithmetic ideas are difficult to grasp.
- 07 Having trouble keeping track of time and memorizing sequences.

Symptoms of SLD through teenage years

- 01 Reading comprehension or math abilities are difficult to master.
- 02 Open-ended test questions and word problems pose a challenge.
- 03 Reading and writing are disliked by the child, and they avoid reading aloud.
- 04 Handwriting is sloppy.
- 05 Ineffective organizational skills (bedroom, homework, and desk are messy and disorganized).
- 06 Following classroom conversations and expressing opinions aloud are both difficult.
- 07 In a single document, the child spells the same term differently.

How do you identify these symptoms?

It's critical to pay attention to toddlers' and preschoolers' natural developmental milestones. An early diagnosis of developmental abnormalities might be a symptom of a learning disability, and issues that are caught early are simpler to fix.

Although a developmental lag may not be recognized as a symptom of a learning problem, until your kid is older, you may act early if you see it when your child is small. You know your child better than anyone else, so getting an examination doesn't hurt if you suspect a problem. You can also request a developmental milestones chart from your physician.

Types of Specific Learning Disabilities

Issues with reading, writing, and mathematics

Dyslexia - Problems with reading

In reading, there are two categories of learning difficulties. When it comes to basic reading challenges, it's tough to comprehend the link between sounds, letters, and words. When people have trouble understanding what words, phrases, and paragraphs mean, they have reading comprehension issues.

Reading difficulties can manifest themselves in a variety of ways, including:

- Recognition of letters and words.
- Understanding the meaning of words and concepts
- Reading speed and fluency are important factors to consider.
- Vocabulary skills in general.



Dyscalculia - Problems with mathematical calculations

The severity of arithmetic learning impairments varies tremendously depending on the child's other strengths and shortcomings. A language learning handicap, a visual issue, or a problem with sequencing, memory, or organization will all influence a child's ability to perform math in different ways.

A kid with a math-based learning problem may struggle with number memory and organization, as well as number "facts" (such as $4+4=8$ or $56=30$). Children with arithmetic learning disabilities may struggle with counting concepts (such as numbering by twos or calculating by fives) or telling time.

Dysgraphia - Issues with writing

The physical act of writing or the cerebral activity of interpreting information can both be affected by learning impairments in writing. Physical trouble making words and letters is referred to as a basic writing problem. The term "expressive writing handicap" refers to the inability to arrange thoughts on paper.

The act of writing is central to the symptoms of a written language learning problem. They include issues such as:

- The writing is not neat and consistent.
- Copying letters and words with precision.
- Consistency in spelling.
- Writing coherence and arrangement.



Other types of Learning Disorders

Learning disabilities affect more than just reading, writing, and math. Other forms of learning impairments include challenges with motor skills (movement and coordination), comprehension of spoken language, sound discrimination, and visual information interpretation.



Dyspraxia - Issues with Motor Skills

Whether it's fine motor abilities (cutting, writing) or gross motor skills (walking, running), motor difficulties refer to issues with movement and coordination (running, jumping). Motor impairment is also referred to as an "output" activity, implying that it has something to do with the brain's information output. The brain must be able to communicate with the relevant limbs in order to accomplish an activity such as running, jumping, writing, or cutting.

Problems with physical abilities that involve hand-eye coordination, such as holding a pencil or buttoning a blouse, are signs that your kid may have a motor coordination deficit.

Dysphasia - issues learning languages

The capacity to understand or generate spoken language is affected by these learning impairments. Language is also an output activity since it takes the brain to organize thoughts and summon the appropriate words to vocally explain or express something.

Problems with verbal language abilities, such as the capacity to repeat a tale, speech fluency, and the ability to grasp the meaning of words, directions, and the like, are all signs of a language-based learning disability.

Auditory and Visual Processing Problems

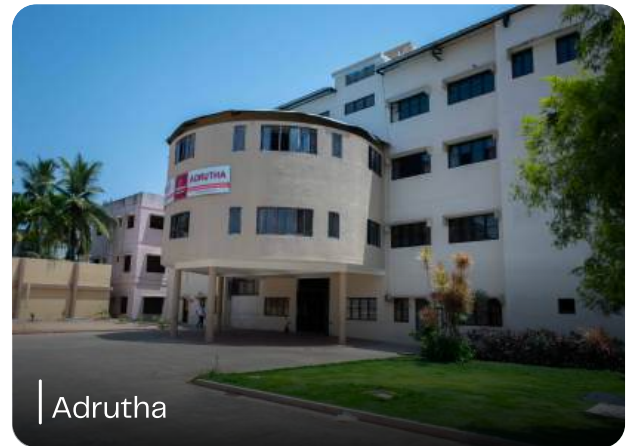
The primary way of conveying information to the brain is through the eyes and hearing, a process known as "input." Learning can be hampered if one or both of the eyes or ears aren't functioning properly.

Auditory processing problem - The capacity to hear well is referred to as "auditory processing skills" or "receptive language" by professionals. The capacity to hear things correctly has a big influence on reading, writing, and spelling. It's tough to sound out words and comprehend basic reading and writing ideas if you can't discern minor distinctions in sound.

Visual Processing Problems: Missing tiny distinctions in shapes, inverting letters or numerals, skipping words, skipping lines, misperceiving depth or distance, or experiencing difficulty with eye-hand coordination are all symptoms of visual processing impairment. "Visual processing" is a term used by professionals to describe the activity of the eyes. Motor abilities, reading comprehension, and numeracy can all be affected by visual perception.

It's not always simple to know what to do and where to look for support when it comes to learning impairments. Of course, enlisting the help of experts who can locate and diagnose the issue is critical. You should also engage with your child's school to create modifications and obtain specialized academic assistance. But don't forget about your own part. Take the lead in researching your alternatives, learning about new therapies and services, and managing your kid's education since you know your child better than anyone else.

At Cadabams, we combine the best mental health professionals with advanced infrastructure to offer accelerated recovery journeys. Our expert mental health professionals ensure that individuals get the recovery journey they deserve!





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