



Treatments for Psychotic Disorders

Psychotic disorders are lifelong, however they can be successfully managed. This resource will provide information about types of treatments available for individuals with psychotic disorders.

Medication

Medications are the most commonly used treatment for psychotic disorders. Anti-psychotic medications are usually prescribed to help with the symptoms of psychotic disorders. These can help the person experience fewer delusions and/or hallucinations and help them think more clearly.

Therapy

Therapy can help people learn skills to cope with their disorder. Therapists can help the person learn how to manage their thoughts, feelings, and behavior to help improve their lives. Therapists may also include the person's family in their treatment. This helps families to understand the diagnosis and to help them support their loved one.

Case Management

People with psychotic disorders often require multiple services as part of their treatment. Managing all of their appointments, visits, and required forms can be difficult. Case managers can help with setting up appointments, fill out necessary documents, and find resources to help them with things like housing and donation programs among other things. Case management is a very important tool in the treatment of people with psychotic disorders.

Peer Support

Peer support programs are another resource for people with psychotic disorders. Some people find that talking to others who have had a similar experience can help them find new ways to cope with and manage their own illness. Another benefit to peer support is that it provides a positive social interaction without fear of judgment.



Hospitalization

Hospitalization may be recommended if the person with psychotic disorder is felt to be a danger to themselves or to others. Hospitalizations are usually short term, lasting a few days to a week. On rare occasions, it may be recommended for a longer period to ensure the person is safe from harm. After being hospitalized, the doctor may recommend an intensive outpatient program (IOP). These programs offer greater support as the person returns to the community.



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