



iHOPE

Support for youth and young adults with or at risk of psychosis

What is Psychosis? It involves the loss of contact with reality.

A psychotic episode occurs when a person is unable to tell the difference between what is real and what is just in their minds. There are significant changes in the person's thoughts, beliefs, perceptions and behaviors. They may experience hallucinations such as hearing, seeing, tasting, smelling and/or feeling things that aren't there; or experience delusions. These experiences can feel very real and distressing and can make it difficult to carry on with regular life tasks such as school, work, relationships.

What is iHOPE? iHOPE (Helping Others Pursue Excellence) is a specialized team-based program that provides early intervention services for youth and young adults with or at risk of symptoms of psychosis. This program serves young people between 15-30 years old. Early intervention and support can increase the possibility of continuing with school, work, and full meaningful lives in the community.

What does iHOPE offer? An intensive team-based program that includes various support options. All services and supports are provided to the young person based on their interests and needs and can include:

- Peer support
- Employment and education support
- Individual and group counseling
- Case management
- Medication Management
- Family groups to learn skills and support each other

**iHOPE supports young people
with or at risk of psychosis and their families.**

Additional Referral Guidelines

- Psychosis symptoms lasting no longer than 12 months
- IQ over 70
- Not already receiving treatment for psychosis
- Symptoms not known to be caused by a medical condition or drug use



Other Possible Symptoms

Reduced Performance

- Trouble reading or understanding complex sentences
- Trouble speaking or understanding what others are saying
- Becoming easily confused or lost
- Trouble in sports or other activities that used to be easy
- Attendance problems related to sleep or fearfulness

Behavioral Changes

- Extreme fear for no apparent reason
- Uncharacteristic actions or statements that make no sense
- Impulsive and reckless behavior - giving away all belongings
- New, bizarre beliefs
- Incoherent or bizarre writing
- Extreme social withdrawal
- Decline in appearance and hygiene
- Dramatic changes in sleep: sleeping much of the day or very little
- Dramatic changes in eating behavior

Perceptual Changes

- Fear that others are trying to hurt them
- Heightened sensitivity to sights, sounds, smells or touch
- Making statements like “my brain is playing tricks on me”
- Hearing voices or other sounds that others don’t
- Visual changes - colors more intense, faces distorted, lines wavy
- Racing thoughts
- Feeling like someone is putting thoughts into their head or reading thoughts

**For more information about iHOPE
please contact your local provider (see back cover)**

iHOPE is changing the way services are delivered.

iHOPE Programs – February 2026

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