

Is It a Thought Disorder?

Thought disorders may be difficult to diagnose. Some of the symptoms may include:

Hallucinations—hearing, seeing or feeling things that are not there

Delusions—false beliefs or thoughts that have no basis in reality

Disorganized thinking—thoughts may jump between unrelated topics

Flat affect—appearance or mood that shows little emotion

Paranoia—A strong belief that others want to harm you

Schizoaffective disorder may include the above symptoms and mood problems such as:

Elevated, inflated or depressed mood

Irritability or poor temper control



The onset of thought and/or thought/mood disorder symptoms can be frightening and confusing.

Clackamas County Community Health

Our Mission is to protect and promote the health of citizens of Clackamas County.

Our services are available to residents of Clackamas County, regardless of race, color, national origin, sex, age, disability, religion, sexual orientation, gender identification or veteran status.



**Stewart Community Center
1002 Library Court
Oregon City, OR 97045**

**Contact Intake Services for more information
Phone: 503-655-8401**

Clackamas County
Community Health

Early Help for Thought Disorders

*Multifamily
Psychoeducational
Program*



Telephone: 503-655-8401

We Can Work Together



Thought disorders and thought/mood disorders like schizophrenia and schizoaffective disorder can be frightening. A person with schizophrenia may hear, see or feel things that are not really there (called psychotic symptoms). With schizoaffective disorder,

the person may have these symptoms along with mood problems like depression. The onset of thought and/or thought/mood disorders, which usually occurs in the teens or young adulthood, can be an especially scary and confusing time for individuals and their families.

The Clackamas County Community Health Multifamily Psychoeducational (MFPE) program can help. It is designed especially for those who have been newly diagnosed with thought and/or thought/mood disorders and their loved ones and offers a unique combination of information, problem-solving and support.

An Extended Support Network

When a person has a thought disorder, it impacts everyone — the individual, their family and significant others, their friends, their coworkers, their community. The Multifamily Psychoeducational program is based on a highly successful, nationally-recognized model that engages the individuals, families and significant others in ways that create an support network for everyone. It helps individuals and their loved ones develop supports within themselves, within their family units, with other families and throughout the community.

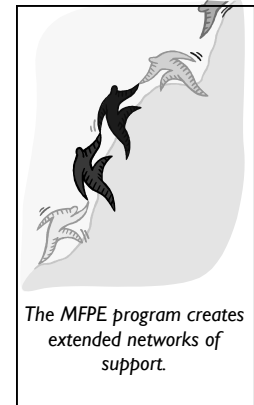
Knowledge is Power

The program begins with a day-long workshop for individuals and their family members. Families can include parents, siblings or other relatives or significant others, friends or anyone the individual considers part of his/her primary support network. During this group workshop with other individuals and families dealing with thought and/or thought/mood disorders, families learn important information about schizophrenia and schizoaffective disorder, such as:



Ongoing support is especially important for people with thought disorders and their families.

- * What are thought and thought/mood disorders
- * Dealing with symptoms
- * Medications
- * Community resources



The MFPE program creates extended networks of support.

Following the informational workshop, individuals and families are matched with others into small Problem-Solving Groups that will meet every couple of weeks to talk about issues, brainstorm solutions and develop natural support systems. The groups are facilitated by therapists with extensive experience in working with thought disorders and with families. Individuals and families may also receive individual therapy as needed. A case manager is available to assist in accessing community resources.

If you know of someone 18 years or older who could benefit from the Multifamily Psychoeducational program, call 503-655-8401