



2019 Annual Conference
Changing Minds, Changing Lives:
Rethinking Treatment for People Living with Serious Mental Illness

Saturday, November 2nd, 2019 in Norwood, MA

Morning Breakout Session

Advances in Detection, Prevention and Intervention for Youth at Clinical High Risk for Psychosis
(1CE)

Presented by Michelle Friedman-Yakoobian, Ph.D.

Clinical Director, CEDAR Clinic

Instructor of Psychiatry, Beth Israel Deaconess Medical Center

This presentation will involve an overview of the emerging field of early detection and intervention for youth showing signs of clinical high risk for psychosis. The important implications of early detection and treatment of psychosis will be discussed, followed by a description of how warning signs for psychosis risk are assessed. The emerging evidence base for treatment of youth at risk for psychosis will be described. Finally, information about a local program that specializes in assessing and treating youth at risk for psychosis will be provided.

Upon completion of this session, participants will be able to:

1. Explain the importance of early intervention for psychosis and factors that contribute to the duration of untreated psychosis (DUP).
2. Discuss recent advances in the assessment of clinical risk for psychosis in youth and young adults and to recognize the early warning signs and symptoms of psychosis. Learn about some common issues related to differential diagnosis when assessing young people at possible risk for psychosis.
3. Explain about how to screen/assess for early signs of psychosis, how to respond sensitively when a student presents with possible psychotic symptoms, and options available for providing specialized consultation and treatment for their symptoms.
4. Discuss options for treatment for individuals experiencing clinical signs of risk for psychosis.

Michelle Friedman-Yakoobian, Ph.D. is a licensed clinical psychologist and is the Clinical Team Leader for the CEDAR Clinic. Dr. Friedman-Yakoobian supervises trainees in the clinic, and meets with young adults and families for consultations, educational groups, and cognitive behavioral therapy. In addition, Dr. Friedman-Yakoobian presents at schools and other community youth agencies to raise awareness about new advances in early detection and treatment of early signs of psychosis. Dr. Friedman-Yakoobian is devoted to the development and implementation of effective psychosocial interventions for individuals experiencing psychosis (or signs of risk) and their families. She ran a pilot study evaluating a new family intervention designed to help clients and families learn strategies for overcoming cognitive deficits related to psychosis.

She authored *Everything You Need to Know about Schizophrenia* (The Rosen Publishing Group, 2000), a book for teenagers about schizophrenia.

Dr. Friedman-Yakoobian is an Instructor in Psychiatry at Harvard Medical School, at the Massachusetts Mental Health Center Public Psychiatry Division of the Beth Israel Deaconess Medical Center. She earned her undergraduate degree in Human Development and Family Studies at Cornell University and her doctorate in Clinical Psychology at the University of Massachusetts Boston.