

Psychosis Recovery Outreach Program (PROP)

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AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER
المركز الطبي لجامعة بيروت الأمريكية

Our lives are dedicated to yours

What is psychosis?

Psychosis is a serious mental disorder characterized by impaired thinking and emotions. The person experiencing psychosis may have difficulty differentiating between real and imagined experiences.

Psychosis can either be the clinical manifestation of broader mental disorders such as Schizophrenia (SCZ) and Bipolar Affective Disorder (BPAD), or it might appear in an isolated episode, for example in the context of substance abuse.

Early signs include:

- Decline in functioning at work, school, or even in personal hygiene
- Bizarre experiences
- Change in behavior
- Social withdrawal or isolation
- Sleep disturbance
- Decreased motivation
- Overwhelming anxiety
- Depressed mood
- Reduced emotional expression
- Problems in handling everyday stress

Patients with a psychotic episode might develop either positive or negative symptoms. Positive symptoms manifest themselves either as delusions or hallucinations. In the case of delusions, the person holds false beliefs such as feeling that all people are against him. Hallucinations, on the other hand, occur when the person starts hearing or seeing things that are not there. Negative symptoms manifest themselves in the person's impaired ability to function daily in addition to a sustained withdrawal from social life.

These experiences can be frightening to patients especially when they are not aware of their illness. As a reaction, patients might harm themselves or others.

It is very important to consult your doctor once you notice these early signs. Early intervention may prevent the illness from progressing and might lead to a faster recovery.

Traditionally, patients with psychosis have consulted a psychiatrist who was expected to prescribe a medication for their illness. Over the last decade, international practice has shifted towards a more comprehensive bio-psycho-social approach involving a multidisciplinary team. Specifically, studies have shown that effective treatment of psychosis during its first manifestation (known as first episode psychosis) or shortly after will lead to:

- Reduction of chronic symptoms
- Improved global recovery
- Decreased number of hospitalizations
- Enhanced quality of life

Persons experiencing psychosis need to feel supported by a team of professionals who understand their needs and have the time to address their disorder appropriately. Psychosis is burdensome to the person as well as the caregivers. The aim of the Psychosis Recovery Outreach Program (PROP) is to ease the process from its initial onset until the patient eventually reaches a more stable condition.

Our Mission

The Department of Psychiatry at AUBMC has taken the initiative to establish a program dedicated to providing the best possible care to patients suffering from psychosis and their families. The team of mental health professionals is led by a psychiatrist with expertise in psychosis and staffed with experienced and well-trained psychologists, nurses and other specialists.

We aim to provide:

- A full assessment of the condition
- Regular prescribing and monitoring of medications
- Physical health checks
- Specialized psychological services
- Evidence-based social, occupational, and educational interventions
- Family support and counselling
- Emergency care
- Community care
- Home visits

Our Vision

The vision of the PROP is aligned with AUBMC's 2020 Vision. We aspire to be one of the leading medical centers in the region. In Lebanon, PROP is the first integrated community care program for patients suffering from psychosis. We have initiated nursing home visits and our ambition for our services includes a day facility. We aim to recruit and train mental health professionals from the broadest possible backgrounds and widen the range of interventions (social work, occupational therapy etc.). In parallel, we will continue to develop research activities to support our clinical understanding of psychosis and its treatment.

Our Services

Enrollment in the PROP is initially required for a three month duration with the possibility of extension based on a case-by-case review. Our services during that period include the following:

1. Nurse check-up (up to once every week)
2. Psychiatric consultations
3. Individual therapy (Cognitive Behavioral Therapy, Cognitive Remediation Therapy, Counseling)
4. Group therapy (support groups, self-help groups, social skills training)
5. Family intervention
6. Supported employment
7. In-home visits by a psychiatric nurse

Patients are encouraged to make use of the full service to benefit the most from the program. In case this is not possible, patients enrolled in our program can have a customized treatment plan that is most relevant to their condition and needs.

In case you already follow up with an external psychiatrist or therapist, we will be ready to collaborate with them to ensure the continuity of care.

Our Team

Our team is comprised of a senior psychiatrist, two psychologists specialized in the treatment of psychosis, nurses working on a rotating basis, and a psychiatry resident. We also collaborate with experts on other teams and departments at AUBMC whenever the need arises.

Who can benefit from this program?

Any person who detects the symptoms associated with psychosis can self-refer to the program. Alternatively, your doctor or your family can refer you.

In case you are unsure of your diagnosis, the program offers an assessment to help you better understand your condition and decide whether you can benefit from its services.

In case you are not eligible for our program, the evaluation will serve to recommend the most suitable treatment that meets your personal needs and benefits your condition.

Why come to us?

The PROP team is equipped and trained to provide you with the most advanced treatments under the supervision of specialist healthcare professionals. We work hard to maintain our knowledge and expertise at the highest standards while adapting to your individual needs and personal experience.

Location and Appointment Scheduling

The PROP is located in the Halim and Aida Daniel Academic and Clinical Center (ACC), 4th floor, Department of Psychiatry, American University of Beirut Medical Center.

For more information or to schedule an appointment, contact us on 01-759620.



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