

*How to contact the Child and  
Adolescent Thought Disorders Program*

The Child and Adolescent Thought Disorders Program (CATDP) currently offers assessment and treatment for youth and their families with issues related to psychosis (e.g., hearing voices, believing people are plotting conspiracies, being extremely disorganized). The program is a special subdivision of the Center for Cognitive Behavior Therapy, which is a training, research, and treatment center staffed by clinical psychologists and doctoral students in clinical psychology at the University of Hawaii at Manoa. Hours are Monday through Thursday from 9 am to 8pm, and Friday from 9am to 5pm. The Center for Cognitive Behavior Therapy is located in John A. Burns Hall, Room 4021, at 1601 East West Road on the Manoa campus. Call 808/956-9559 for more information.

**Child and Adolescent Thought Disorders**

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**CATDP**

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## THE CHILD AND ADOLESCENT THOUGHT DISORDERS PROGRAM

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*at the*

*Center for Cognitive Behavior Therapy*



*University of Hawaii at Manoa*

## ABOUT THOUGHT DISORDERS

Thought disorders such as psychosis and schizophrenia are debilitating mental conditions characterized by hallucinations, delusions, disorganization, and social problems. Approximately 1 in 100 adults suffer from schizophrenia worldwide. While thought disorders are less common in youth, early onset psychosis is particularly devastating and associated with a poor prognosis. Not surprisingly, when thought disorders strike at a young age they can be especially distressing for both children and their families.

## WHAT ARE THOUGHT DISORDERS?

There are many different types of thought disorders. Some of these include schizophrenia, schizophreniform, schizoaffective disorder, delusional disorder, substance induced psychosis, and psychosis not otherwise specified. Although all are slightly different, thought disorders tend to share symptoms involving unusual ways of thinking and perceiving the world.

Thought disorders are often characterized by delusions (tightly held beliefs that conflict with reality despite evidence to the contrary), hallucinations (hearing voices or seeing people that are not there), and disorganization (unusual speech and behavior). Many people with thought disorders also have mood and behavioral deficits such as lack of expression of emotion, lack of speech, social withdrawal and an inability to enjoy experiences.

## WHAT CAN BE DONE TO HELP?

Early detection and intervention can help. Shortening the length between the first signs of problems and when youth get services is crucial to long term improvement in thought disorders. Early help can not only reduce the negative impact of thought disorders themselves, but can also address other problems that may be going on at the same time.

Unfortunately, there are not a lot of well-established evidence-based psychological services for youth with thought disorders. Promising strategies, however, are currently being developed. These strategies are derived from a combination of ideas and strategies that work well with adults with thought disorders, and that work well with children with other types of problems. Four psychological services that hold promise include psychoeducation, assessment, cognitive behavior therapy, and multifamily groups.

## SERVICES OFFERED AT CATDP

**Psychoeducation** is provided to youth, families, schools, and mental health professionals who are interested in developing a better understanding of what a youth with a thought disorder experiences. Psychoeducation is presented in the form of an interactive discussion with an emphasis on exchanging ideas about thought disorders as seen in youth.

**Specialized Assessment** is offered to youth on all Hawaiian Islands with a suspected thought disorder (e.g., psychosis NOS, schizophrenia, schizoaffective, schizophreniform), youth with an unclear diagnostic presentation (e.g., substance

induced psychosis vs. trauma induced vs. psychosis), and for youth requiring re-evaluations or who have not had a previous assessment.

This service provides a thorough diagnostic and neurocognitive evaluation by using a semi-structured interview, tools such as the CBCL and CAFAS, and neurocognitive measures of IQ, attention, memory, and executive function. The final report will offer a diagnostic profile, noting neurocognitive strengths and relative concerns, and present possible treatment recommendations.

**Intensive in Home** services are offered to youth with thought disorders (psychotic disorder NOS, schizophrenia, schizoaffective, schizophreniform) on the island of O'ahu. Services provide intensive individualized support to youth and their families. Services are "Blue-Menu" based and encompasses psychoeducation, social skills, CBT, crisis planning, and progress monitoring.

**Multifamily Groups** provide support to youth and their families on the island of O'ahu and can be an extension of treatments already in place. Group services are offered to families and youth with psychotic spectrum disorder perhaps already receiving services who may benefit from additional support. This service is evidence-based for young adults, and includes problem solving and community building.

Please contact Dr. Jason Schiffman at 808/956-9559 for possible psychoeducational workshops or a more detailed presentation of available services.