

eIMPACT

March 2019

NEWSLETTER

Our vision is to intervene early, responsively and significantly using Early Intervention Psychosis (FREEDOM) principles to youth experiencing 'First Episode Psychosis' across the rural and urban MidCentral DHB region.

ABOUT US

For youth experiencing psychosis we can offer a two-year team approach as standard practice following assessment using internationally recognised psychosis assessment tools such as Comprehensive Assessment of At Risk Mental State (CAARMS).

Other options include partnering with teams to add value to a young person's journey through mental health and addictions services, a diagnostic service to assist in clarifying the best treatment approaches for (e.g. to identify or rule out psychosis), and recommendations for psychosis/youth interventions.

We are a team consisting of registered nurses, an occupational therapist and a social worker, with a part-time psychiatrist. We are members of the NZ Early Intervention in Psychosis Society
www.earlypsychosis.org.nz

WHO WE ARE HERE FOR

- Individuals with suspected psychosis or confirmed first episode of psychosis; this is inclusive of mood disorder with psychotic features.
- Although our primary goal is to work with young people experiencing first-episode-psychosis, there is flexibility around this. On a case by case basis, consideration will be given to young people experiencing their second episode of psychosis or unstabilised psychosis where symptom recovery or effective treatment is yet to be achieved.
- Individuals 14 to 25 years of age at entry to service.
- We do not work with individuals presenting with substance-induced psychosis that self-resolves. (or those with a diagnosis of head injury or intellectual disability as their primary diagnosis).

WHAT WE CAN OFFER

- An opportunity for the young person to explore an explanatory model of their psychosis, opportunities to make sense of their experience and master the tools of recovery.
- Techniques for lifestyle management of psychosis for both the young person and their family/whanau over key developmental stages.

- Where needed, alcohol and drug education, specifically in relation to psychosis.
- Specific education for family/whanau.
- Cognitive Behaviour Therapy for psychosis.
- Consumer and family/whanau development of relapse prevention tools such as early warning signs and strategies of intervention.
- Optimal medication interventions to reduce side effects, improve the consumers experience and improve functioning.

VALUES WE BASE THE SERVICE ON

- Available and responsive to the needs of young people.
- eIMPACT = Early Impact: Young people and family/whanau having a good first experience with mental health & addiction services.
- Partnering with family/whanau networks to best assist the youth.
- Early intervention as FREEDOM approach (see image below).
- For young people to gain mastery over symptoms and back to full functioning over their lifetime.
- Journeying with the young person in a holistic way.

FREEDOM APPROACH

- Family/whanau involvement
- Recovery approach
- Engagement
- Early detection and intervention
- Developmental focus
- Optimal interventions – offering tailor-made evidenced base practice
- Minimising trauma & disability.



IN WORKING WITH OUR TEAM WE MAY OFFER SOME OF THE FOLLOWING

1. Getting to know you

- Specialist assessment
- Formulation of presentation
- Identifying goals
- Networking in my community
- Family/whanau
- Planning transition into my community
- Family
- History review/audit/stocktake.
- Assertive outreach
- Building relationship with other services on the young persons journey

2. Recovery in functioning

- Tailored functional recovery
- Exercise programme
- Games group
- Graded exposure

3. Addressing vulnerability and building resilience

- Cognitive Behaviour Therapy for:
 - Psychosis
 - Anxiety
 - Mood/depression
- Education to service user, family/whanau.
- Stress-vulnerability model.
- Cultural assistance and interventions
- Brief interventions
- Identification of strengths and building plans based on strengths
- Early warning signs identification (e.g. Thermometer + EWS cards)
- Values identification
- Recovery plans
- Substance use interventions including motivational interviewing
- Addressing dynamics in the family
- Feelings wheel
- Acceptance & commitment therapy
- Managing and coaching risk management

4. Symptom management

- Voice dialogue talking therapy
- Medication management:
 - IMI
 - Soluble
 - Tablets
- Monitoring metabolics
- Robust relapse prevention plans
- Crisis management – single session solution focused
- Management of mental health act

BENEFITS OF JOURNEYING WITH THE EARLY INTERVENTION IN PSYCHOSIS TEAM:

Extensive research internationally, shows those who received early intervention model treatment were found to have better short and long term interpersonal, vocational and social network outcomes, with enhanced long-term wellbeing. Research is also indicative that early intervention approaches reduce the likelihood of experiencing further episodes of psychosis.

Early intervention approaches are focused on journeying with young people in exploring early and late warning signs in depth. In a study 70% of people experiencing psychosis, and 93% of their families reported becoming aware of early warning signs of indicating the individual was becoming unwell before services were engaged.

Early warning signs awareness is then used as a relapse prevention tool, and encourages young people to address early and late warning signs, and assists them to make a relapse drill (Spencer, Murray and Plaistow, 2006). Research has indicated that early intervention approaches to first episode psychosis lead to improved wellness and well-being over the life-course, resulting in increased independence and reduced burden on health-care when compared to standard clinical approaches.

Specialised evidenced-based interventions to both reduce relapse rates and maintain or improve functioning in the 'critical period' (2-5 years) is a key function of the team. Functional recovery within the first 18 months post first episode of psychosis is correlated with positive outcomes at the 7.5 year mark (Mario Alvarez 2015), hence the team provides a tailored functional recovery programme.

eIMPACT SERVICE
MidCentral Health

early
effectively
responsively
significantly

Freedom Principles

open dialogue approach

functional schmunctional

Contact:
Covering MidCentral DHB region | 0800 254 977
Early Intervention Management of Psychosis, Assertive Community Treatment Service - eIMPACT

RESOURCES

- www.earlypsychosis.org.nz
- <https://www.talkingminds.co.nz/>
- www.psychosisucks.ca www.thelowdown.co.nz
- <https://www.orygen.org.au/>