

Ontario Working Group on Early Intervention in Psychosis  
Minutes

June 24, 2005

Venue: Training Rooms A & B, Queen Street site, CAMH, Toronto.

Present: Heather Hobbs, Suzanne Archie, Gretchen Conrad, Beth McCay, Michelle Rehder, Lundi Costante, Barbara Crawford, Ian Chovil, Ursula Lipski, Ralph Lewis, Omar Aguilar, Michelle Dupee, Troy Savage, Kari Astles, Nalini Pandalangat (Recorder), John Trainor (Chair), Catherine Ford, Joan Nandlal, Gregory Kim.

Present (via teleconferencing): Mirella Fata, Gord Langill, Kelly Robinson, Ruth Lawrence, Brenda Wentzell.

**Round Table Update:**

**Toronto:**

CMHA has hired a multidisciplinary team which is working closely with the FEPP and Mood and Anxiety Disorders Program in CAMH. There is the MOD team which focuses on mood disorders. A psychiatrist is available 2 days a week. Clients receive follow-up for three years. Family support workers are part of the team.

Sunny Brook Hospital: Ralph Lewis, Psychiatrist in the Youth Program spoke about the program. The program receives a number of referrals from the Hospital for Sick Children and CAMH. The waitlist is 2 months on an average. The population they serve are 14 and above. They have not received specific E.I. funding, but are serving this population. Bridging the gap between child and adolescent psychiatry programs and adult psychiatry was brought up as an issue that was being worked on.

**Central West :** Ian Chovil informed the group that they were expecting around \$200,000 in this round of funding for the Kitchener, Waterloo, Dufferin areas. Community Mental Health Services, has hired an E.I. coordinator. 2 pilot projects have been initiated in two high schools.

**Whitby:** The Durham Region Early Intervention in Psychosis Program is organizing an education day in a community health centre.

**Peterborough :** All hiring has been completed. 2 psychiatrists are available for a few hours a week. Case managers and family support workers meet families in their homes. The program is in the process of developing a public education strategy. They are also in the process of collecting information from all programs about what is being used for family work. A high school education manual has just been completed. Kelly will send that out to the OWG. Kelly is going on a leave of absence for 18 months as she is going back to school.

**Kingston :** The South Eastern Ontario Early Intervention Program had organized a conference on April 29, which was very successful. They are in the process of revising the mental health assessment forms.

**North West :** Work around developing a training manual is underway. Knowledge areas, value areas and skill areas to do E.I. work are being explored. When additional funding materializes, it is proposed to have a small E.I. program with outreach capacity.

**North East :** Costante Lundi has been hired as the regional coordinator. It is proposed to have clinicians funded in 6 districts in the region. Avenues for training the clinicians are being explored. Program development will commence after July.

**North Bay:** Barb Crawford spoke about the General Psychiatry community outpatient services serving around 700 clients. A primary psychosis division has been established within the program. Case management, CBT for psychosis, and psycho education for individuals are being offered. Psycho education for family members is proposed.

**Ottawa :** The program is working on setting up their new facility in the community. Except for inpatient services, the entire program is moving to this site. 2 huge group rooms are available here. Case managers are being trained. Residents are coming into the program as well.

**Hamilton:** The program also has a new site under St. Joseph hospices. It is offsite. The facility includes a screening room, group room, offices and a reception area. Hiring is ongoing. Recreation therapists and recovery support workers have been hired. Recently they had presented at a conference in Ottawa on integrated E.I. in primary care.

**London:** Brenda Wentzell from the PEPP parent group is shifting to Edmonton. CMHA Edmonton has already invited her to join their Board. There are a couple of nominees for Brenda's role and Brenda will inform us of the new contact person once the decision is made. Brenda will be truly missed by the OWG.

**Sarnia:** The new E.I. program in CMHA Sarnia underwent 2 days of training from the PEPP program in London. Working with family members is a focus. Omar Aguilar, psychiatrist, has assigned half a day for E.I. clients. Low level funding continues to be a challenge in implementing best practices.

**SSO :** Through the year ending funding received, youth education work through out the year is being undertaken. This covers 200 presentations to youth in high schools and colleges, outreaching around 6000 youth. SSO is in the process of hiring a youth awareness coordinator.

**MDAO:** The MDAO has embarked on a public education campaign around E.I.

## **Meeting with Catherine Ford – Senior Program Analyst – Ministry of Health and Long Term Care:**

- An advisory group will be set up to work with the Ministry to establish standards and best practices. A number of members of the OWG will be invited to join the advisory group.
- The advisory group will work on key components of what needs to be achieved through E.I., provide technical assistance to develop standards, enable relevant connections to the research and academic world, advise the Ministry and communicate with programs on the field.

In the ensuing discussion around the advisory group, OWG members highlighted the following:

- Sensitivity to the differences between urban and rural settings, while setting standards and outcome measures
- The issue of limited funding and how this could affect meeting standards
- Primary care integration should be highlighted
- Standards should address services available to the individual and family, wait times and comprehensiveness of services
- Minimum expectations around skill sets of E.I. team members
- Utilise the expertise in the OWG to develop a training package for E.I. programs
- Educating communities
- A centralized coordination for access to care – a website, a 1-800 no: etc.
- Using the data from the OWG multi-site evaluation which was funded through the OMHF

**OWG Survey:** Nalini presented preliminary survey results from a survey conducted by the OWG on interest areas and training needs of E.I. programs across Ontario. 12 programs had responded to date. In terms of the working group's continuing leadership in E.I. the top four priorities have been identified as a) ongoing consultation and collaboration with the Ministry of Health and Long term care b) establishing best practices guidelines c) provincial networking and d) training and education. Most programs (92%) felt that a central OWG website and an annual, provincial E.I. conference were important to building E.I. capacity in the province.

## **Research Project - Integrating Early Intervention in Psychosis in Primary Care Settings - A Synthesis of the Literature and an Environmental Scan:**

The research program within the Community Support and Research Unit at CAMH has received OMHF funding for the above stated research project. Joan Nandlal, John and Nalini are the PIs on the project. Joan Nandlal and Gregory Kim(coordinator) presented on the project. The project is being conducted from April 2005-Sept 2005. The project will map and analyze the current knowledge and practices for integrating early intervention in psychosis (EIP) and primary care with the eventual goal to produce

recommendations to enhance this integration. It will use the analytical framework of a SWOT to examine the strengths-weaknesses-opportunities-threats of integrating early intervention in psychosis and primary care. Data are retrieved from a variety of sources including: peer-reviewed literature, grey literature, unpublished evaluation materials and interviews with key stakeholders.

**Proposed System level study on E.I. funding impact :** John briefed the group about a system level study that is to be undertaken. Robert Zipursky and Carolyn Dewa are the lead researchers on this study.

**Meeting with Dr. Andor Simon:** There was a discussion around hosting the next meeting in Ottawa as Andor Simon will be invited there to present his findings on an international study on G.P attitudes towards psychosis. A decision was made to hold the next meeting in Ottawa.

**Primary Care representation in the working group:** was discussed. It was agreed that this was very welcome. Contacts suggested were the Ontario College of Family Physicians and the CCMHI.

Next meeting : September 16, 2005, Ottawa.