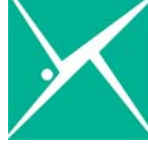


Early Psychosis Intervention (E.P.I.)



Starter Kit



Compiled by:

CANADIAN MENTAL HEALTH ASSOCIATION
THUNDER BAY BRANCH

Early Psychosis Intervention (E.P.I.)



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www.cmha-tb.on.ca

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Early Psychosis Intervention (EPI)

Starter Kit



Introduction to the Starter Kit



Who should use the Starter Kit?



What is the purpose of the Starter Kit?



What is included in the Starter Kit?



Where does the information in the Starter Kit come from?



Qualifying Statement

Early Psychosis Intervention (EPI)

Starter Kit



Who should use the Starter Kit?

- Professionals in mental health, health, child welfare and addiction settings who are concerned that a youth or adult is developing or has developed a psychosis.

Note: Youth and adults with psychosis may be seen infrequently in some settings, making up a very small percentage of clients.

Some role descriptions:

- A. Generalist with training in psychosis
- B. Generalist with no training in psychosis
- C. Specialist
- D. Primary work is screening, intake and referral
- E. Primary work is counseling and/or case management
- F. Primary work is supervising staff
- G. Primary work is just about all of the above and more



Early Psychosis Intervention (EPI)

Starter Kit



What is the purpose of the Starter Kit?

- **A self-learning tool:** The kit offers introductory level learning about psychosis, early screening and detection and recovery based intervention strategies. In addition to the information included, references to other easily accessed resources are included for further learning.
- **A centralized clinical resource:** The kit offers easy to understand and practical information/resources to assist with screening, detection, referral and supporting people impacted by psychosis. Resources that can be shared with young people/adults who have psychosis, family members and other professionals are included in the kit for quick and easy access.

Since formal comprehensive assessment and diagnosis of psychosis is the role of specialists, *the Kit is primarily intended to assist with screening, detection and referral.* In Northwestern Ontario, it is not uncommon for more than one service (generalists and specialists) to be involved with an individual/family. For this reason, the kit also provides an overview of intervention strategies that can be used by all involved services, to support individuals and families through the ups and downs of recovery.

Early Psychosis Intervention (EPI)

Starter Kit



What is included in the Starter Kit?

1. *Information booklets* and *fact sheets* introducing psychosis and Early Psychosis Intervention (EPI)
2. Information booklet and *DVD* containing advice and coping tips for *families/carers*
3. Resource that can be used by clinicians to help *siblings* understand and cope within the family when a brother or sister has psychosis
4. Information booklet for *family physicians*; includes practice guidelines for first episode psychosis.
5. *Recovery* exercises and *coping* tips that professionals can use with clients/families
6. *Pamphlets* for reference and distribution
7. A listing of EPI / mental health related *web-sites* for further learning
8. *Contact* Information
9. *Feedback* forms

Early Psychosis Intervention (EPI)

Starter Kit



Where does the information in the Starter Kit come from?

The kit contains publications produced for wide distribution by leading experts in the EPI field. The information is educational, practical and geared to multiple service roles within the health field. The goal is to ensure that as many health related professionals as possible, are informed about developing psychoses and best practice early intervention approaches. The EPI field has made many of these resources available on the world-wide web, recognizing that this is an easily accessible avenue for learning and up to date resources.

Every effort has been made to ensure that the materials in the kit can be replenished as needed. Each resource is sourced and referenced so that additional copies can be obtained as needed. Most of the resources are free of charge and available by down-loading directly from a web-site (listed).

Early Psychosis Intervention (EPI)

Starter Kit



Qualifying Statement:

The Starter Kit is **not** a “step by step, how-to manual”. It contains evidence-based, best practice published resources that will give an overview of psychosis and early psychosis intervention. *It is up to the worker to review the contents of the Kit and determine how the information and resources can be used within the parameters of his/her role and skill base.* The extent that the kit is used as a learning tool is up to the individual worker or organization.

The kit will assist in screening, detection and supportive planning / intervention but is not intended to be used for formal diagnosis. *Diagnosis of psychosis or psychotic related disorders must be made by a psychiatrist, psychologist or qualified medical doctor.*

The kit contains resources from outside of Ontario. Some resources make reference to supports, services or regulations/processes in particular communities (usually towards the end of a document or booklet). Please make note of this and ensure that clients are given information about local supports, resources and processes.

The Starter Kit contains recent or current information. Most of the resources hold clinical value over the long-term. However, it is possible that with time, some resources will no longer be available through a web-site or will be replaced with newer resources. Every effort will be made to keep track of kits and update information as needed. Workers are also encouraged to contact CMHA Thunder Bay should there be questions regarding resources.

Early Psychosis Intervention (EPI)

Starter Kit



*Psychosis can be successfully treated.
Recovery happens.*

Many people can play a part in recovery. Along side **front-line workers**, physicians are often the first contact when psychosis is suspected. **Family physicians** can take a lead role in initial symptom management and longer-term monitoring of symptoms. How **family members** and other **carers** respond to psychosis can also influence the course of recovery. **People who have psychosis** must be actively invested in recovery. With the aid of education, guidance, an attitude of hope and recovery and a **supportive team of helpers**, many people will move beyond psychosis to lead very fulfilling lives.

Early Psychosis Intervention (EPI)

Starter Kit



Overview of Psychosis & EPI

Resources:

“Early Identification of Psychosis: A Primer”

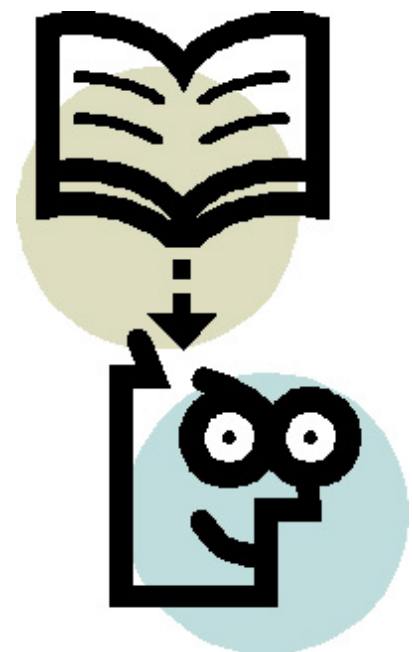
Mheccu (University of B.C.):

www.healthservices.gov.bc.ca/mhd/pdf/gp_primer.pdf

“Early Psychosis: A Guide for Mental Health Clinicians”

Mheccu: (University of B.C.):

www.healthservices.gov.bc.ca/mhd/pdf/clinicians.pdf



Early Psychosis Intervention (EPI)

Starter Kit



Fact Sheets

Topics:

What is Psychosis (Janssen-Ortho Inc.)

<http://www.janssen-ortho.com/joi/en/educational/schiz.asp>

Symptoms of Psychosis

(EPI Program; Fraser Health Authority, B.C. www.psychosissucks.ca)

What Causes Psychosis

(EPI Program; Fraser Health Authority, B.C. www.psychosissucks.ca)

Early Intervention

(EPI Program; Fraser Health Authority, B.C. www.psychosissucks.ca)

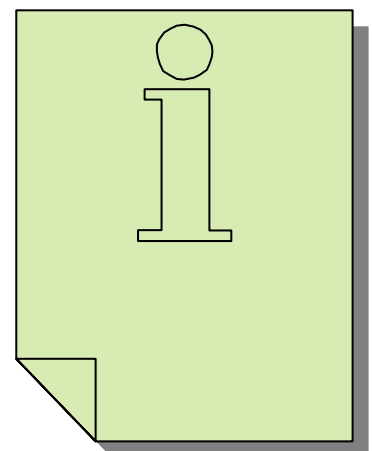
Medication

(EPI Program; Fraser Health Authority, B.C. www.psychosissucks.ca)

* More fact sheets available at:
www.psychosissucks.ca.

Early Psychosis Intervention (EPI)

Starter Kit



Family Physicians

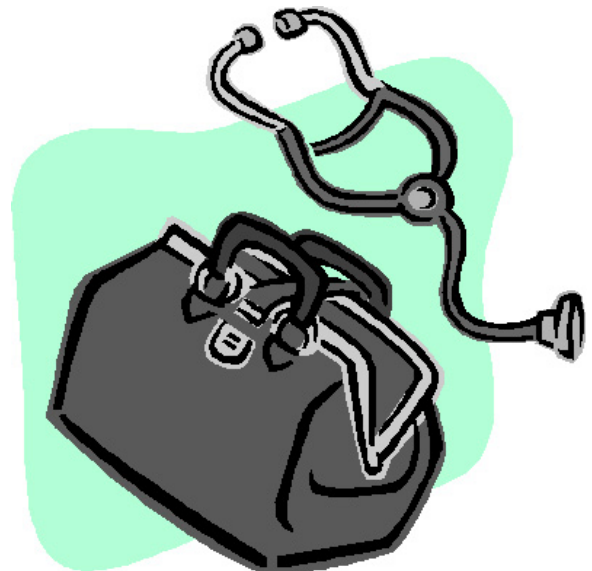
Resource:

“Early Diagnosis and Management of Psychosis”

Orygen Youth Health, Australia

www.eppic.org.au/images/download/gpbooklet.pdf.

It is common for the family physician to be the first contact, or the over-seeing physician, for young people experiencing psychosis. The following booklet is an EPI guide written specifically for family physicians. You are encouraged to share copies of this booklet with local physicians involved in the care of someone with early psychosis.



Early Psychosis Intervention (EPI)

Starter Kit



Family Physicians

More Resources:

Mheccu; (University of B.C.) has published "A Guide for Physicians" - EPI information booklet for physicians.

Check out this resource at www.healthservices.gov.bc.ca/mhd/pdf.

Early Psychosis Intervention (EPI)

Starter Kit



Family

Resources:

“EPI: Coping When Someone in your Family has Psychosis”

EPI: www.psychosissucks.ca/epi/index.cfm?action=carepath

“Sibling's Guide to Psychosis, Information, Ideas and Resources”

CMHA: www.cmha.ca/bins/content_page.asp?cid=3-105-253&lang=1

DVD: 'ONE DAY AT A TIME'

Parents of young people with psychosis share their experiences.

(Canadian Mental Health Association, National Office)



Early Psychosis Intervention (EPI)

Starter Kit



Recovery

Topic Sheets:

Goal Setting

Stress management

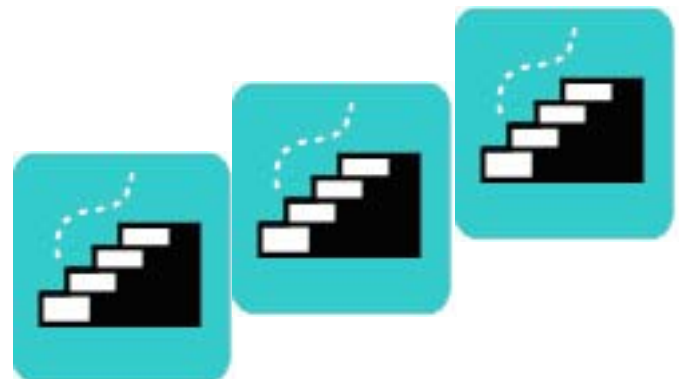
Problem solving

Relapse Prevention

Drugs and Alcohol

Social Supports

Source: EPI Program, Fraser Health Authority, B.C.
(www.psychosissucks.ca)



Early Psychosis Intervention (EPI)

Starter Kit



*Psychosis can be successfully treated.
Recovery happens.*

Recovery begins with early detection and management of symptoms. Those of us who work front-line, in health related disciplines are positioned to detect psychosis and refer to specialist services for assessment and treatment. Some of us are also in position to offer longer-term support to individuals and families impacted by a first episode of psychosis. The more we know about psychosis and management of symptoms, the better we can educate, support and guide people through the *recovery* process.

Recovery is possible.

Early Psychosis Intervention (EPI)

Starter Kit



Pamphlets

In this section:

“Youth and Psychosis” (C.M.H.A.)

“What is Psychosis” (English, French and Cree versions) (C.M.H.A.)

“Early Psychosis Intervention” (C.M.H.A.)

“When a parent has experienced psychosis..”
(CAMH)

“Psychiatric Medication and
Weight Gain” (C.M.H.A. & CAMH)



Early Psychosis Intervention (EPI)

Starter Kit



Websites

In this section:

Good sources of information, downloads and links.



Early Psychosis Intervention (EPI)

Starter Kit



Helpful EPI Websites

Early Psychosis Intervention Program (EPI) Fraser Health Authority, British Columbia

www.psychosissucks.ca

This site presents current information about psychosis in easy to read language. It is an excellent, "must" resource for professionals, parents and especially young people experiencing psychosis.

*downloads available in Chinese and Punjabi

Kissmeimpsychotic.com

www.kissmeimpsychotic.com

Online community connecting people who are going through psychosis. Contains information, art exercises, stories, poetry and Flash movies.

Peer Support for Parents of Psychosis Sufferers (PSPOPS)

www.psychosissupport.com

British Columbia's Early Psychosis Initiative

www.mheccu.ubc.ca/projects/EPI

Early Psychosis Intervention (EPI)

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Helpful EPI Websites

Canadian Mental Health Association (CMHA)

www.cmha.ca

*pamphlets available in French, English, Chinese and one pamphlet is available in Cree Roman

Schizophrenia Society of Canada

www.schizophrenia.ca

Schizophrenia Society of Ontario

www.schizophrenia.on.ca

IRIS: Initiative to Reduce the Impact of Schizophrenia

www.iris-initiative.org.uk

SSO Youth Awareness Program

www.ssoaware.com

Rethink, United Kingdom

www.rethink.org

Early Psychosis Intervention (EPI)

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Helpful EPI Websites

Early Psychosis Program

University of Calgary/Foothills Hospital (Alberta)

www.ucalgary.ca/cdss/epp

Early Psychosis Prevention and Intervention Centre (EPPIC); Australia

www.epic.org/au

www.eppic.org.au/ap/information_sheets.htm

Information sheets for download in multiple languages.

*downloads available in Greek, Italian, Croatian, Vietnamese and other languages

Prevention and Early Intervention Program for Psychosis (PEPP) London, Ontario

www.pepp.ca

Early Psychosis Intervention (EPI)

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Other "MUST" Websites

Mind Your Mind

www.mindyourmind.ca

This is an interactive Canadian web-site for teens/young adults. Addresses stress, safety, coping and a number of other mental health topics.

Mental Health and High School

www.sscmha.ca/highschool

CMHA web-site with practical advice for parents, teachers and students re: managing high school when a student has a mental illness.

Get on Top

www.getontop.org

Australian mental health site for teens that includes a personal experiences section.

Early Psychosis Intervention (EPI)

Starter Kit



In this section:

CD: **Do it Yourself Section**
 Make your own copy of the Starter Kit

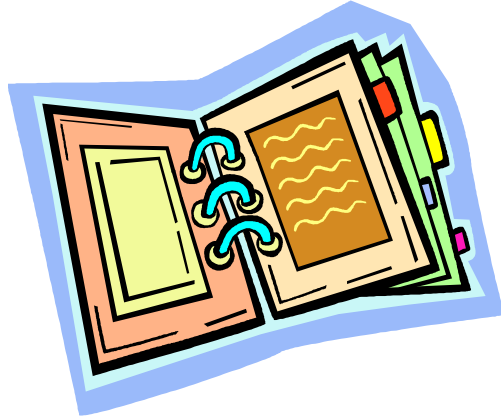


Early Psychosis Intervention (EPI)

Starter Kit



DO IT YOURSELF SECTION



Why not make your own copy of the starter kit(s)?

You can go to the web-sites addresses cited in this kit and download the resources for clinical use. Copy them on to CD (included) and keep the CD in the kit. Print off resources as needed or make copies of CD for other workers. This ensures that original documents remain in the kit and that copies are available to "how-every-many" professionals require resources.



Early Psychosis Intervention (EPI)

Starter Kit



RESOURCES FOR YOUR CD

- **"Early Identification of Psychosis: A Primer"**
Mheccu (University of B.C.):
www.healthservices.gov.bc.ca/mhd/pdf/gp_primer.pdf
- **"Early Psychosis: A Guide for Mental Health Clinicians"**
Mheccu: (University of B.C.):
www.healthservices.gov.bc.ca/mhd/pdf/clinicians.pdf
- **What is Psychosis**
(Janssen-Ortho Inc.)
- **Symptoms of Psychosis**
What Causes Psychosis
Early Intervention
Medication
(EPI Program; Fraser Health Authority, B.C.) www.psychosissucks.ca
- **"Early Diagnosis and Management of Psychosis"**
Orygen Youth Health, Australia
www.eppic.org.au/images/download/gpbooklet.pdf.
- **"EPI: Coping When Someone in your Family has Psychosis"**
EPI: www.psychosissucks.ca/epi/index.cfm?action=carepath
- **"Sibling's Guide to Psychosis, Information, Ideas and Resources"**
CMHA: www.cmha.ca/bins/content_page.asp?cid=3-105-253&lang=1
- **Goal Setting**
Stress management
Problem solving
Relapse Prevention
Drugs and Alcohol
Social Supports
EPI Program, Fraser Health Authority, B.C. www.psychosissucks.ca

Early Psychosis Intervention (EPI)

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Contact Information

...Apologies for the inconvenience

THIS SECTION IS UNDER CONSTRUCTION

**IN THE MEANTIME
PLEASE CONTACT THE
EARLY PSYCHOSIS TEAM
AT CMHA THUNDER BAY
(807-345-5564)**

Regional Contact Information Coming Soon!



Early Psychosis Intervention (EPI)

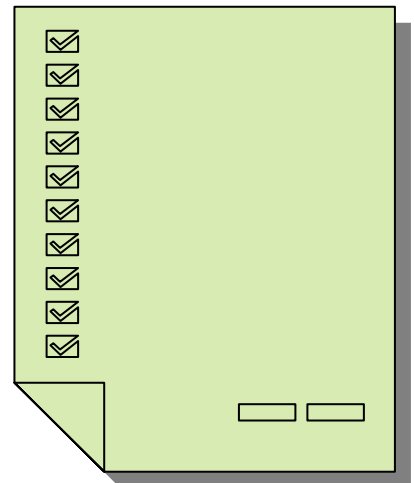
Starter Kit



Feedback

In this section:

Please complete the attached feedback form and fax it to us at: (807) 345-5564.



Early Psychosis Intervention (EPI)

Starter Kit



WE WANT TO HEAR FROM YOU

We want the **EPI STARTER KIT** to be helpful to professionals and the individuals and families who need support during a first episode of Psychosis. If it can be improved upon, we need to know how.

Please let us know what you think:

1. Rate the layout of the starter kit in terms of general appearance, layout and ease of use



Very Good



Good



Uncertain



Not so Good



Poor

2. Did you find the materials and resources in the starter kit helpful and useful?



Very Helpful



Helpful



Uncertain



**Somewhat
Helpful**



**Not
Helpful**

Early Psychosis Intervention (EPI)

Starter Kit



3. Was the information user friendly enough for individuals and families struggling with psychosis?



Yes definitely



Somewhat



Uncertain



Not really



No way

4. Did you find the coping tips and exercises practical for use with individuals and/or families?



Yes definitely



Somewhat



Uncertain



Not really



No way

5. Was it easy to locate and access the starter kit in your organization?



Yes definitely



Somewhat



Uncertain



Not really



No way

Early Psychosis Intervention (EPI)

Starter Kit



6. What resources did you find most helpful?

Please list:

7. What sections could be improved upon?

Please List:

8. How can we improve upon this kit?

Ideas:

Please fax this feedback form to us at [807-345-4458](tel:807-345-4458)

Early Psychosis Intervention (EPI)

Starter Kit



Psychosis is Everybody's business

As many as **10,000** young Canadians experience a first episode of psychosis each year...

The role of the **COMMUNITY** is critical in early psychosis intervention regardless of the availability of dedicated EPI clinical services and is relevant to each step along the continuum of early identification, treatment and normalized recovery during the return to school or work. Informed and engaged communities are essential to the effective practice of early psychosis intervention.

PSYCHOSIS IS A MEDICAL CONDITION

IT CAN HAPPEN TO ANYONE

IT CAN BE SUCCESSFULLY TREATED

*Source: CMHA Early Psychosis Intervention Website
(www.cmha.ca/english/intrven/main.htm)*

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