

EARLY INTERVENTION IN PSYCHOSIS

Newsletter

June

Overview



Welcome to the June edition of the Early Intervention in Psychosis (EIP) monthly newsletter!

We are delighted to announce that the Early Intervention in Psychosis service in NHS Dumfries and Galloway has gone live this month. Therefore, this month's newsletter will be focusing on the journey of Dumfries and Galloway so far.

Dumfries and Galloway is well suited socially and geographically to a **bespoke** EIP model. Large, distributed and rural, the area lacks a clear hub and potential spokes, as Dumfries is a smaller town, and the distances that key workers will be required to travel are substantial - a trip from Dumfries to Stranraer is over 70 miles. The service will be able to take inspiration from other models, but their unique context means the service will have to develop practical, and EIP-aligned, solutions to their challenges.

In this newsletter, you can follow the journey of NHS Dumfries and Galloway by reading about:

- The support provided by the EIP national programme
- Read the 'Spotlight On' section with **David Ruddick**, EIP team lead and key worker in NHS Dumfries and Galloway
- Find out what's next for NHS Dumfries and Galloway

EIP National Programme



Our support to both pathfinder sites (NHS Dumfries and Galloway and NHS Tayside) across the last few months has been mainly around integrating the use of service design and quality improvement tools to help the pathfinder sites map out their service, whilst involving the voice of lived experience, to ensure the EIP service is designed around their needs and those of their families and carers.

In the future, our ongoing support will be around testing the access and management processes, considering the data and continuing to evaluate the programme.



Spotlight On



This month, we have the pleasure of hearing about the journey of the bespoke EIP pathfinder site, as described by **David Ruddick**, EIP team lead and key worker in NHS Dumfries and Galloway.

"Developing a new service can be daunting at the beginning and that was certainly the case when developing the new early intervention service in Dumfries and Galloway. A hugely exciting opportunity, Dumfries and Galloway had been selected as a pathfinder site developing a bespoke EI service that would work for the area, taking into account the challenges in relation to geographical size and areas of populations throughout it. Staff were recruited, stakeholders identified and an implementation group was made, consisting of members of the clinical team, NHS senior management, staff from Support in Mind Scotland, Carers Trust Scotland, participation lead, GP representation, lived experience representation and of course Healthcare Improvement Scotland. This group became the epicentre of all things EIP.

- The task of looking at our current systems was first thing on the agenda. Using process mapping, we created a picture of everything we were doing well and what we needed to look at changing for our new service. Having a range of experiences and views allowed for full exploration of our current systems.
- Lived experience engagement is key to all service development. We developed a plan to engage people who had used our services to find out more about their experiences. A survey was created for both service users and family and carers with some follow ups thereafter. Although the quantity was small and the engagement process was difficult at times, the quality of information we received was great and used to inform service design.
- Using a number of quality improvement and service development tools including driver diagrams, empathy maps and focusing on the key components of an EIP service really helped when designing our service. It helped bring different ideas together.
- Promotion of the service has been ongoing, with the team spreading the EIP model to other stakeholders within the region including staff at Midpark Hospital, the local psychiatric hospital, community mental health teams, crisis services and specialist drug and alcohol services.

On the 1st of June the service went live and we have began seeing people experiencing first episode psychosis. There will be ongoing review and tests of change as the service develops, but as of now the team feel confident of delivering an effective EIP service that follows the principles of EIP and will meet the targets within the fidelity tool. It is an exciting time for everyone involved in the project. There will be challenges ahead, but the past months of development and support from Healthcare Improvement Scotland have put the team in good standing to manage these challenges and continue to develop the service as it grows.

I would like to thank everyone who has played a part in the development of the service and assure them that they have played a vital role in improving outcomes for young people in Dumfries and Galloway experiencing psychosis for the first time."

What's next?



After 21 successful meetings, the weekly 'Big Room' meetings between the NHS Dumfries and Galloway EIP staff and the national team have given way to monthly catch-up meetings - the next meeting will be held on 7th July.

Dumfries and Galloway will now be:

- Submitting data to Healthcare Improvement Scotland every three months
- Attend joint meetings with Tayside and Healthcare Improvement Scotland every six weeks
- Give input into the evaluation and the Phase 2 report
- Their journey and experience will help to create a guide around developing an EIP service in the rural areas within Scotland

Upcoming Events



With summer now approaching us, we will be taking a break from the webinars, looking to have our next one organised for end August 2022. We will keep you posted.

Read More



Are you interested in reading more about EIP? Good news - we're keeping an eye on the latest research and news in the field.

- [Learning from lived experience - case study, Scottish Recovery Network](#)

This case study captures learning of the Lived Experience Reference Group of the EIP National Programme. Key recommendations for developing meaningful engagement opportunities with people with lived experience are included.

- [Peer support in early intervention in psychosis: a qualitative research study, Journal of Mental Health](#)

This qualitative research investigates how peer support workers can be supported in their work in EIP services. One of the main findings of the study was that peer support workers contribute to destigmatising psychosis.

Contact



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- The ihub [website](#)
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- Contact us via our email address his.mhportfolio@nhs.scot