

EARLY INTERVENTION IN PSYCHOSIS

Newsletter

May

Overview



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

This month we are sharing highlights including:

- Introducing Ashley Hose, the new Senior Improvement Advisor for the EIP National Programme
- Updates on pathfinder sites' progress
- Introducing Jean Campbell, passionate carer and volunteer hoping to make a difference
- Additional resources

The two pathfinder sites, NHS Dumfries and Galloway and NHS Tayside, will be launching their local EIP services this summer. The upcoming newsletters will be dedicated to the two pathfinder sites and the progress made so far in the programme, so keep an eye out for our updates!

EIP National Programme



Staff updates

The EIP National Programme team has been undergoing some changes recently:

- April Masson, the former EIP Senior Improvement Advisor, has taken up a role with the Primary Care Improvement Portfolio
- Ciara Robertson, EIP Improvement Advisor, has taken up a role with the Primary Care Improvement Portfolio. She is due to start her new role in June

We would like to thank our colleagues for the work and dedication they put in the EIP programme and wish them the very best in their new roles.

We are delighted to welcome new members to the team and look forward to working with them:

- Rachel King, the Portfolio Lead for the Mental Health Improvement Portfolio
- Ashley Hose, the new EIP National Programme Senior Improvement Advisor



In this newsletter, we have the pleasure of introducing **Ashley Hose**.

"I am delighted to be the new Senior Improvement Advisor supporting the Early Intervention in Psychosis team in the Mental Health Improvement Portfolio having worked in Healthcare Improvement Scotland (HIS) for the past three years, across Primary Care and Acute Care services. I have been involved in quality improvement for over 10 years from when I worked in NHS Lothian and was part of a collaborative with HIS, embedding the Scottish Patient Safety Programme in Primary Care. I then went on to use my skills to coach, mentor and teach quality improvement within the health board, helping to improve services and bringing in the patient voice. I have been a volunteer Children's Panel chair for over four years now and it is something I'm very passionate about. I see and deal with so many different family situations but one common thread is nearly always the mental health of the parents and the impact on the children.

I am married with two young and lively girls, aged seven and ten years. I am originally from Shetland, one of the most beautiful places you can visit. All my family (yes, I have a rather large extended family!) are still there so we enjoy visiting a few times a year, being blown about with gales and having the sea spray our faces. I have a love of travel, having travelled the world extensively throughout my 20's. I do love a walk with a good health and wellbeing podcast (then coming home and boring my family with the next best food to eat or more efficient way to brush their teeth!)."

Pathfinder Sites



NHS Dumfries and Galloway and **NHS Tayside** are currently:

- Meeting with Dr. Rajeev Krishnadas, our Clinical Lead for Psychiatry, to further plan for their psychiatry services
- Undertaking shadowing sessions with Esteem service
- The pathfinder sites are working through a service design process over the coming weeks. For this they will:

1. Review

- Core components of EIP services
- Team roles and responsibilities
- Local context
- Insights from people who have lived experience from phase one report.

2. Develop:

- 'Empathy maps' to understand service needs from different perspectives such as users, family/supporters, staff in EIP, and other staff
- An overview of what each group of people need from an EIP service
- An outline of how these needs might be met within the new service

3. Design:

- Each component of an EIP service based on different people's needs

4. Prioritise:

- Key actions and workstreams for the EIP services

Spotlight On



This month, we have the pleasure of introducing **Jean Campbell**, passionate carer and volunteer hoping to make a difference.



"Hi, My name is Jean Campbell – a passionate supporter of Early Intervention in Psychosis!

I have been married for 51 years – you may notice I didn't say happy years! At our 30th wedding anniversary 'do' my husband informed our friends and family that he'd been happily married for 7 years! He didn't say if that was the first 7 years or every 4th year or...! As you can imagine, that joke fell like a lead balloon with my family and friends! And me! We have a wonderful 39 year old son who fights his mental health battles every single day and sometimes we have to fight for any kind of service for him from the NHS! We also have a big black Labrador called Sam, who is an absolute delight.

I was a nurse, midwife, ward sister (do you remember that term?) in charge of a Coronary Care Unit/Medical Intensive Care Unit until we adopted our baby son in 1983 – when there was no such thing as adoption leave and I had to resign. Can you imagine that happening nowadays?

I undertook a couple of part time degrees as a new mum/mature student and that was thirty years ago so I guess I am now deemed to be elderly! After gaining my degrees I returned to work in the NHS, setting and monitoring standards and then moved into service modernisation/redesign which demonstrated to me that small changes can make a big difference for patients and carers if you involve them in service design. And, obviously if time is given to NHS staff to think differently about their service.

I am now retired for many years and remain passionate about service design/redesign. I am also passionate about real patient and carer consultation/involvement. We/they have a lot of skills and insight and given the right tools, e.g. IT and the use of less abbreviations, we/they have a lot to offer.

Having received a lot of support from Support in Mind Scotland (SiMS) following my son's diagnosis, I began to volunteer with them and the then Chief Executive, Frances Simpson, made good use of my skills.

At the launch of the Early Intervention in Psychosis (EIP) project – in a Glasgow hotel pre-Covid, so you know how long ago that was – I could not hold my tongue and this was noted by April (Senior Improvement Advisor for the EIP team at the time) and the HIS mental health team! And I haven't held my tongue ever since regarding the EIP project! I was heavily involved in Phase I of the project helping with people with lived experience (PWLE) and carer consultation. This work, as part of a committed group of people, supported an excellent report highlighting what PWLE and carers needed, wanted, often didn't receive and which might not have a cost implication.

I sit on so many EIP committees it would be too boring to read but as a volunteer and a carer of someone with lived experience I very rarely have to send my apologies, despite TEAMS kicking me out periodically! And having an unstable internet connection is not good for my blood pressure! I have attended meetings from my bed when I was recovering from Covid and when on my one week's holiday a year. You can tell that this project means a lot to me!

I have been delighted to work with the HIS Mental Health portfolio team and I believe over time, they have learned what true involvement and consultation means. I am very happy for the members of the HIS Mental Health portfolio team who are moving to other portfolios but I am also saddened as we have all developed as a team and those remaining have to build new relationships at a critical time for the Pathfinder sites. I have also been delighted to work with so many PWLE, carers, 3rd sector employees, volunteers and so many more as we are all keen to do things differently, to do things better, to be mindful of the PWLE and carers experiences. And being a team player, I know we can make a difference if Early Intervention in Psychosis is embraced and made to work, involving PWLE, carers, the NHS, Social Care and the 3rd Sector.

Almost finally, I hope me being passionate about the introduction of an EIP service is not off putting!

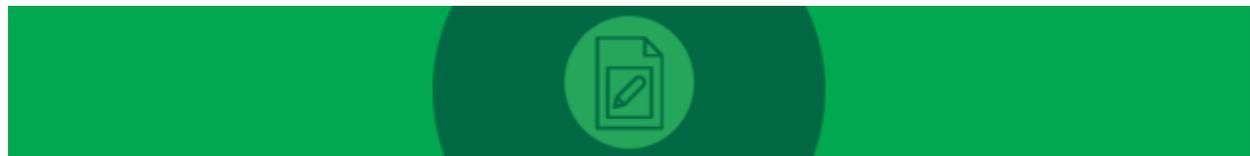
And finally, early intervention in any health issue is usually a good thing! An Early Intervention in Psychosis service will save lives metaphorically and actually, hence my passion! We must make it happen!"

Upcoming Events



- **18-19 May** - Esteem NHS Greater Glasgow & Clyde shadowing for pathfinder sites
- **24 May** - Essentials of EIP training for pathfinder sites - session 3 (lived experience focus)
- **7-9 June** - [7th World Congress on Adult Capacity](#)

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.

- [The lived experience of psychosis: a bottom-up review co-written by experts by experience and academics](#), World Psychiatry

This article reviews the lived experience of psychosis, taking a bottom-up approach: people with lived experience were able to choose the themes and co-wrote the paper together with the academic team. People with lived experience of psychosis, family members and carers were involved in the work. The experience of psychosis is described across the clinical stages (e.g. premorbid and prodromal stages, first episode stage, relapsing and chronic stages).

Contact



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