



EARLY INTERVENTION IN PSYCHOSIS

Newsletter

July

Overview



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

This month we are sharing highlights including:

- Updates from the EIP national programme
- Updates on the ongoing work in pathfinder sites
- Introducing Andra Coldea, Knowledge and Information Skills Specialist in the EIP national team
- Upcoming events
- Read more

EIP National Programme



While the pathfinder sites are busy going live and testing their EIP service, we are busy working through the next stages of this programme, including:

- Continuing our series of webinars which will be starting again in August
- Introducing case studies which will give some more detailed insight into the journey of the pathfinder sites
- Developing the implementation guidance which will share the tools and techniques used by the pathfinder sites as well as guidance on how to set up an EIP service in rural settings

Pathfinder sites



- NHS Tayside have now gone live with their service, as of 11th July, and we hope to do a spotlight session on their journey so far very soon.
- NHS Tayside lived experience reference group has now met twice with the third meeting taking place on Wednesday 20th July. The group have discussed its terms of reference, including membership of the group and ways to ensure new members know what to expect. The group will be meeting fortnightly going forward and is chaired by Hamish Kidd, Engagement Worker from Support in Mind Scotland.
- NHS Dumfries and Galloway are continuing with their service which, so far, has three patients. They continue to connect with other services within their local area. Their lived experience reference group is currently being established and we hope to give more of an update on this soon.

Spotlight On



This month, we have the pleasure of introducing **Andra Coldea**, Knowledge and Information Skills Specialist for the EIP national team.

"I am a Knowledge and Information Skills Specialist, or if you prefer the acronym, a KISS. My role sits within the Evidence and Evaluation for Improvement Team (EEvIT), a team dedicated to ensure that improvement work is informed by the latest evidence, as well as helping teams across ihub to evaluate their work. However, I am fully embedded in the EIP national team, and all of my day-to-day work is dedicated to EIP. To be more specific, my work in the EIP team is focused on:

- **Shared learning / learning system.** *As part of this, it is my responsibility to disseminate knowledge in a way that is clear and accessible. I am producing case studies, infographics, and I help organise the EIP national network events and produce the monthly newsletters.*
- **Data and measurement.** *I am also involved in the data and measurement groups of our programme and together with colleagues, I have been working on the data measurement plan for pathfinder sites and I will keep track of the service-level data that is being collected by the sites.*
- **Evaluation of the EIP national programme.** *Together with a health service researcher from the EEvIT team, I have developed an evaluation framework to support learning and improvement from the EIP work at national level. As part of this, I am creating surveys and collect various types of data that document the progress of the EIP national programme team.*

I have a background in psychology and research and I joined the EIP team a year ago after finishing my studies at the University of Glasgow. Working in the EIP team, I am surrounded by supportive and passionate people, and I am really grateful to be a part of this work."



Upcoming Events

The poster is for an event titled "Antipsychotics and the Physical Health in First Episode Psychosis: the good, the bad and the ugly" with guest speaker Dr Erin Turner. It features the logos for Healthcare Improvement Scotland and ihub. A circular portrait of Dr Erin Turner is on the right. The text describes her as a consultant psychiatrist and clinical lead of Solihull Early Intervention for Psychosis Service. It also mentions her role as a Trustee of Beyond, a mental health charity. The event is scheduled for 24 August 2022, 9.30 - 11.00am. The NHS Scotland logo and the Twitter handle @SPSP_MH are at the bottom. A note at the bottom states that certificates of attendance will be emailed to attendees after the event.

Healthcare Improvement Scotland | ihub

Antipsychotics and the Physical Health in First Episode Psychosis: the good, the bad and the ugly

With guest speaker **Dr Erin Turner**

Erin Turner is a consultant psychiatrist and clinical lead of Solihull Early Intervention for Psychosis Service. She is Head of the Psychiatry Teaching Academy for Aston and Birmingham Medical schools. Her textbook 'Recovery from a first episode of Psychosis', co-authored with the UK Early Intervention pioneers, focuses on symptomatic and social recovery from psychosis.

Erin is a Trustee of Beyond, a mental health charity fronted by Jonny Benjamin, MBE. She is a director of Hearth Centre, using the 'arts' to teach and promote wellbeing. She is the psychosis specialist for JAAQ, a free website for patients with interactive answers <https://jaaq.org>.

Certificates of attendance will be emailed to attendees after the event. If you have any queries, please contact us at his.mhportfolio@nhs.scot

24 August 2022, 9.30 - 11.00am

@SPSP_MH

NHS SCOTLAND

- **24 August** - Our EIP national network events series will resume with guest speaker **Dr Erin Turner**, consultant psychiatrist and clinical lead of Solihull Early Intervention for Psychosis Service.

The talk will focus on **Antipsychotics and the Physical Health in First Episode Psychosis**. Find out more about the event and register [here](#).

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 EMPOWER blended digital intervention for relapse prevention in schizophrenia: a feasibility cluster randomised controlled trial in Scotland and Australia](#) (Gumley et al., 2022; published in The Lancet Psychiatry)

Smartphone technologies have the potential to be used for recognising and managing early warning signs of relapse in schizophrenia. This feasibility study was conducted to determine whether the clinical effectiveness of a blended digital intervention can be studied in a randomised controlled study. Mental health services in Scotland and Australia were included, and it was determined that trialling digital technologies is feasible. Their effectiveness remains to be established by future research.

- [Digital psychosis monitoring system trial launches](#), University of Manchester

The University of Manchester has recently announced the launch of an innovative smartphone app that would monitor early warning signs for psychosis, with the aim of predicting an individual's psychosis relapse. The trial will involve six higher education institutions and NHS trusts across the UK.

Contact



In case you missed our previous newsletters or would like to revisit them, you can find all of our newsletters [here](#).

If you want to find out more information about our work, follow our regular updates on:

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