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

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

NHS Tayside is well suited socially and geographically to a hub EIP model. With hub and spoke services, we look to establish a small team at the centre (hub) with other staff with distinct EIP roles placed away from the hub in community mental health teams (CMHTs) (spokes). Over a third of NHS Tayside's population live in Dundee City, with a similar amount spread across Perth and Kinross, and a quarter in Angus. The concentration of the region's population in urban areas, with the rest of the population spread across a wide, rural geographical area, fits the ideal hub and spoke model for early intervention in psychosis services (Director of Public Health Annual Report 2017/2018). The NHS Tayside EIP service will first establish their hub in Dundee City.
In this newsletter, you can follow the journey of Tayside by reading about:

- The support provided by the EIP national programme
- Read the 'Spotlight On' section with Donna Petrie, Team Leader for the EIP team in NHS Tayside
- Find out what's next for NHS Tayside

Case study

We are currently working on a series of case studies that could provide detailed information for health boards considering setting up an EIP service.

The first case study of the series is titled "Understanding systems: Collecting baseline data".

This case study:

- Details how health boards can understand their system by looking at retrospective data for the last people experiencing first episode psychosis. Considerations related to data collection and why it is important are addressed
- Exemplifies how NHS Dumfries and Galloway and NHS Tayside used the ‘Last 10 Patients’ tool to understand their system when developing an EIP service

The full case study is available on our website.
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.

Currently, both pathfinder sites services are live with referrals coming in. They continue to meet with the national team and attend coaching sessions with Esteem clinicians to navigate challenges and share learning.

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 introducing Donna Petrie, Team Leader for the EIP team in NHS Tayside.

"I’m the Team Leader for the Tayside Early intervention in Psychosis Service. I am a mental health nurse with experience working in General Adult Psychiatry acute admissions, Child and Adolescent Mental Health Tier 4 inpatient services, and latterly in Crisis Resolution and Intensive Home Treatment. One of my passions in nursing is taking a trauma-informed approach asking people “What has happened?” instead of “What is wrong?”, and finding out about each person’s experiences. Another is in development and change to continually improve the service and quality of care we provide. This role encompasses both of these passions. I feel incredibly privileged to be a part of one of the pathfinder sites and I am really excited to see how things develop not only in Dundee and Tayside, but across Scotland too.

In Tayside we are testing a hub and spoke model with the initial stage setting up, developing and testing the hub model of early intervention care in Dundee. Later developments will see spoke services being set up in Perth and Angus.

Currently we are a small team of two part time nurses, peer support worker, medical secretary and myself. Most of us started our posts on the 11th July. It has been fantastic to see how quickly we have all gelled as a team, and the drive, enthusiasm and mix of experience brought by each team member. We spent some initial time networking with existing mental health and third sector services and setting up
some processes and information leaflets, before exploring if there were any people who had recently presented to mental health services with a first episode of psychosis. We accepted our first person onto our caseload on the 10th August and we are now currently supporting five patients. We have been using PDSA cycles to test our processes as we go.

As expected with setting up a new team there have been some challenges along the way. With vacancies still in Psychiatry, Psychology and Occupational Therapy it has required some thinking outside of the box. I have to say a big thank you to our existing mental health services. They have been immensely supportive and encouraging which is testament to building good working relationships all with the same goal in mind, providing the best care possible. We have had some Psychiatry, Psychology and Occupational Therapy input on a case by case basis to keep as close to fidelity of the model as we can, and I am confident our team will develop over the next few months to further enhance fidelity to the model and patient care.

We have had great support from the Lived Experience Reference Group and See Me Scotland with advice and feedback about how we develop our vision for having a service which is easily accessible, simple to understand and works towards reducing the stigma around psychosis. We will continue to link in and collaborate to ensure we stay true to providing a service which delivers the right care at the right time for each young person experiencing a first episode of psychosis.

In developing our vision we have a name for our service ‘Connect’, chosen by people with lived experience.

**Our Vision:**

Our Vision is to ‘CONNECT’ with young adults experiencing a first episode psychosis and their families, offering early holistic care and evidence-based treatment choices to promote individual recovery journeys and reduce the likelihood of relapse.

We aim to provide

- **Care and Compassion** at the heart of every interaction
- **Opportunity** to achieve goals and live a personally meaningful life
- **Non-judgemental** attitude and active listening to create trust in the team
• **Nurture** and facilitate hope for the future
• **Empowerment** in respecting individual choice and providing prompt access to treatment
• **Collaboration** and team approach supporting young adults and their families
• **Trauma Informed** approach to understand unique experiences and individual history

Next week we are displaying a poster to introduce ‘Connect’ and detail some of the benefits of having an Early Intervention in Psychosis Service at our local Nursing Midwifery and Allied Health Professionals Recovery and Renewal Conference.

As a team we are proud of how much we have achieved in the short space of two months and we are all excited to keep learning and keep developing individually and as a team, and work towards fidelity of the model in supporting the recovery of young adults experiencing a first episode of psychosis.”

What's next?

• The vision for the Early Intervention Psychosis services is to develop a more responsive and integrated way of working for a population who are often over-looked and do not have the opportunities to fully utilise the range of therapies that would be to their benefit. We would hope to move away from a purely medical model of treatment and management to a more holistic, “recovery” based model which focuses on strengths and reintegration or rebuilding of skills.

• NHS Tayside will now be:
  – Submitting data to Healthcare Improvement Scotland every three months
  – Attend joint meetings with NHS Dumfries and Galloway 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 a hub EIP service within Scotland
Upcoming Events

- **27 September**, Coaching session for pathfinder sites
- **29 September, 11.00 - 12.30pm** - EIP National Network Event - *Are we there yet? Developing Early Intervention in Psychosis Services in Ireland*, with guest speaker Dr Karen O'Connor, Consultant Psychiatrist at South Lee Mental Health Services, Cork. You can register for the event [here](#).
- Save the date for our next EIP National Network Event on **26 October, 09.30 - 11.00am**. More details will follow shortly

Past Events
On the 24 August 2022, we had the pleasure of welcoming Dr. Erin Turner as a speaker at our EIP National Network Event. Her interesting talk focused on antipsychotics and physical health. The video recording of the event and additional resources can be found on our website.

The event was attended by over 220 people. The feedback we have received indicates that Dr Erin Turner's presentation was very engaging and well received and it generated a lot of interest in the topic of antipsychotics and physical health. Therefore, we will organise a workshop on the same topic in the first week of December with Dr Turner. More details will follow.

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.

- Early Intervention in Psychosis services: A systematic review and narrative synthesis of the barriers and facilitators to implementation, O'Connell et al. (2022)*

This paper discusses the challenges and enablers of implementing an EIP service, as identified in the systematic review of 23 studies. Three domains that directly influence EIP implementation were identified: system, services, and staff. These domains are discussed in depth and practical implications are highlighted.

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