

## EARLY INTERVENTION IN PSYCHOSIS

### Newsletter

# October

## Overview



**Welcome to the October 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 Fiona Lacey, Improvement Advisor for the EIP national team
- Upcoming events
- Past events
- Read more

## EIP National Programme



- We are continuing to make progress with the pathfinder sites, offering 6-weekly coaching sessions (which includes our Esteem colleagues), supporting their team meetings, facilitating the set-up of the local lived experience groups and continuing to monitor the data.
- How an EIP model is adapted to work in a rural setting is being demonstrated well through community engagement, referrals, workforce and care planning. We will be detailing some of these through case studies in the not-so-distant future and hope that it can offer insights and ideas on how to overcome some of the challenges presented.
- We continue to work closely with National Education Scotland (NES) to develop a training package and online module for EIP services which we hope will progress more in the new year. We will keep you updated.

## Pathfinder sites



### NHS Tayside

- The Tayside EIP implementation group met on Tuesday 25th October to share programme updates. The service currently has six service users, though this is soon to change, with two leaving the Dundee area to return to their families, and another referral into the service in progress. Otherwise, the team is fully recruited outside of clinical posts, and some of the team are travelling to visit Esteem and see how the service operates in Glasgow. The next implementation group meeting is on the 8th November.
- The Tayside LERG met in person at Lochee Community Centre in Dundee last Wednesday 19th October. The meeting was successful, bringing together staff from the EIP service, Tayside third sector organisations and people with lived experience. The afternoon meeting generated a lot of useful information, with new links and networks being formed, and helpful advice on communications for the Tayside EIP team. Thank you to everyone who attended and made the event a success. The next meeting takes place 2nd November.

### NHS Dumfries and Galloway

- The Dumfries and Galloway and National Team meeting took place last Thursday 20th October. The service has seven service users currently, and interventions are progressing well. The wide

geographical spread of referrals has proven challenging, so the team is learning how best to support their service users in a large, rural area. The next catch up will be scheduled for early December.

- The Dumfries and Galloway LERG met 13th October over Teams. The group reviewed materials meant for EIP service users and discussed a variety of suggestions and improvements for the literature. There was also an extended discussion with a carer of someone with lived experience, which generated some priorities for communications and service approach in the future. The date of the next meeting is currently being decided by members and will be within the next two weeks.

## Spotlight On



This month, we have the pleasure of introducing **Fiona Lacey**, Improvement Advisor for the EIP national team.

*"Hi everyone, I'm joining you from Ayrshire and Arran where I supported the SPSP Acute Adult Programme. Prior to this I worked in the Quality Improvement team at Leeds and York Partnerships and coordinated the response to the National Audit of Psychosis. We were fortunate in Leeds in that there is an established stand-alone EIP service, a dedicated experience and involvement team and partnerships with tertiary services serving different community needs, for example black and minority ethnic minority groups (Touchstone, OASIS); Carers (Carers Leeds) and employment support (Workplace Leeds). But of*

*course it is how services work together that matters - and setting up an EIP in a rural location in a challenging and shifting landscape is very different.*

*My role in the programme is to provide quality improvement advice and support at the implementation meetings, and I'll be working closely with Andra and Andrew to deliver on parts of the learning system. I will also be the primary link for the national and pathfinder lived experience reference groups so I look forward to meeting you all in the coming weeks!*

*A bit about my background - I have an MA in Counselling and Psychotherapy, as part of which I researched compassion culture within an acute mental health service. I have a foundation in systems/family therapy and I have worked with the Leeds Bereaved by Suicide Service and a trauma-informed employee assistance programme (EAP) for Blue Light personnel at Leeds Mind. As might be expected my QI interests are the relational part of improvement work, working with people with lived experience, carers and front line staff, and a whole systems approach to change. Beyond work I'm mum to a curly haired, dinosaur loving toddler, wife and sometimes trad. musician!*

*I'm really excited to be working with the pathfinder sites and lived experience groups to support the success of the programme. I'm very much a collaborator so please do introduce yourself and ask any questions!"*

## Upcoming Events



- **7 November, 11.00 - 12.00pm** - Personality Disorder Improvement Programme (PDIP) webinar: moving from consultation to co-design. [Registration for the webinar](#) is now open. If you want to read more about PDIP work, [check out their monthly newsletter](#).
- **5 December, 09.30 - 10.30am** - EIP workshop on physical health, with Dr. Erin Turner. More details regarding registration will follow shortly.

## Past Events



- On 29 September 2022, we had the pleasure of welcoming **Dr Karen O'Connor** as a speaker at our EIP National Network Event. In her inspiring talk, Dr O'Connor gave an overview of how EIP services in Ireland were set up and how they operate. The video recording of the event and additional resources will be available on our [website](#).

- On 26 October 2022, we welcomed a series of speakers at our EIP National Network Event 'Paths to Recovery'. The webinar focused on youth friendly approaches to social and vocational recovery after psychosis.

The speakers included:

- **Fiona Morice**, Community Psychiatric Nurse at NHS Esteem service, Glasgow
- **Margaret Dool**, Youth Employability Coach at NHS Esteem service, Glasgow
- **David Brackenridge**, Chief Executive Officer at Venture Scotland
- **Fiona MacDonald**, Music Team Leader at Common Wheel

The video recording of the event and additional resources will be shared soon on our [website](#).

## 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.

- [Evidence base for early intervention in psychosis services in rural areas: a critical review](#), Pipkin (2021)

This paper reviews the implementation of EIP services in rural areas from two perspectives: (1) model adherence and (2) clinical outcomes, demonstrating that hub-and-spoke models have positive outcomes on hospital admissions, psychotic symptoms, and improving quality of life.

## Contact



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

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