

# EARLY INTERVENTION IN PSYCHOSIS

## Newsletter

# November

## Overview

**Welcome to the November edition of the Early Intervention in Psychosis (EIP) monthly newsletter!  
This month's focus is on engagement.**

This month, we are delighted to share with you:

- EIP national programme updates
- Pathfinder sites updates
- EIP case study on engaging with stakeholders
- Useful resources for engagement
- Third sector perspectives on engagement
- Spotlight On... Andrew Robinson, Project Officer for the EIP national team

- Upcoming events
- Read more

## EIP National Programme



At the beginning of November, the national EIP team facilitated a well-attended 'in real life' national learning event for the pathfinder sites, ESTEEM colleagues and members of the lived experience reference groups. The day prioritised time for people to learn from each other, and was a full-on day of case study reviews, data discussion, exploration of challenges and solutions; and a Q&A session. We valued the presence of the ESTEEM team who offered their insights into the day-to-day work of individual team members, as well as operational advice for EIP pathfinder sites. Some of the key themes from the event were: working with psychosis whilst embracing diagnostic uncertainty; considering the impact of covid when people present with psychosis; and the importance of face-to-face contact. Learning points for the national EIP team were also captured throughout the day. Feedback from the event is highly valued and will be used to inform future learning events, particularly the development of people with lived experience's input.

## Pathfinder sites



### **NHS Tayside:**

- Have worked with eight service users, with six currently on the caseload.
- Is continuing to link with other agencies. The first 12-week family meeting was held recently which was well attended and received.
- Has a good relationship with the local lived experience reference group, and the service is linking in with Dundee employment support agencies.
- Is developing information leaflets for: people referred to the service, families and carers, people being supported by the service as well as an introduction to psychosis leaflet.

### **NHS Dumfries & Galloway:**



## Useful resources for engagement



### Employability worker availability across Scotland

At the October EIP national network event, Margaret Dool, Youth Employability Coach at NHS Esteem service in Glasgow provided an overview of the role of an employability coach. The following websites provide information on employability worker availability across Scotland:

- [The Young Person's Guarantee](#)
- [Skills Training Network](#) - The one-stop shop for employability programmes

### Healthcare Improvement Scotland Community Engagement

- You can find more information about Healthcare Improvement Scotland Community Engagement work on the following [website](#).
- Community Engagement have an [engagement office](#) in every health board area in Scotland, so there are potential links for anyone who might want to brainstorm some engagement ideas.
- For NHS/HSCP colleagues, the website has details on the duties and principles around [service change](#), the [webinar programme](#) that Community Engagement run, as well as the [participation and engagement toolkit](#). There's also information on how communities can access a free [workshop](#) that has empowered others to get involved and have a say in the design and delivery of services.

### Useful links

- [Change Mental Health](#) (previously Support in Mind Scotland)
- [Third sector interface](#), Scottish Government
- [Public Social Partnerships](#), Scottish Government

## Third sector perspectives on engagement



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

Read below some reflections on engagement from Fiona MacDonald (Music Team Leader at Common Wheel) and David Brackenridge (Chief Executive Officer at Venture Scotland).

**Fiona MacDonald**, Music Team Leader at Common Wheel

*For the last five years Common Wheel has run a music project for NHS Esteem service users. They offer weekly group sessions at a city centre rehearsal studio, supplemented by individual work to support engagement and progression. Key factors identified by Common Wheel to maximising potential for engagement are:*

- *Close partnership working with NHS Esteem*
  - *Ongoing communication about participants' interests and needs*
  - *Practical support from NHS Esteem at and around sessions as appropriate*
- *Providing a safe, accessible, non-judgemental creative space*
- *Flexibility of approach and outcome:*
  - *Varied activity options, accessible regardless of previous musical experience*
  - *Meeting participants "where they are" at every contact – adjusting activities responsively to participants' evolving interests and needs*
- *Flexible, step-wise options throughout participation:*
  - *Flexible referral process – capacity for individual engagement work*
  - *Sessions can be attended with NHS Esteem staff (who participate too), or independently*
  - *Weekly group is drop in*
  - *Capacity for occasional individual work; to encourage ongoing engagement in the group, explore special interests and provide routes to move on*
- *Building on Participants' Strengths*
  - *Sessions are participant centred and participant led*
  - *Supporting participants to identify their own goals and progress towards them at their own pace*
  - *Encouraging skill sharing and peer support*
  - *NHS Esteem provide stepwise support towards independent travel*
- *Building Relationships of Trust*
  - *Long term relationships among Common Wheel, NHS Esteem staff and participants*
  - *Consistently offering participants opportunities and encouraging them to engage, without pressuring*

- *Accepting disengagement, but always "leaving the door open"*

*Through this approach, empowering participants to engage flexibly when and how they feel will benefit them, at any stage of their recovery journey. For more information about this project please contact [fiona@commonwheel.org.uk](mailto:fiona@commonwheel.org.uk). For general information about Common Wheel please visit [www.commonwheel.org.uk](http://www.commonwheel.org.uk).*



*1 - Music studio before the session*



*2 - Music studio at the end of the session*

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**David Brackenridge**, Chief Executive Officer at Venture Scotland

The Paths To Recovery presentation highlighted the successful pilot partnership project run by Esteem Team Glasgow and their third sector partner Venture Scotland. This project allowed a group of young people in recovery from psychosis (and four clinical staff members) to experience a five day programme based in the outdoors.

The programme comprised:

- Team building, problem solving day in a local park
- Weaselling activity day (activities can vary)

- Three day residential trip to Venture Scotland's remote bothy in Glen Etive

Venture Scotland provide the qualified outdoor staff, logistics, transport, food, clothing and equipment required for the group, as well as intro chats for potential participants. The pilot was funded by the Queen's Nursing Institute Scotland (QNIS).

QNIS are currently exploring funding Venture Scotland directly next year, to deliver six of these five day experiences each year and are keen to understand the level of engagement such an offer might create for NHS teams across Scotland. If you think you work in a team who might like to explore partnering with Venture Scotland, to support a group of patients to experience the restorative effects of the outdoors and a group experience, please email Venture Scotland's CEO David Brackenridge on [david.brackenridge@venturescotland.org.uk](mailto:david.brackenridge@venturescotland.org.uk) without obligation. These programmes can be delivered anywhere in mainland Scotland.



3 - Venture Scotland's residential trip to a remote bothy in Glen Etive



4 - Venture Scotland's residential trip to a remote bothy in Glen Etive

## Spotlight On



This month, we have the pleasure of introducing **Andrew Robinson**, Project Officer for the EIP national team.

*"Hello! I'm Andrew, the Project Officer for the EIP national team, where I work across a number of different areas. I mainly assist with project support - helping the team with planning, delivering and reporting on the national EIP programme, while also assisting the pathfinder sites similarly. Before I joined the team, my friends and family would ask 'so, what exactly is your role?' It took me a long time to be able to answer that, as on day one I was able to work across so many different areas, which I truly love and value. A great day for me would be having catch-ups with the team and pathfinder sites, and then embarking on an ambitious Excel spreadsheet.*

*As of the 11th of November, I have been with the team for one year, and I have absolutely loved it. Having never worked in healthcare before, there has been a learning curve, and I still don't truly understand how many parts of the NHS work - however, I have also happily learned that very few people seem to know that. My colleagues, within the team, as well as the wider network of pathfinder sites, third sector supports and people with lived experience, have made this my favourite ever role, and there's been a few.*

*My route to the job was random and varied - I have worked as a researcher, a cargo bike riding bread delivery man, a bike messenger and in warehouses and bakeries, and I completed a master's in Political Sociology and an undergraduate in Social Anthropology. It has also been geographically varied - I've lived in France, Switzerland, the USA and London before coming to Scotland - but in Edinburgh, and NHS Scotland, I feel like I've found a home.*

*I live in Gorgie, in the west end of Edinburgh, close to many of my friends and a brewery and distillery, which often lends my flat a nice, bready sort of smell. I love camping, cycling and making things - living on my own for the first time, I've gone a bit nuts making things for my flat; so far I've made lots of cushion covers, a table for my TV, some artwork and several lampshades, with plenty more projects living on in my head. Thanks for reading!"*





## Upcoming Events



- **Monday, 5 December, 09.30 - 11.00am** - EIP workshop on physical health, with Dr. Erin Turner and Dr. Scott Rae.

For too long the physical health of patients with psychosis has been neglected. This workshop explores the causes of reduced life expectancy of our patients and what we can do to combat this. We will explain how to screen and intervene for the modifiable physical health risk factors. We will share good practice, including the introduction of health instructors to teams. This workshop is therefore for anyone involved in the care of individuals with psychosis.

Please register for the event at the following link – [click 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.

- [A scoping review of measures used in early intervention services for psychosis](#), Ferrari et al (2022)
- [Making co-production work - back to basics. What people with lived experience need to co-production to be authentic and effective](#), VOX Scotland
- [Experts by experience](#), Mental Health Research Matters webinar
- [Top tips for engaging with people with lived experience](#), Scottish Recovery Network
- [Learning from lived experience, case study](#), Scottish Recovery Network

## 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](mailto:his.mhportfolio@nhs.scot)