Overseas Corporate Scholarship Program for Clinical Leaders 2014/15

Early Psychosis Nursing

Speaker: Li Yiu Bun, Advanced Practice Nurse (Psy.) of Pamela Youde Nethersole Eastern Hospital
Expected learning Outcome

Understand the rationale underpinning Early Intervention in Psychosis
Training Institute: Orygen

2002
Orygen Youth Health Research Centre (OYHRC)

2014
Orygen Youth Health Centre (OYH)

Renamed

Service Youth age 15-24
Training Institute: Orygen

35 Poplar Road, Parkville, Melbourne, Australia
Clinical Program

AED
Hotline (YAT)
Headspace Centres

Acute Care Services
Youth Assess Team
Inpatient Care Unit

Continuing Care Team Services
EPPIC
HYPE
PACE
Youth Mood clinic

CLINICAL PROGRAM

Psychosocial Recovery Services
Group Program
Education Service
Vocational Recovery
Youth Participation Program
Family Peer Support
<table>
<thead>
<tr>
<th>Continue Care Team</th>
<th>Short form</th>
<th>Specific services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Psychosis Prevention and Intervention Centre</td>
<td>EPPIC Team</td>
<td>Youth with Early Psychosis</td>
</tr>
<tr>
<td>Personal and Crisis Evaluation(PACE) Clinic</td>
<td>PACE Clinic</td>
<td>Youth with At-Risk Mental State</td>
</tr>
<tr>
<td>Youth Mood Clinic</td>
<td>YMC</td>
<td>Youth with mood disturbance</td>
</tr>
<tr>
<td>Helping Young People Early</td>
<td>HYBE Team</td>
<td>Youth with personality difficulties</td>
</tr>
</tbody>
</table>
Prodromal Intervention in Orygen: Early intervention to At-Risk Mental State (ARMS)

Key to success
Prodromal Intervention in Orygen for 2 Key points

1. Easy access of Orygen service: Headspace centres in the community

2. Reduce Duration of Untreated Illness (DUI) by Early identification of At-Risk Mental State (ARMS)
1. Easy access of Orygen service: Headspace centres in the community

- Headspace • National Youth Mental Health Foundation
- Headspace • Established and funded by the Government in 2006
- Headspace • More than 70 centres around Australia
1. Easy access of Orygen service: Headspace centres in the community

Headspace provide services and information to youth
- Depression
- Bullying
- Relationship issue

Headspace provide services and information to youth
- General mental health

Headspace provide services and information to
- Parents
- Carers
- Professional workers
1. Easy access of Orygen service: Headspace centres in the community

- Easy access of Headspace
  - Location close to youth organization or gymnasium

- Easy access of Headspace
  - Environment designed that youth feel comfortable

- Easy access of Headspace
  - Full of youth art works
  - youth- design posters & cards
  - youth books and magazines
1. Easy access of Orygen service: Headspace centres in the community

<table>
<thead>
<tr>
<th>Services</th>
<th>Multi-disciplinary Professional team</th>
<th>Easy engage atmosphere</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Free of charge</td>
<td>• GP</td>
<td>• Youth-friendly atmosphere</td>
</tr>
<tr>
<td>• Some service</td>
<td>• Psychiatrists</td>
<td>• A spirit of hope</td>
</tr>
<tr>
<td>is in low cost</td>
<td>• Psychologists</td>
<td></td>
</tr>
<tr>
<td>• All information</td>
<td>• Psychiatric Nurses</td>
<td></td>
</tr>
<tr>
<td>Keep Confidentiality</td>
<td>• Social workers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Occupational therapists</td>
<td></td>
</tr>
</tbody>
</table>
1. Easy access of Orygen service: No Wrong Door Policy in Headspace centres

<table>
<thead>
<tr>
<th>No Wrong Door Policy</th>
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<th>No Wrong Door Policy</th>
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</thead>
<tbody>
<tr>
<td>• Open referral to all</td>
<td>• In place to ensure however contact is made by Orygen</td>
<td>• Service response from first contact</td>
</tr>
<tr>
<td>• Walk in service are encouraged</td>
<td></td>
<td>• Begins a positive &amp; engaging experience</td>
</tr>
<tr>
<td>• Walk in service are accepted from any sources</td>
<td></td>
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</tr>
</tbody>
</table>
### Easy access of Orygen service: Headspace centers Concern and meet youth needs

<table>
<thead>
<tr>
<th>Concern and meet youth needs</th>
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</tr>
</thead>
<tbody>
<tr>
<td>- Bullying, cyber bullying</td>
<td>- Relationship breaks ups</td>
<td>- Youth Justice</td>
</tr>
<tr>
<td>- Depression and anxiety</td>
<td>- Exam stress</td>
<td>- LGBTI(lesbian, gay, bisexual, and transgender and Intersex)</td>
</tr>
<tr>
<td>- Body image and eating disorder</td>
<td>- Social stress and emotional disturbances</td>
<td>- Youth suicide</td>
</tr>
</tbody>
</table>
1. Easy access of Orygen service: Headspace centers

- Easy Access of Headspace centers
- Youth-friendly atmosphere
- No Wrong Door Policy
- Concerned and meet youth needs
1. Easy access of Orygen service:

- Greatly reduce stigma
- Greatly enhance Engagement of youth

- Engagement
  - Ensure youth connect to service with positive outcomes

- Self stigma
- Community stigma
- Organization stigma
- Barrier to youth mental health service
Headspace for Youth Early Psychosis in Melbourne: Werribee
Headspace for Youth Early Psychosis in Melbourne: Werribee, Waiting Area
Headspace for Youth Early Psychosis in Melbourne: Werribee, Youth Poster
Headspace for Youth Early Psychosis in Melbourne: Werribee, Youth Cards
Headspace for Youth Early Psychosis in Melbourne: Werribee, Youth-Friendly Interviewing Rooms
Headspace for Youth Early Psychosis in Melbourne: Werribee, Youth Art Room
Headspace for Youth Early Psychosis in Melbourne: Werribee, Youth Art Works
Easy access of Orygen service: Pamphlet about Bullying, Relationship Breakups, Anxiety
Easy access of Orygen service: Pamphlet about Eating Disorder, Sexuality & Gender identity
Easy access of Orygen service: Pamphlet about Tips for a healthy headspace
2. Reduce DUI by Early identification of At-Risk Mental State (ARMS)

Personal and Crisis Evaluation (PACE) Clinic is guided by the results of the Comprehensive Assessment of At-Risk Mental State (CAARMS)
2. Reduce DUI by Early identification of ARMS

7 Domains of CAARMS

1. Positive symptoms
2. Cognitive change
3. Emotional disturbance
4. Negative symptoms
5. Behavioural change
6. Motor/physical changes
7. General psychopathology
The Comprehensive Assessment of At-Risk Mental State (CAARMS)

- Ask youth about Psychotic Like Experiences in last 12 months
- Eg. Unusual Thought Content – Global Rating Scale

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<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never, absent</td>
<td>Questionable</td>
<td>Mild</td>
<td>Moderate</td>
<td>Moderately severe</td>
<td>Severe</td>
<td>Psychotic and Severe</td>
</tr>
</tbody>
</table>
The Comprehensive Assessment of At-Risk Mental State (CAARMS)

- Frequency and Duration of Unusual Thought Content

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<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Absent</td>
<td>Less than once a month</td>
<td>Once a month to twice a week-less than one hr per occasion</td>
<td>Once a month to twice a week-more than one hr per occasion</td>
<td>3 to 6 times a week</td>
<td>Daily-more an hr per occasion</td>
<td>Continuous</td>
</tr>
</tbody>
</table>
2. Reduce DUI by Early identification of ARMS

At-Risk Mental State (ARMS)

**State**
Using the Comprehensive Assessment of At-Risk Mental State (CAARMS)

- Brief Limited Intermittent Psychotic Symptoms (BLIPS)
  - Full threshold psychotic symptoms < 1 week
- Attenuated Psychotic Symptoms (APS)
  - Sub-threshold positive symptoms within past year

**Trait**

- Vulnerability
- Schizotypal personality disorder
- OR
- First degree relative with psychosis
Orygen really could provide youth mental health in a way of:

1. Easy to access
2. Early identification
3. Early rehabilitation to youth with “At-Risk Mental State” in Australia
Useful links

Orygen Youth Health: http://oyh.org.au/

Orygen-The National Centre of Excellence in Youth Mental Health: http://orygen.org.au/


Acknowledgement

- I would like to express my gratitude to:

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  - Nursing Services Department of Hospital Authority Head Office (HAHO) for the organization and arrangement of the program
  - Special thanks to Ms. Jane Liu, Chief Manager (Nursing) for the continuous support and advises throughout the program
  - Special thanks to Ms. CK Chung, HOCS M(N) for the continuous support and advises throughout the program.
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- Mr. TK Chan, Department Operational Manager of Psychiatric Department
- Mr. TP Hui, Department Operational Manager of Psychiatry Department
- Mr. KW Shun, Ward Manager of Out Patient Department of Psychiatric Department
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Prof. Chen Yu Hai, Eric, Department of Psychiatry, Li Ka Shing Faculty of Medicine, The University of Hong Kong

Dr. Chan Kit Wa, Clinical Assistant Professor, Department of Psychiatry, Li Ka Shing Faculty of Medicine, The University of Hong Kong

Acknowledgement
Thank You

Q & A time
What is the differences?

HKHA EASY vs Australia Orygen
<table>
<thead>
<tr>
<th>Hong Kong HA EASY Service</th>
<th>Orygen Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early identification in order to reduce Duration of Untreated Psychosis (DUP) Same direction to ARMS if resources available</td>
<td>Early identification of At Risk Mental State (ARMS) in order to reduce Duration of Untreated Illness (DUI)</td>
</tr>
<tr>
<td>Early intervention with psychosocial intervention within critical period Same direction to prodromal period if resources available</td>
<td>Early intervention with psychosocial intervention within prodromal period</td>
</tr>
<tr>
<td>Early intervention with medication treatment and psychotherapy within critical period. Same direction to drug free within prodromal cases</td>
<td>Early intervention with drug free within prodromal period. Psychosocial intervention More emphasis in CBT, ACT etc …..</td>
</tr>
<tr>
<td>Hong Kong HA EASY Service</td>
<td>Orygen Service</td>
</tr>
<tr>
<td>---------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td><strong>Specific service for Early Psychosis.</strong> Same direction to ARMS if resources available</td>
<td><strong>More specific service</strong></td>
</tr>
<tr>
<td></td>
<td>• EPPIC(For Early Psychosis)</td>
</tr>
<tr>
<td></td>
<td>• PACE(For At Risk Mental State)</td>
</tr>
<tr>
<td></td>
<td>• YMC(Youth Mood Clinic)</td>
</tr>
<tr>
<td></td>
<td>• HYBE(Helping Young People Early for Personality Difficulties)</td>
</tr>
<tr>
<td>Absent of Headspace-like center, Youth Mental Health mainly care by NGO youth centre</td>
<td>Headspace center established for 7 years</td>
</tr>
<tr>
<td>Comprehensive training workshop to staff</td>
<td>Comprehensive guide books for staff</td>
</tr>
<tr>
<td>Hong Kong HA EASY Service</td>
<td>Orygen Service</td>
</tr>
<tr>
<td>---------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Limited resources in structural research center</td>
<td>A structural research center leaded by 5 professors and supported by a team of research technicians with 200 research papers being published per year</td>
</tr>
<tr>
<td>Limited resources in mental health promotion in schools</td>
<td>Regular mental health promotion in schools by Orygen staff eg. Head Smart Program</td>
</tr>
</tbody>
</table>
Comprehensive Guide Books
Comprehensive Guide Books
Comprehensive Guide Books
Comprehensive Guide Books
Comprehensive Guide Books
Mental Health Promotion in Schools
Head Smart Program
Looking forward….

<table>
<thead>
<tr>
<th>Hong Kong HA EASY Service</th>
<th>Oxygen Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>EASY</td>
<td>EPPIC, PACE, HYPE, MOOD CLINIC</td>
</tr>
<tr>
<td>Youth Centre/Schools</td>
<td>Headspace</td>
</tr>
<tr>
<td>School, Youth Group</td>
<td>School, Sport Group</td>
</tr>
</tbody>
</table>
Looking forward….

Bridging with Community Partnership:

- Enhance connection to school social workers or NGO social workers
- EASY staff bridging the connection to schools networks and NGO network
- EASY staff provide proactive Health Life Style Talks, Group Interventions in student’s daily stress, Enhance knowledge of Psychotic like features to school students and youth in NGO
- Early identification of student or youth with “At Risk Mental State”
- Referred student or youth with “At Risk Mental State” to EASY service for early intervention
Looking forward….

Establishment of Strategic Partnership Community Partners:

- Sharing Mental State Assessment talk to school social workers or NGO social workers
- Provide education talk in psychotic like features to school social workers or NGO social workers
- Regular meeting with school social workers or NGO social workers in complex case management
- Early identification of student with “At Risk Mental State” and make prompt referral to EASY service
Looking Forward……

Short term
- Bridging with community partnership (Youth Centre-> school)
- Healthy life-style activities, group interventions, psycho-education talks

Mid-term
- Consultation role to community partners (hotline)
- Sharing mental state assessment’s knowledge to community partners

Long term
- Establishment of strategic partnership with community partners