

# 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)

Renamed

2014  
Orygen Youth  
Health Centre  
(OYH)

Service Youth age 15-24

# Training Institute : Orygen



35 Poplar Road,  
Parkville, Melbourne,  
Australia

# Clinical Program

AED

Hotline (YAT)

Headspace  
Centres

CLINICAL PROGRAM

Acute Care Services

Youth Assess  
Team

Inpatient Care  
Unit

Continuing Care Team  
Services

EPPIC

HYPE

PACE

Youth Mood  
clinic

Psychosocial Recovery  
Services

Group  
Program

Education  
Service

Vocational  
Recovery

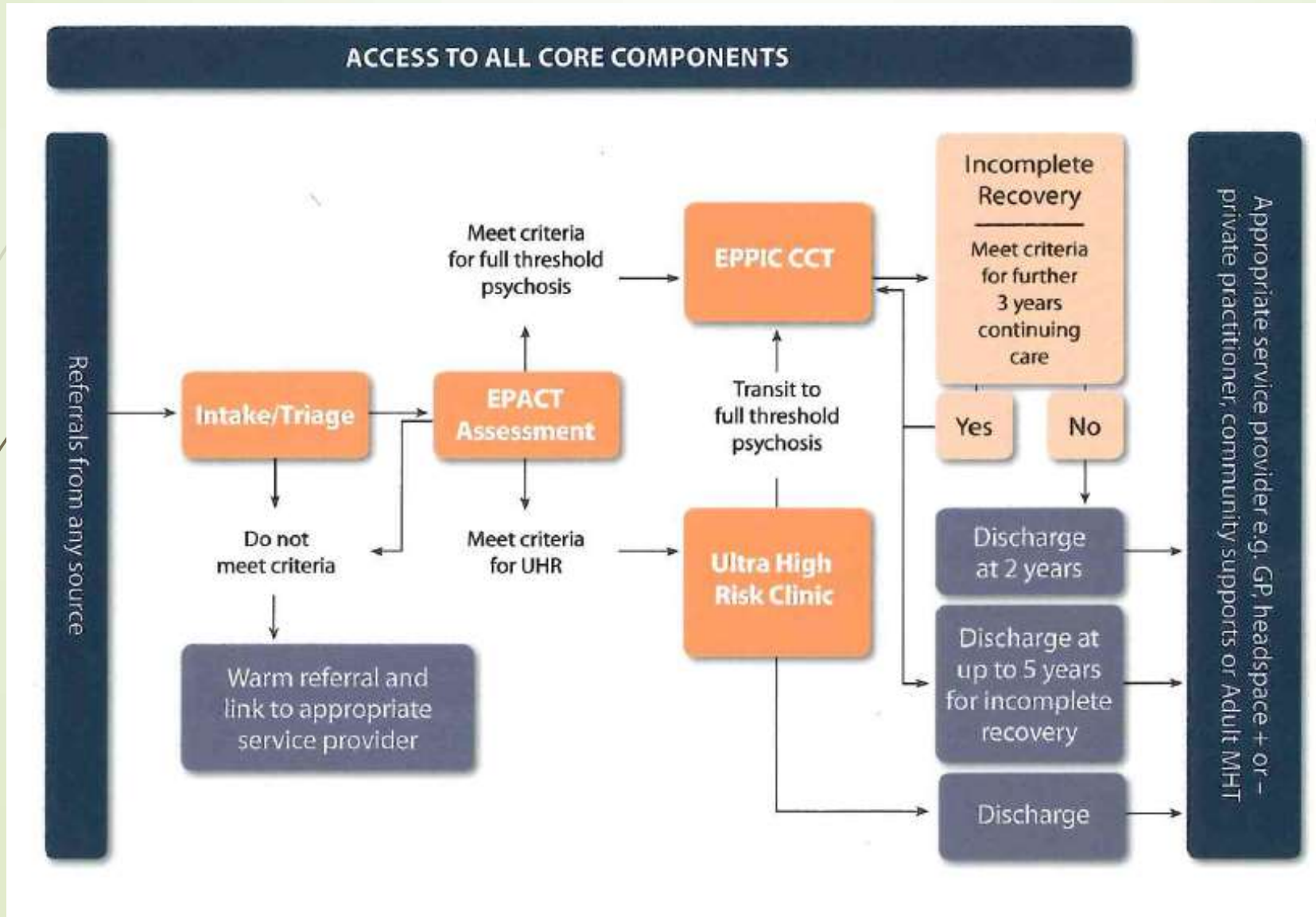
Youth  
Participation  
Program

Family  
Peer  
Support

# Continue Care Team

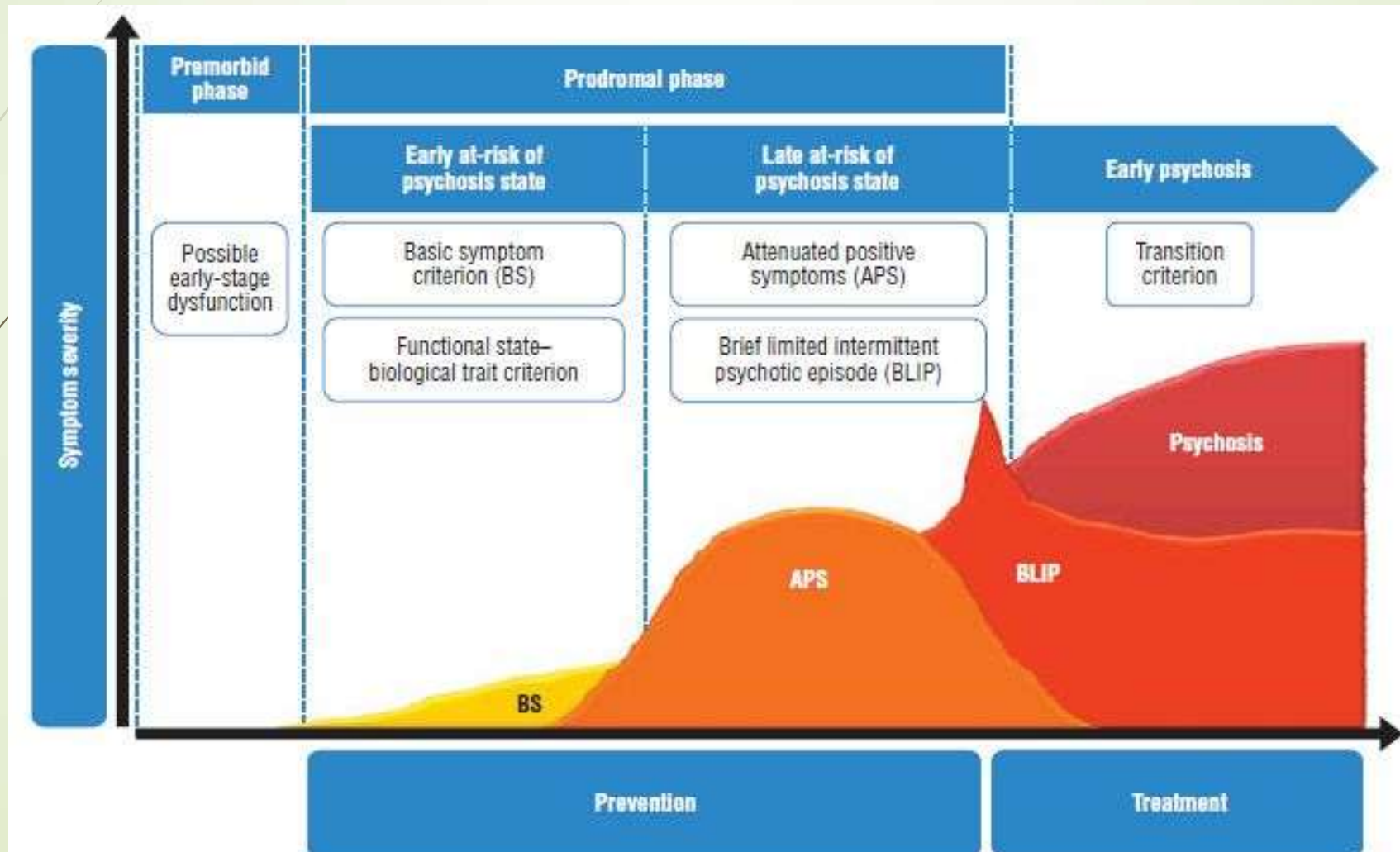
Continue Care Team	Short form	Specific services
Early Psychosis Prevention and Intervention Centre	EPPIC Team	Youth with Early Psychosis
Personal and Crisis Evaluation(PACE) Clinic	PACE Clinic	Youth with At-Risk Mental State
Youth Mood Clinic	YMC	Youth with mood disturbance
Helping Young People Early	HYBE Team	Youth with personality difficulties

# Clinical Pathway of Orygen





# 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 s

## 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

## Services

- Free of charge
- Some service is in low cost
- All information Keep Confidentiality

## Multi-disciplinary Professional team

- GP
- Psychiatrists
- Psychologists
- Psychiatric Nurses
- Social workers
- Occupational therapists

## Easy engage atmosphere

- Youth-friendly atmosphere
- A spirit of hope



# 1. Easy access of Orygen service: No Wrong Door Policy in Headspace centres

## No Wrong Door Policy

- Open referral to all
- Walk in service are encouraged
- Walk in service are accepted from any sources

## No Wrong Door Policy

- In place to ensure however contact is made by Orygen

## No Wrong Door Policy

- Service response from first contact
- Begins a positive & engaging experience

# 1. Easy access of Orygen service: Headspace centers Concern and meet youth needs

## Concern and meet youth needs

- Bullying, cyber bullying
- Depression and anxiety
- Body image and eating disorder

## Concern and meet youth needs

- Relationship breaks ups
- Exam stress
- Social stress and emotional disturbances
- Homelessness

## Concern and meet youth needs

- Youth Justice
- LGBTI (lesbian, gay, bisexual, and transgender and Intersex)
- Youth suicide





# 1. Easy access of Orygen service: Headspace centers




Easy Access  
of  
Headspace  
centers



Youth-friendly  
atmosphere



No Wrong  
Door Policy



Concern  
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

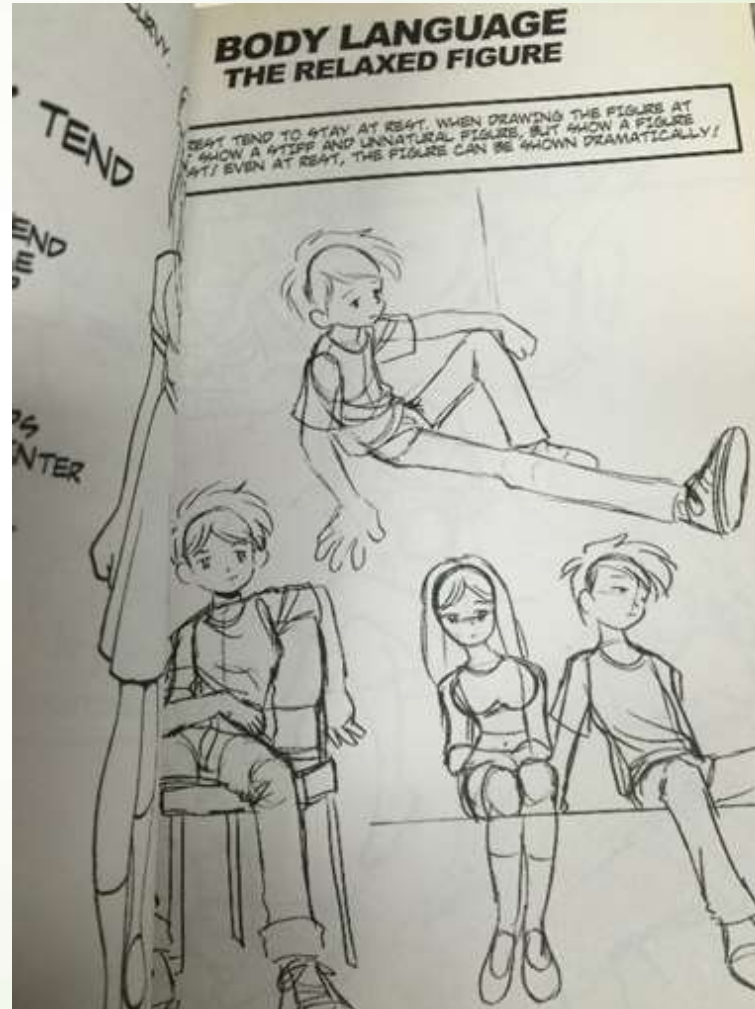




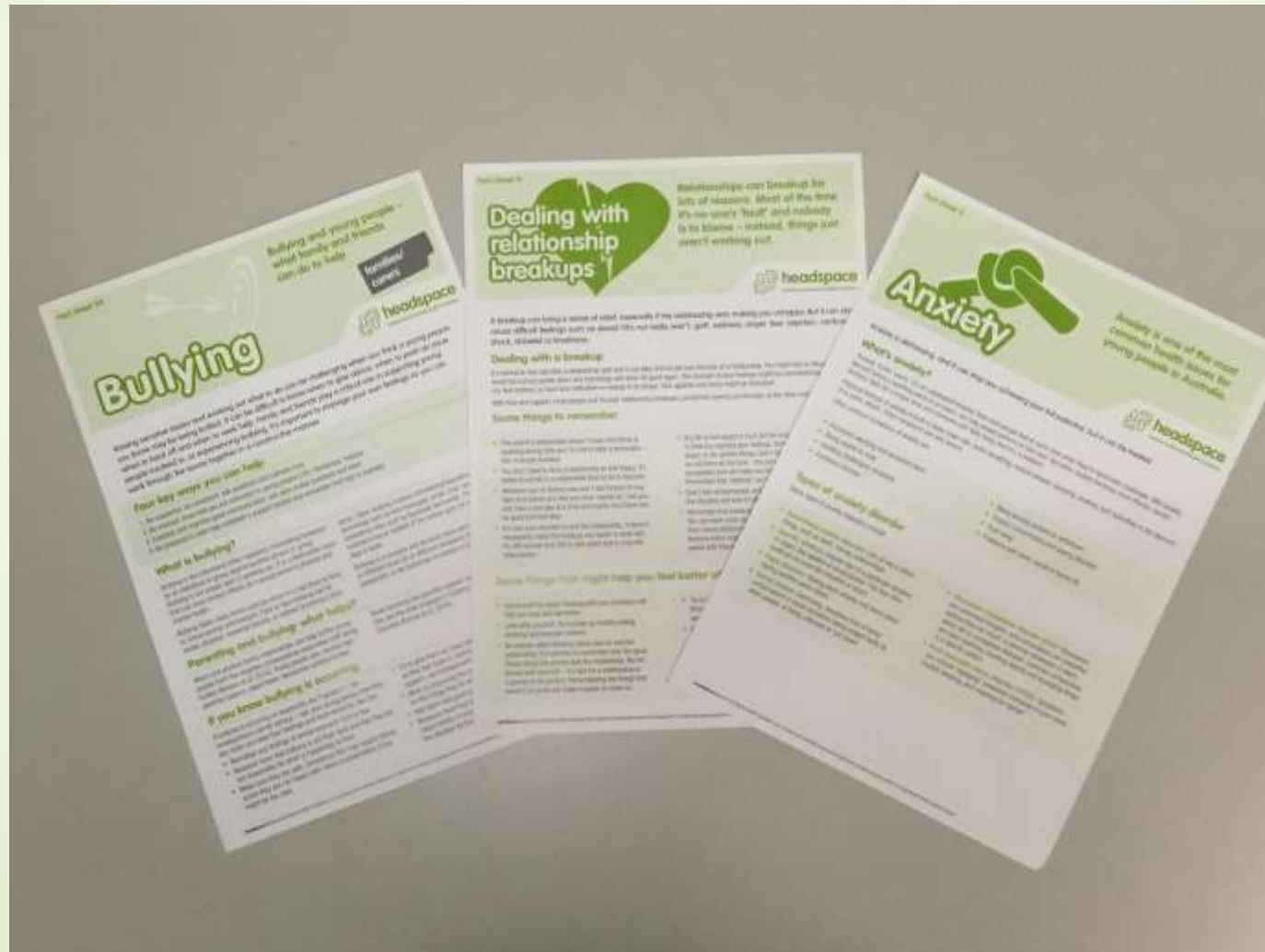
# Headspace for Youth Early Psychosis in Melbourne: Werribee, Youth Art Room



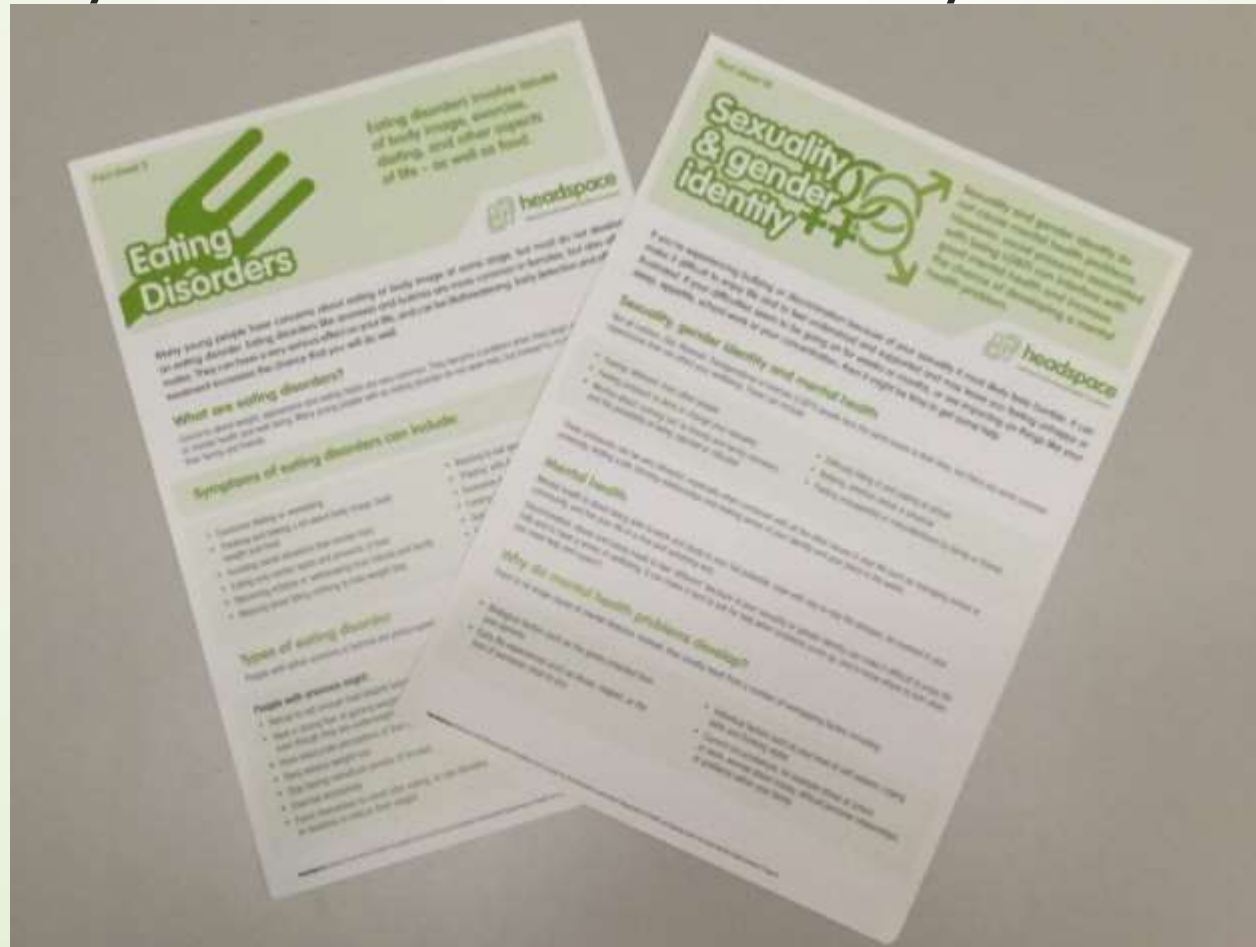
# Headspace for Youth Early Psychosis in Melbourne: Werribee, Youth Art Works



# 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

0	1	2	3	4	5	6
Never, absent	Questionable	Mild	Moderate	Moderately severe	Severe	Psychotic and Severe

# The Comprehensive Assessment of At-Risk Mental State (CAARMS)

## ➤ Frequency and Duration of Unusual Thought Content

0	1	2	3	4	5	6
Absent	Less than once a month	Once a month to twice a week-less than one hr per occasion	Once a month to twice a week-more than one hr per occasion	3 to 6 times a week	Daily-more an hr per occasion	Continuous

## 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/>

Headspace-National Youth Mental Health Foundaton : <http://headspace.org.au/>



# References

Early Psychosis Prevention and Intervention Centre (2012). EPPIC model briefing pack. Melbourne: Orygen Youth Health.

The PACE Manual Writing Group (2012). The PACE clinic manual: A treatment approach for young people at ultra high risk of psychosis. Melbourne: Orygen Youth Health.

Stavely, H., Hughes, F., Pennell, K., McGorry, P.D., & Purcell, R. (2013). EPPIC model and service implementation guide. Melbourne: Orygen Youth Health Research Centre.

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The University of Hong Kong



Thank You



Q & A  
time




















What is the  
differences ?

HKHA EASY vs  
Australia Orygen



## Hong Kong HA EASY Service

Early identification in order to reduce Duration of Untreated Psychosis (DUP)  
Same direction to ARMS if resources available

Early intervention with psychosocial intervention within critical period  
Same direction to prodromal period if resources available

Early intervention with medication treatment and psychotherapy within critical period.  
Same direction to drug free within prodromal cases

## Orygen Service

Early identification of At Risk Mental State (ARMS) in order to reduce Duration of Untreated Illness (DUI)

Early intervention with psychosocial intervention within prodromal period

Early intervention with drug free within prodromal period.  
Psychosocial intervention  
More emphasis in CBT, ACT etc .....

## Hong Kong HA EASY Service

Specific service for Early Psychosis.  
Same direction to ARMS if resources available

Absent of Headspace-like center,  
Youth Mental Health mainly care by  
NGO youth centre

Comprehensive training workshop to  
staff

## Orygen Service

More specific service

- EPPIC (For Early Psychosis)
- PACE (For At Risk Mental State)
- YMC (Youth Mood Clinic)
- HYBE (Helping Young People Early for Personality Difficulties)

Headspace center established for 7  
years

Comprehensive guide books for  
staff





## Hong Kong HA EASY Service

Limited resources in structural research center

Limited resources in mental health promotion in schools

## Orygen Service

A structural research center led by 5 professors and supported by a team of research technicians with 200 research papers being published per year

Regular mental health promotion in schools by Orygen staff eg. Head Smart Program

# Comprehensive Guide Books



# Comprehensive Guide Books



# Comprehensive Guide Books



# Comprehensive Guide Books

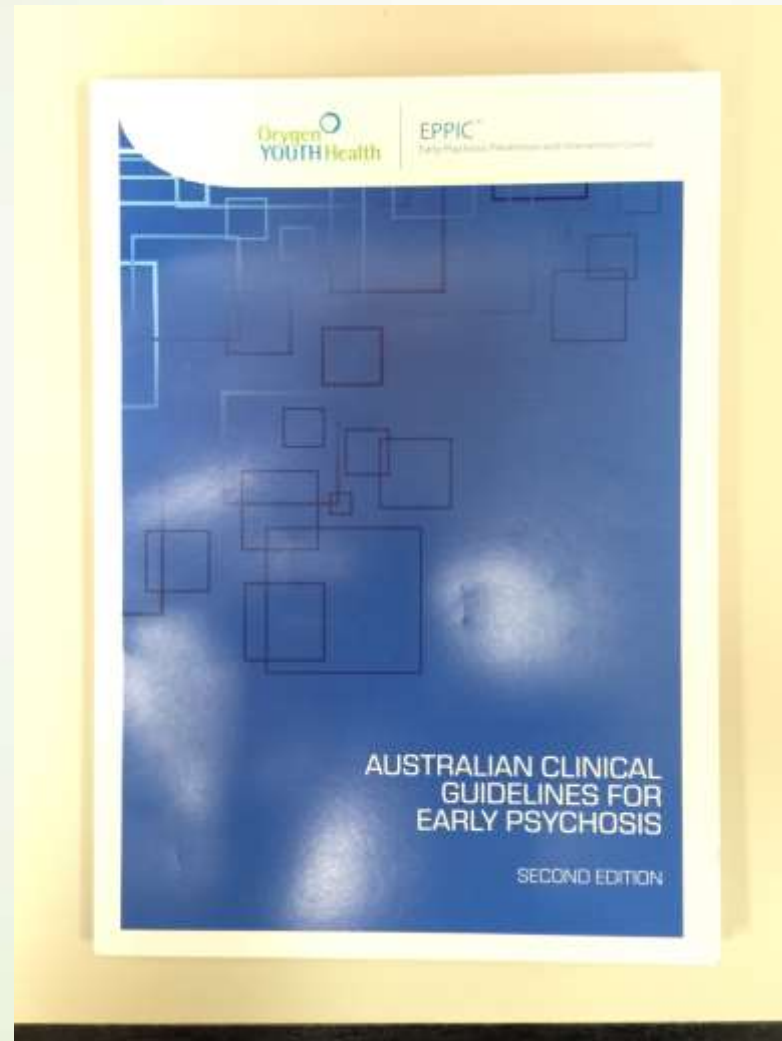


# Comprehensive Guide Books





# Comprehensive Guide Books





# Mental Health Promotion in Schools

## Head Smart Program







# Looking forward....

**Hong Kong HA  
EASY Service**

**Orygen Service**

EASY

EPPIC, PACE, HYPE, MOOD  
CLINIC

Enhance  
connection

Youth Centre/Schools

Headspace

Enhance  
connection

School, Youth Group

School, Sport Group



# 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



