Workforce- Training for Early Intervention in Psychosis (EIP) Services

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Meeting the Access and Waiting time Standard (AWTs)

From 1 April 2016;
• More than 50% of people experiencing First Episode Psychosis (FEP) will access Early Intervention Services (EIS) within two weeks of referral.

• And be treated with a NICE-approved care package

Both the maximum waiting time from referral to treatment and access to NICE-recommended care must be met for the standard to have been achieved.
Workforce

• Investment from NHSE through CCGs to increase staff numbers

• National Collaborating Centre for Mental Health (NCCMH) – Developed implementation guidance

• Regional preparedness teams- assessed local needs, supported implementation of the standard and on-going local training

• CCQI- Self- assessment and Quality Improvement

• £5-6m investment for workforce education and training by HEE in 2015/16
Planning and delivery - training

- Baseline audit for an overview of national psychological therapies provision and gaps
- Created a national workforce advisory group
- Established a Memorandum of Understanding (MoU) with regional teams to support commissioning and delivery of identified local training needs.
- Psychological therapies demand data was established nationally
Training Activities-Quality Statement 1
Referral to Early Intervention in Psychosis Service

• GP postcards with local EIP service details

• Training videos and materials developed for primary care

• Training in Positive and Negative Syndrome Scale (PANNS)

• Comprehensive Assessment of At-Risk Mental States (CAARMS) training including train the trainer

• 115 service users to engage in the Hoax project- aimed at reducing public and self stigma
Training Activities-Quality Statement 2
CognitiveBehavioural Therapy

<table>
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<th>Region</th>
<th>Workshops</th>
<th>Supervisor</th>
<th>Top-up</th>
<th>PGDip</th>
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<td>South</td>
<td>30</td>
<td>15</td>
<td>17 + 1*</td>
<td>30+2*</td>
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<td>London</td>
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<td>18</td>
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<td>20</td>
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<tr>
<td>Midlands and East</td>
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<td><strong>Totals</strong></td>
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<td><strong>83</strong></td>
<td><strong>121+1</strong>*</td>
<td><strong>90</strong></td>
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*Independent sector provider
Training Activities-Quality Statement 3
Family Intervention

• Overall 549 practitioners were trained with 14 training as trainers- This comprised:

• Various members of the MDT
• Other practitioners providing EI eg. CAMHS, CMHT
Training Activities-Quality Statement 4
Treatment with Clozapine

• Development of prescribing guidelines for General Psychiatrists (adult)

• Medicines Optimisation e-learning course
  https://www.cppe.ac.uk/programmes/l/medicinesopt-e-01/
Training Activities-Quality Statement 5
Supported Employment Programmes- IPS

• Employment Specialist workers accessing IPS training
• Establishing and Supporting Vocational workers network
• Supervision and support for implementation of employment training
Training Activities-Quality Statement 6
Assessing Physical Health

- Training - Physical Health Monitoring for Mental Health Professionals

- In-house physical health check training course
  - Awareness of impact of mental health on physical health
  - Improved confidence in carrying out physical health checks
  - Supporting patients to self-manage long term physical conditions
  - Ability to conduct an effective medication review

- Physical health and well-being conferences
Training Activities-Quality Statement 7
Promoting Healthy Eating, Physical Activity and smoking Cessation

• Smoking Cessation Training- National Centre for smoking cessation
  http://www.ncsct.co.uk/

• In-house training -Supporting patients to achieve a healthy lifestyle, including referrals to suitable services
Training Activities-Quality Statement 8
Carer focussed education and support

- Provision of carer information leaflets in a range of languages
- Carer focussed training
- Design of Five Things to Know Postcards & Posters
- Printing Five Things to Know Postcards & Posters
- What is Psychosis Video Animation
- EIP Videos
- Caring for People with Psychosis Online Course
  [https://www.futurelearn.com/courses/caring-psychosis-schizophrenia](https://www.futurelearn.com/courses/caring-psychosis-schizophrenia)
Pre and Post Training Support / activities

- Sustainability and Leadership workshops
- Post training supervision for FI
- Masterclasses or workshops for clinical leaders/ managers in implementing psychological therapies
- Further FI training to Masters level
- Presentation and celebration events
Impact of Training - Practitioners

• Development of new skills and refinement of existing skills

• Networking with other EI practitioners

• Increased confidence

• Starting new groups- psychoeducation for carers

• New ways of working- starting a multi-family groups meeting

• Appetite for more training in Family Intervention

• Obtaining academic credits
Impact of Training – Service users/ Carers

• More services users having access to evidence-based interventions

• “This is what we have been waiting for, for 15 years”
What next?

• Ongoing local, regional and national support for training and implementation

• The development of CBTp accreditation will continue to be supported

• HEE will carry on working with regional teams through to support local training and activities.

• Exploring the development of level-appropriate EIP module
  - Train the wider mental health system on EIP specific issues
  - Induction of new staff
  - Introductory course for EIP advanced level training

• Free electronic resources
Thank you

Questions

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