

Auckland Youth Early Intervention Service Wellness Group



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Youth Early Intervention Service

- * Kari Centre
- * Only early intervention team in CAMHS ADHB
- * 13-19 and families
- * 4 adult teams
- * Merge

Use of neuroleptics and their side effects

- * Many clients on neuroleptic medication
- * Significant long term side effects
- * How best to manage these while also ensuring client's psychosis is well treated?

Metabolic screening

- * Blood tests
- * Physical observations
 - * Height and weight
 - * Heart rate
 - * Blood pressure
 - * Temperature
- * On-going psycho-education

IMI clinic

- * Previously the process was for clients to attend inpatient unit for IMI neuroleptics, observed and monitored for two hours.
- * Now clients attend our site for IMI clinic plus Wellness Group, where IMIs are given then monitored and observed for 2 hours while also participating in the group.

Wellness group



Why was the wellness group developed?

Issues we noticed were:

- Kids hate injections
- Bored
- Weight gain
- Meaningless activity (often watched a DVD with very minimal meaningful social interactions)

We also noticed an opportunity!!

Group programme guidelines

- * Group programs should be tailored to the different needs of people at different phases of illness.
- * Decisions about participation in any group program should be made collaboratively with the individual
- * Goals should be set collaboratively and progress of participants towards these goals should be regularly reviewed (Orygen, 2016).

Objectives?

- * To enable YEIS clients to make healthy lifestyle choices to maintain their physical and mental well-being.
- * Develop relevant life skills.
- * Opportunity to monitor metabolic screening.

How its delivered...

- * MDT approach!
- * RNs – Administer IMI
- * Group facilitators monitor side effects (MAAS)
- * 2-3 hours duration

Structure of the group:

- * Meet and greet
- * Warm up activity (IMI's given)
- * Education
- * Skills teaching and practice
- * Relaxation and reflection
- * Transport home

Outcome, successes and challenges

- * Consistent attendance
- * Social interaction
- * Young people not on IMI have asked to join also
- * Practical life skills
- * Clients continue to struggle with healthy eating

Clients Feedback

Pros of Wellness group & IMI

- Better than taking medication everyday – don't forget
- Cheap – don't have to pay for it
- Don't feel as hungry on IMI than on pills
- Friendly atmosphere – makes feel better
- Socializing – making friends, talking to others, relate to each other – been through the same things, playing games
- Learning about healthy eating, food choices
- Trying new foods (smoothies, sushi, pizza, muesli, pita pockets and being able to make them at home)
- Learning about psychosis
- Activities – bath bombs, stress balls, card games, headbands, pompoms

Cons of Wellness Group & IMI

- Don't like having to wait around – gets in the way of school/ courses and work
- Don't like Olanzapine – weight gain
- Healthy food is expensive

Expansion

- * Invite parents/support people = lifestyle changes for the whole system
- * EI merging – how we can cater for a larger audience
- * Physical activities

El Group programme at ADHB

Weekly

- * Walking Group
- * Social Coffee Group
- * Gym Group

Monthly

- * Wellness Group

Run periodically or occasionally

- * *State of mind/Hearing Voices Groups*
- * *Family Psycho-educational Groups*
- * *Family Connexions DBT Group*



References

- * Health and Disability Commission (1999). *Early intervention in Psychosis Guidance Note*. Mental Health Commission, Wellington, March 1999.
- * Orygen, (2016) The National Centre of Excellence in Youth Mental Health, *Australian Clinical Guidelines for Early Psychosis*, 2nd edition update, The National Centre of Excellence in Youth Mental Health, Melbourne.
- * https://www.google.co.nz/search?q=question&source=lnms&tbm=isch&sa=X&ved=0ahUKEwin35XS95vXAhXMJ5QKHbzCCKcQ_AUICigB&biw=1366&bih=662#imgrc=HANgVcxNqaEYuM:
- * https://www.google.co.nz/search?q=wellness+tree&dcr=0&source=lnms&tbm=isch&sa=X&ved=0ahUKEwi1xuTB_ZvXAhVCnZQKHR7ZBI8Q_AUICigB&biw=962&bih=670#imgrc=-Do8S92bf0dnrM: