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
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 programmes 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 it's 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
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
EI 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


* [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=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_ZvXAhVCnZQKHR7ZBl8Q_AUIcigB&biw=962&bih=670#imgrc=-Do8S92bf0dnrM](https://www.google.co.nz/search?q=wellness+tree&dcr=0&source=lnms&tbm=isch&sa=X&ved=0ahUKEwi1xuTB_ZvXAhVCnZQKHR7ZBl8Q_AUIcigB&biw=962&bih=670#imgrc=-Do8S92bf0dnrM):