

New Zealand Early Intervention in
Psychosis Society (NZEIPS) Inc.



Securing the future of Early Intervention in NZ: towards consensus and a strategic plan

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A little bit about NZEIPS



- New Zealand Early Intervention in Psychosis Society Incorporated
- Represents those working in Early Intervention
 - Clinicians, Consumer leaders, Family workers, Researchers and NGOs.
- Free to join – please sign up!
- www.earlypsychosis.org.nz
- AGM this afternoon

Functions of the NZEIPS



- Incorporated Society run by a constitution
- Overseen by an elected National Exec
- Meet four times per year (AGM this PM!)
- Support learning and development of EI workforce
e.g. biannual National Training Forum
- Influence policy
 - e.g. Blueprint 2, Rising to the challenge
- Support innovation and development of resources
- Act as spokespeople for EI
- Connect EI clinicians

Evolution of EIP in NZ



- NZ was an early adopter of EIP
- 20+ years ago the first teams were set up in Auckland, Wellington, Christchurch and Dunedin
- No central oversight or direction
- Some consensus from Steering Group
- Developed organically and somewhat in silos
- Disparity in practice, model, entry criteria etc
- Gaps and failure to launch in some areas

Guidance and evaluation



- EARLY INTERVENTION IN PSYCHOSIS - Guidance Note (Mental Health Commission, 1999) with input from extant services and “NZ Early Intervention Interest Group”
- Evaluation of Early Intervention for Psychosis Services in New Zealand: what works? (Turner, et al. 2002)
- FERNZ Project (Mark Turner)

Current context – EI in NZ



- EIPs well established in most areas
- Many have undergone review, EI-OS 2.0!
- No consensus model(s), national oversight or KPIs
- Significant variation in criteria and model
 - Age, criteria, length of treatment, ARMS
- Some gaps exist
 - Some cities, late presenters 30+, kaupapa maori
- Limited data collection (FERNZ anyone?)
- No one measures fidelity (and to what?) or effectiveness

UK context



- Coordinated and mandated approach to development (MH-PIG)
- EIP teams under close scrutiny
- NICE: Early Intervention 0-65 years?
- NICE: Access and Waiting Time Standards
- RCPsych EIPN: Fidelity self-audits
- Quality outcomes recorded via Mental Health Services Data Set

Risks to EI in NZ?



Current NZ climate



- MH services under significant strain
 - EI the envy of other services?
- Pressure to do “more with less”
- Increasing focus on “Youth Mental Health” and Primary services.
- Significant rates of Suicide in NZ
 - worst youth suicide rate in OECD
- Change of government
 - Uncertain what this will mean for MH and EI
 - Rising to the Challenge 2.0?

Some opportunities!



- Research has firmly established EIP as effective and *cost effective* (e.g. McCrone 2010) and may reduce suicide rates (Bertelsen, 2014)
- EI mentioned in Blueprint 2 and ‘Rising to the Challenge’ (expires 2017) as a “priority service”.
 - *“DHBs will enhance access to evidence-informed, youth-friendly, early psychosis intervention services that engage well, avoid unnecessary hospitalisation, prescribe with care, are culturally respectful, and preserve and improve social inclusion. They will also expand the age range of such services to provide continuity of care through to adulthood” (Pg 28)*
- Sir Peter Gluckman, Chief Scientific Advisor:
 - *“We must markedly increase our ability to identify early and treat early mental illness in adults, adolescents, and children. Treatment should be recovery-focused, non-stigmatising, community-based, and flexible”.*
May 2017

So what can we do?



- Be active, participate
- Think strategically, beyond the coal face
- A multi-pronged approach to influencing
- Coordinate regionally and nationally
- Join NZEIPS!
- Follow Te Pou's Loomio thread
 - Frances Russell

Possible steps forward



- Leadership Planning Day (Te Pou?)
- Establish a Formal Clinical Network for EI with support from MOH and others.
- Develop a national strategic plan for EI in NZ
- Measure current practice
- Form consensus model(s) for EI in NZ
- Develop meaningful measures specific to EI
- Self audit against these

Questions and comments?

