Early Intervention In Psychosis (EIP): The ‘Value’ of an International Social Movement

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“I got help early and when I needed it and so did my family. We were able to see doctors and others who were well trained and knowledgeable about where when and how to make referrals. We saw people who respected us and taught us...I never had to go before a judge or magistrate to get help for me...

I got to go to school, live in a decent place, get money, have my pets, have a life without giving up everything else, like my dignity and hopes for a future I want to be in.

No one hassled me about how sick I was or whether I deserved to get help I just got it. And when I talked, people listened...
...too good to be true?

It was. That’s the only tragedy here”

‘The Tragedy of Schizophrenia’
Estroff (1999 )
What are Early Intervention in Psychosis (EIP) services?

- A specialised service model and philosophy of care providing treatment and support for young people aged 14–35yrs with psychosis and their families.


- Provides evidence based individual, family, social, medical, psychological and vocational interventions within an optimistic, youth friendly, intensive 3 year program of care.

## Demonstrating EIP Service Outcomes:
### Worcestershire EI Service data 2006-2011

<table>
<thead>
<tr>
<th></th>
<th>National audit data (IRIS 2000)</th>
<th>2006 (n=78) (22% 14–18yrs)</th>
<th>2008 (n=106) (18% 14–18yrs)</th>
<th>2011 (n=139) (19% 14–18yrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>DUP (median)</td>
<td></td>
<td>12-18m 9-18m</td>
<td>5-6m 22 weeks</td>
<td>6 weeks</td>
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<tr>
<td>% admitted with FEP (entry point to EI)</td>
<td>80%</td>
<td>41%</td>
<td>17.5%</td>
<td>5.75%</td>
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<td></td>
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<td></td>
<td></td>
<td>12.6% (n=25) CRHT involvement</td>
</tr>
<tr>
<td>% admitted on MHA</td>
<td>50%</td>
<td>27%</td>
<td>10%</td>
<td>14%</td>
</tr>
<tr>
<td>Re-admission</td>
<td>50% (in 2 years)</td>
<td>28% (9.5% using MHA)</td>
<td>17% (56% using MHA)</td>
<td>19% (78% using MHA)</td>
</tr>
<tr>
<td>% engaged @ 12m</td>
<td>50%</td>
<td>100% (79% well engaged)</td>
<td>99% (70% well engaged)</td>
<td>94% (80% well engaged)</td>
</tr>
<tr>
<td>Family Involved</td>
<td>49%</td>
<td>91%</td>
<td>84%</td>
<td>81%</td>
</tr>
<tr>
<td>Employment</td>
<td>8.18%</td>
<td>55%</td>
<td>56%</td>
<td>60%</td>
</tr>
<tr>
<td>(including education and training)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Suicide attempted</td>
<td>48%</td>
<td>21%</td>
<td>7%</td>
<td>25%</td>
</tr>
<tr>
<td>completed</td>
<td>10% (in first 5y)</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>
EIP Effectiveness

“more effective than the traditional generic CMHT approach. … results in better course of illness, fewer symptoms at 8 years on and a halving of the suicide rate”

(DH, 2011 No Health without Mental Health pg 66)

“EIP services have reduced use of hospital beds… the number of young people remaining in mental health services with lifelong disability and has been well received by the clients, families and the referral agencies”

(NHS Confederation briefing 2011 pg 4,7)

“EIS more than any other services developed to date, are associated with improvements in a broad range of critical outcomes, including relapse rates, symptoms, quality of life and a better experience for services”.

(NICE Schizophrenia Guidelines 2014, pg 551)
Why are EIP services so important?

- Huge personal and familial costs in terms of long term social, emotional and vocational functioning.

- Ranked as third most disabling and costly condition following quadriplegia and dementia (WHO, 2001)

- 20x greater risk of serious violence and self harm in early psychosis compared to any time later in illness

- 15-20yrs earlier loss of life: 14 from suicide and injury (mostly in first 5yrs) 3/4 are premature deaths from physical causes

- 0-25% employed or in education at 1 year follow up post psychosis

- Reducing Duration of Untreated Psychosis (DUP) and offering specialist EIP significantly improves life chances

- Recovery at 14 months predicts functional recovery and remission of negative symptoms at 7.5 years
‘Social movements can be viewed as collective enterprises seeking to establish a new order of life. They derive their motive power on one hand from dissatisfaction with the current form of life, and on the other, from wishes and hopes for a new system of living. The career of a social movement depicts the emergence of a new order of life’

(Blumer, 1969: 99)

Each of us individually does not count much. But together we are the strength of millions who constitute Solidarity” – Lech Walesa
Assessing the ‘Value’ of EIP:

In Economics, measures of ‘value’ require all assets that have measurable benefits to be categorised as different ‘capital assets’.

‘Capital assets’ are both produced durable goods and intangible non-financial assets used in the production of goods and services.

Wikipedia 2013
Individual Capital:

individually unique ‘talent’
the power to promote or publicise products, draw attention to causes

skill, creativity, enterprise, courage, moral example, wisdom, invention, empathy, personal trust, leadership
Mary aged 16, went from a CAMHS service that didn’t do psychosis...

...to an adult service that didn’t do young people...

...to a rehabilitation service that didn’t do rehabilitation
Collective effervescence... growing an International Early Psychosis movement

Australian of the year 2010

“With this award, we recognise that we have in Professor McGorry a leader whose drive, compassion, and commitment to understanding and treating youth mental illness has helped shape not only lives, but our national approach to mental health intervention, prevention and treatment.”

Prime Minister Rudd (2010)
Intellectual Capital:

- individuals taking key instructional or social roles and becoming involved in causes or controversies
- management and organisation
- application of skills, knowledge, expertise
- infrastructure processes and databases that enable the organisation to function
- trademarks and trade names (IRIS)
- relationships and cooperation between people and institutions
1996-8 IRIS and Rethink Partnership

When your car breaks down you can get help within **60 minutes**.

When your mind breaks down you may not get help for **18 months**.
...and a National EI Programme

Early Psychosis Declaration at its heart

Infrastructure to support EI implementation: regional networks and resources

Provide leadership; Navigate obstacles

“Leadership is the art of mobilising others to want to struggle for shared aspirations”
Spiritual Capital:

power, influence and dispositions created by a person or an organisations (spiritual) belief and values. creating a values based culture championing humanity, kindness, justice, empowerment, optimism.
“We need committed people, we need good-will people, we need grass-roots people.

...this is a task for us all, each one with their possibilities and capabilities, but all together “

A collaboration between NIMHE / Rethink, IRIS, the World Health Organisation and the International Early Psychosis Association
People change what they do less because they are given analysis that shifts their thinking than because they are shown a truth that influences their feelings.”

John P Kotter (2002), The Heart of Change
Social capital: value of networks and community participation generating trust, reciprocity, social cohesion, and connectedness, goodwill, fellowship, cooperation between individuals, groups and communities where social contact increases productivity of individuals and groups.
Collective effervescence... part of an International early psychosis movement
iph Ys and iFEVR

Special Interest Group Meetings
Amsterdam 2010
San Francisco 2012
Japan 2014
Instructional Capital:
Shareable knowledge and skills
texts, training materials
teaching, knowledge transfer
\[ \text{...an EI Policy Implementation Guide}\]

- A service for 14-35 year olds
- Multi-disciplinary specialist team
- 15 cases per care-coordinator
- Out-of-hours cover
- 3 year follow-up
- Detect psychosis early
- Monitor those ‘at risk of psychosis’
- Measure outcome data
Regional ‘Hothouses’ exporting goods internationally
Developing EI practice...

Financial capital
not historical accumulation of money invested but instead perception of expected revenues and of the risk entailed
Investment in EIP Services in England...

Investment in Priority Areas 2002/03 - 2010/11 in £' millions
at 2010/11 pay and price levels

- Assertive Outreach: £76
- Crisis Resolution / Home Treatment: £139
- Early Intervention in Psychosis: £104

^ Investment in £'millions
“Something that has sprouted legs and run all over the place”…

Growth in EIP cases and services 1998-2010
(21,944 cases in March 2012)
Net savings per person for Early Detection and EI services (Knapp et al 2014)

EI services:
- **Cost-savings of £5,738 in year one**
- Additional cost savings of £2,234 per person over three years from improved employment and education outcomes.
- Annual savings of £1,024.40 per person for EI compared to standard care from a longer-term reduced risk of suicide (Knapp et al 2014)

Early Detection (ED) services:
- Over two to five years cost-savings of £3,299 per person per annum (McCrone et al 2011)
WE CHANGED VIEWS ABOUT PSYCHOSIS FROM:

THE MESSAGE OF **DESPAIR**

Cost £11.8 billion per year

(Schizophrenia Commission ‘The Abandoned Illness’ 2012)

- This illness usually relapses or becomes chronic.
- You will need medication for the rest of your life.
- You should lower your expectations of what you will achieve in life.
EI FOR PSYCHOSIS: OFFERS A CLEAR MESSAGE OF HOPE
with a net saving of £15 for each £1 spent on EIP services
(Knapp et al ‘Investing in Recovery’ 2014)

You are distressed by your experiences now, but we expect that you will get better.

Medication can be very helpful, but there are a lot of other ways that we can help you to help yourself.

The aim is that you achieve what you want out of life.
“I get help early and when I need it and so do my family. We are able to see doctors and others who are well trained and knowledgeable about where when and how to make referrals. We see people who respect us and teach us…I do not have to go before a judge or magistrate to get help for myself…

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Too good to be true? Not now…
The potential dismantling of EIP services in England may be the current tragedy for psychosis treatment now…”

‘Lost Generation’ Report (Rethink 2014) evidences cuts to resourcing and budgets:

- 50% of EIP services say their budget has decreased in the past year, some by as much as 20%.
- 58% of EIP services have lost staff over the last 12 months.
- 53% say the quality of their service has decreased in the past year.
What Is To Be Done?
BURNING QUESTIONS of our MOVEMENT

Lenin V.L. (1901) What is to be done?
In “Where To Begin”, published in Iskra, No. 4 (May 1901),