

A Collaboration To Support High Quality Early Psychosis Intervention in Ontario

(After release of Provincial Program Standards)

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Outline

- What is Early Psychosis Intervention (EPI)
- International milestones
- Ontario milestones
- Activities after release of the Standards
- Reflections

What is EPI

- EPI developed in early 1990's in Australia, UK
- Early Psychosis Intervention Model:
 - Public education and outreach
 - Early detection, minimal duration of untreated illness, developmentally specific
 - Specialized assessment
 - Targeted therapies
 - Low dose medications
 - Psychological therapies (i.e., CBT)
 - Family support and education
 - Psychosocial rehabilitation
 - Evaluation and research
- EPI is person and family centered
 - founded on principles of hope and recovery

International Milestones

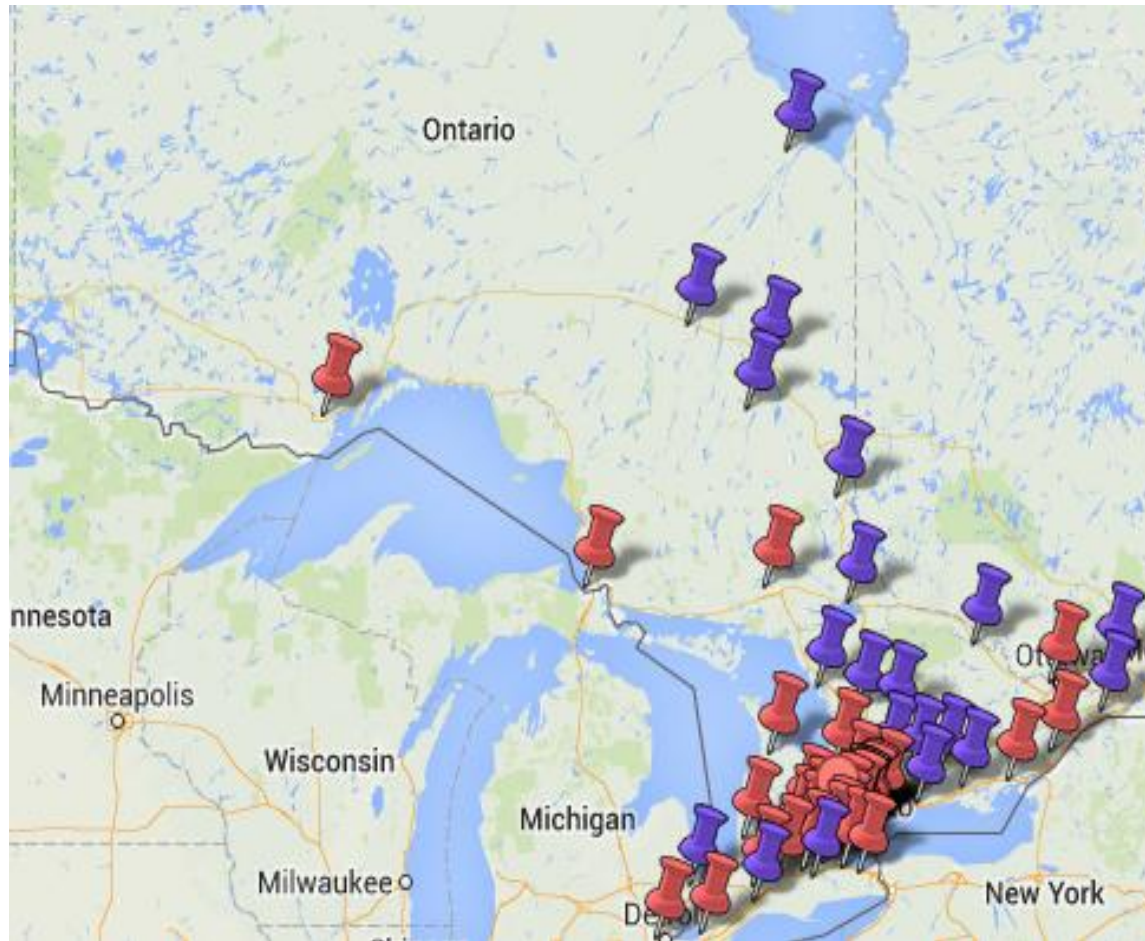
- Model developed (1996 Australia)
- International consensus guidelines (2004)
- International uptake re implementation (1996 +)
 - E..g, UK 10 year Mental Health Strategy
 - Systematic review – 8 countries with evaluation tools
- Ongoing research, including RCTs

(Cochrane review, 2006; Bird, 2011; Bertelsen, 2008; Kuipers, 2004; Craig, 2004)

Ontario Milestones

- Early (1990-2000)
 - Initial 3 EPI programs – hospital-based, academic
 - Stakeholder working group formed - lobbies government
- Ministry of Health & Long-Term Care (post 2000)
 - released EPI Program Policy Framework (2005)
 - funded EPI program expansion \$22.5M (2004/5-2007/8)
 - supported stakeholder network to provide training, consultation to new programs
 - released EPI Program Standards - 2011
 - awarded annualized funding to network – renamed Early Psychosis Intervention Ontario Network (EPION) - 2011

EPI Programs in Ontario 2012



Purple=small programs
Red=large program

Standards Implementation Steering Committee (SISC)

- Formed by MOHLTC after EPI Program Standards release (2011)
- Included EPION (providers, youth with lived experience, family members), LHINs
- Centre for Addiction and Mental Health – contributed technical support (evidence informed, rigour)
- TOR – monitoring and improvement mandate

Standards Implementation Steering Committee

Current state, gaps, support opportunities:

- 2 program key informant surveys (2012; 2014)
- Clarify program capacity and structure
- Identify areas of strength/challenge in relation to Standards
 - 30% programs \leq 1 clinical FTE
 - Community outreach for early referral challenging
 - Variable use of standardized protocols

System improvement:

- Stakeholder think tanks for project planning:
 - community outreach, metabolic monitoring, psychotherapies
 - Attention to smaller vs larger program needs
- Examples of altered program practices (anecdotal)

Outcome measurement and impacts

- to come

Reflections on Collaboration – why now?

Confluence of conditions:

- Release of Standards
 - galvanized sector, “*added legitimacy*” (survey respondent)
- Earlier work on practice implementation support structures in Ontario
- Strong community stakeholder partner (EPION)
- Funding support (via EPION)
- Infrastructure support (via CAMH)
- EPI program provincially modest size (vs other community mental health program areas)

Reflections – early successes

- Evolving to sector driven improvement model
 - Standards Implementation Steering Committee was Ministry initiated - now working group of EPION
- Sector engagement
 - High participation in needs assessment, planning think tanks
 - Examples of altered program practices (anecdotal)
- Research-knowledge user partnership
 - Needs assessment relevant and actionable.
 - Academic output re work to date
 - CIHR planning grant, new 'research' working group EPION

Reflections - Sustainability

Supports

- Annualized funding to EPION
- Release of Standards
- CAMH support

Challenges

- EPION - leadership succession planning
- Limited LHIN engagement re:
 - Standards committee; using survey results to engage with local programs
- Measuring fidelity and outcome
- Standards need to evolve to be relevant
- Continued Ministry support

Thank you

- **Standards Implementation Steering Committee**

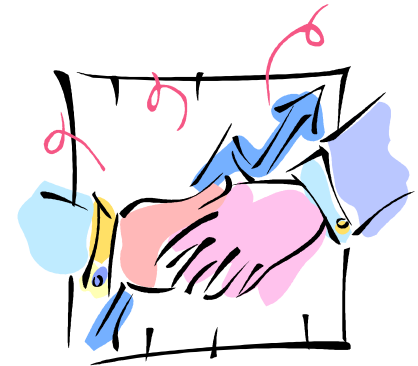
Gord Langill (Chair), Eleanor Baker, Terry Bedard, Chi Cheng, Gretchen Conrad, Catherine Ford, Deborah Hierlihy, Lisa Jeffs, Dawn Maziak, Jai Mills, Karen O'Connor, Christy Pentland, Nicolle Plante-Dupuis, Suzanne Robinson, Aedan Shaughnessy, Cheryl Zufelt

- **EPION**

- **EPI program providers**

- **CAMH**

- **Avra Selick (research coordinator)**



Questions / Discussion

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