



Early intervention in psychosis – North Kirklees Insight team

The North Kirklees Insight team plays a vital role in helping people who experience psychosis by intervening at an early stage, to fulfil their potential and live well within their community, keeping care close to home.

The team, who celebrated their first birthday in August 2019, is one of the Trust's five Early Intervention in Psychosis (EIP) teams and is led by Szilvia Kormondi.

Szilvia explains how the team achieved the National Clinical Audit of Psychosis (NCAP) standard and were rated as 'Top performing' – with only 11 teams (7%) in the whole country receiving this rating.

Background

The North Kirklees Insight team split off from the larger Kirklees team last August. We are now a small team of 11 and over the past twelve months we have been adjusting to these changes whilst trying to find our identity.

We work with individuals who are experiencing their first episode of psychosis. They are new to secondary to mental health services and may experience a wide range of symptoms including loss of touch with reality, lack of motivation, auditory and visual hallucinations, delusional ideas and all too often social isolation and stigma.

Our last year has been a challenging one, with increasing demand on our service alongside working with difficult cases.

What we have done differently

Like most community mental health teams, there are lots of risks involved with the people in our care. They may be scared, depressed, delusional and have adopted negative coping strategies to deal with their symptoms such as drinking or taking drugs.

We are therefore constantly working creatively to engage with and help the people we work with, looking at not only their mental health needs, but their physical and social needs too.

We understand the importance of offering support to families and carers; they know their family members or those they care for the best and are fundamental in providing support and after care. We are currently in the process of setting up





a carers support group in Dewsbury, which, once launched, will be a great asset for local families and carers.

Mental and physical health is equally as important. Our team offers a physical health "MOT" clinic once a year for those who use our services.

Prevention and keeping people well in communities is embedded within our team values. We focus on managing psychosis before it escalates and use social activities to keep people socialising and help them to develop skills to get them back, or keep them in, education or employment.

From simple social activities such as taking someone out for a coffee to get them out of the house, to setting up social groups from our allotment group and cooking classes to cycle club and football every Thursday, our team is committed to providing these activities, with staff going above and beyond to create and deliver these groups.

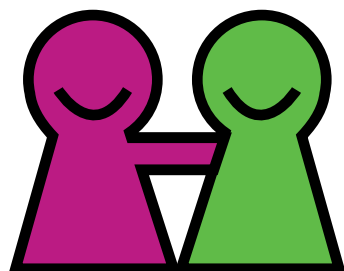
Outcomes

Alongside achieving the National Clinical Audit of Psychosis (NCAP) standard and receiving a 'Top performing' rating, the team are also seeing other fantastic outcomes. For example:

- 80% of those who use our service are well enough and ready to be discharged back to their GP after three years
- In July, against a national target of 60%, 100% of people were seen, offered a care coordinator and given support within 14 days of being referred to the team.

Future

We will soon have a new team member arriving which is exciting for the team and we look forward to welcoming them into their role and continuing our work.



“ I work with some of the hardest working people I have ever met, who are both passionate and compassionate. The key to our success is a healthy team culture, a shared vision and understanding of our goals. ”