

OT ROLES WITHIN STANDARDIZED EARLY PSYCHOSIS INTERVENTION CARE

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14:40-15:05

OBJECTIVES

Delegates will:

- 1) review early intervention for psychosis care and EPI Ontario standards
- 2) be introduced to the NAVIGATE model of care
- 3) learn how occupational therapists fulfill different roles within the NAVIGATE model

WHAT IS PSYCHOSIS?

Psychosis refers to a **loss of contact with reality** characterized by changes in a person's way of thinking, believing, perceiving and behaving

Approximately 3% of people will experience a psychotic episode at some stage in their life, although a first episode usually occurs in adolescence or early adult life.



TREATMENT AS USUAL CARE IN EPI

Provincial Network

Early Psychosis Intervention Program Standards (2011)

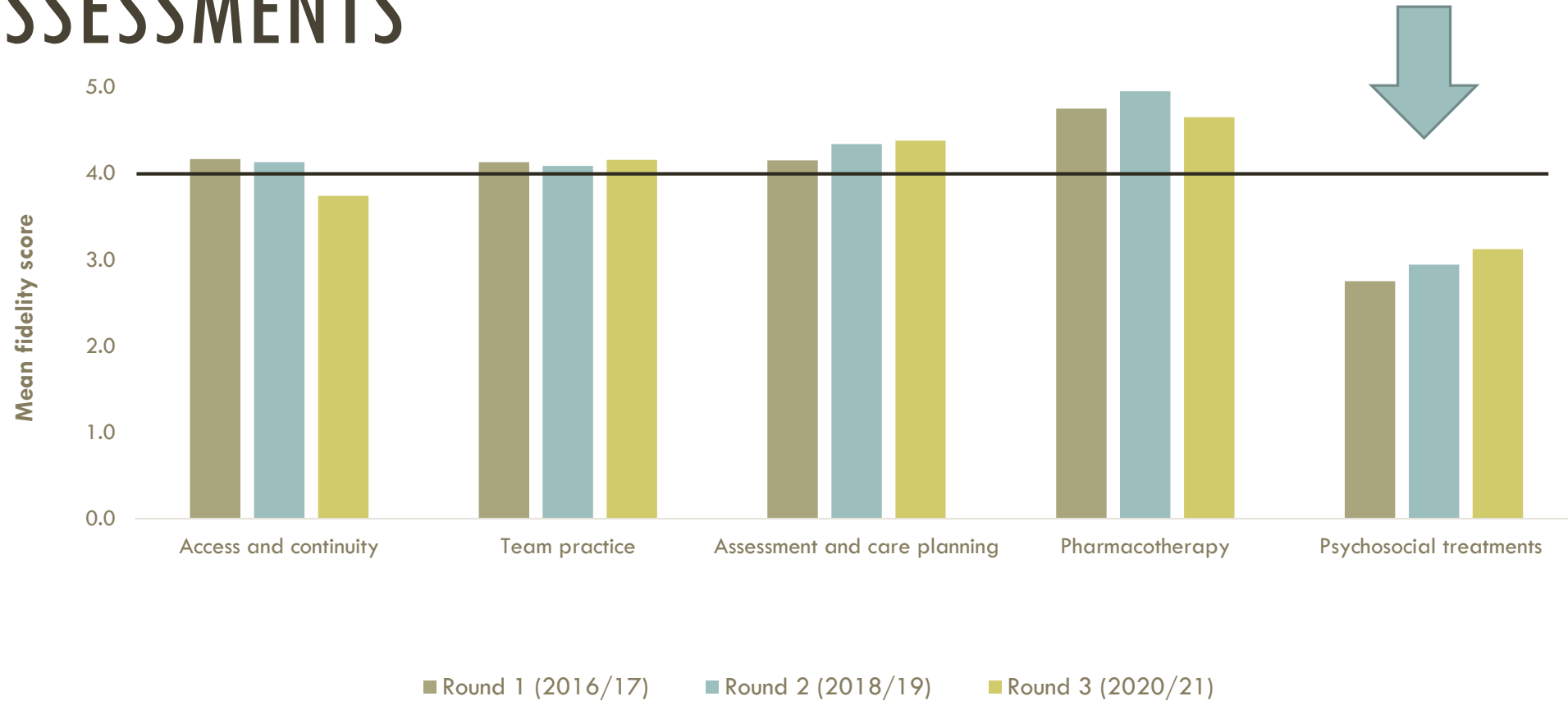
- Eligibility Criteria
- Facilitating Access and Early Identification
- Comprehensive Client Assessment
- Treatment
- Psychosocial Support for the Client
- Family Education and Support
- Graduation from the program
- Professional Training and Education
- Research

(Ministry of Health and Long-Term Care, 2011)

FIDELITY

EPION received funding to conduct voluntary fidelity evaluations using the Addington scale to support programs to better understand how they were aligned with Ontario Early Psychosis Intervention Standards

MEAN DOMAIN SCORES ACROSS ALL ASSESSMENTS



NAVIGATE - WHAT IS IT?

- Coordinated Specialty Care Model – different pillars
- Evidence-based
- Standardized model
 - Framework/roadmap
- Informed by psychotherapeutic modalities

NAVIGATE Model - Foundations

- Based on the stress – vulnerability model
- Emphasizes recovery and resiliency
- Uses principles of illness management
- Uses principles of psychosocial rehabilitation
- Informed by special issues for first episode psychosis patients
- Trauma of experiencing psychosis

Ontario MOHLTC EPI Standards

Ongoing psychiatric/medical assessment and treatment

Psychoeducation – patient and family
Family needs assessment and supports

High Quality & Intensive Psychosocial Care
▪ **Monitor Progress in Recovery Goals**

Academic / Vocational Supports

- Assessment within 3 months of Referral
- Formal Service Agreements with Education Programs, Vocational Training Programs, Skills & Career
- Programs Negotiate/Advocate Priority Services for patients



Individualized Medication Treatment



Family Education Program



Individual Resiliency Training



Supported Employment and Education





NAVIGATE

Individualized Medication Treatment

- Reducing symptoms and preventing relapses in order to help people achieve their desired goals

Individualized Resiliency Training

- Helping patients achieve personal goals by teaching them about their disorder and its treatment
- Reducing self-stigmatizing beliefs
- Helping them learn social and resiliency skills

Supported Employment & Education

- Helping patients to develop education and employment goals related to their career interests
- Specialists work with patients to help them obtain jobs or enroll in educational programs

Family Education

- Teaching families about psychosis and its treatment
- Reducing relapses by encouraging medication adherence & monitoring signs of relapse
- Reducing family stress via improved communication & problem solving

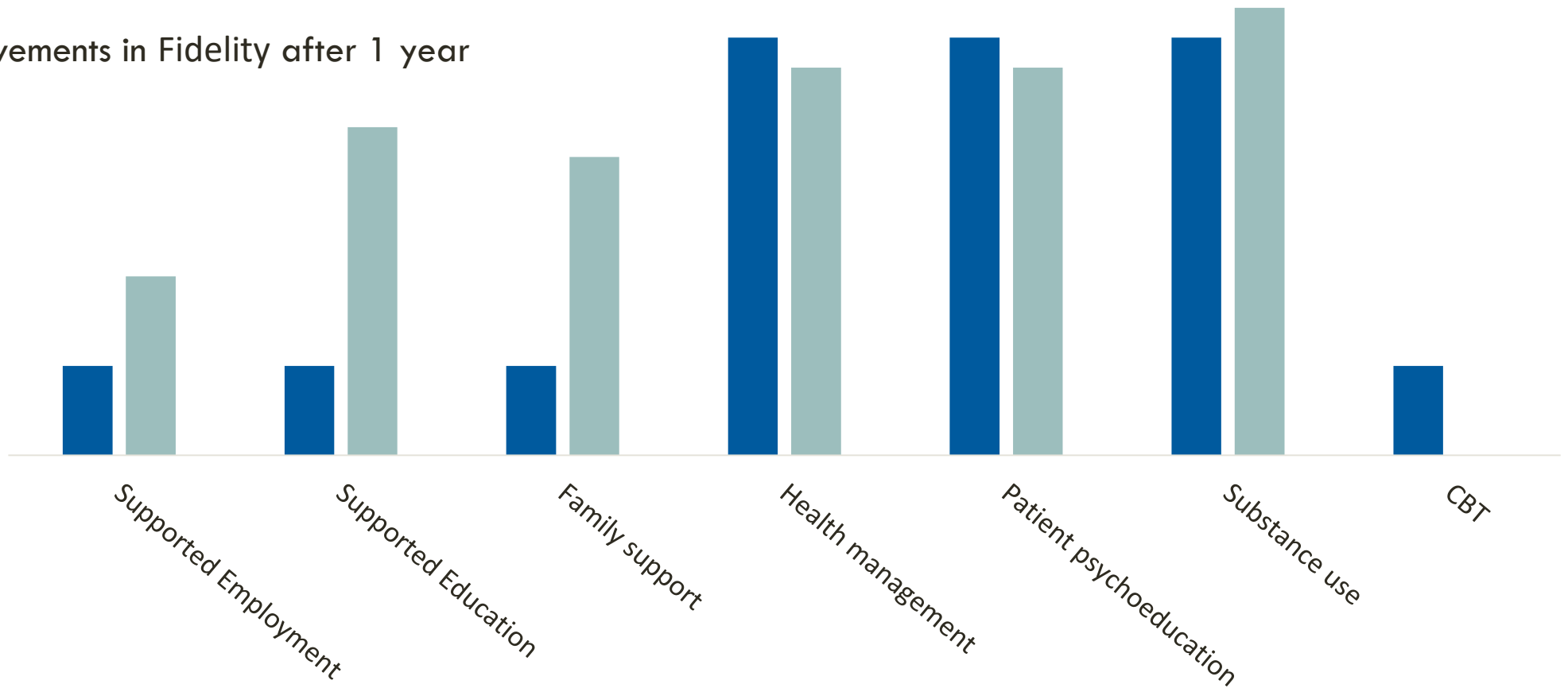
BENEFIT OF STANDARDIZED CARE

- Ensure everyone is getting the same evidenced based, standard of care
- Decreased variability between clinicians and clinic to clinic
- Objective roadmap of care as foundation
- Can be tailored to specific client

BENEFIT OF STANDARDIZED CARE

■ Baseline ■ T1

Improvements in Fidelity after 1 year



OTS ARE INSTRUMENTAL TO DELIVERY OF STANDARD CARE

Core Competencies of NAVIGATE

- Shared Decision-Making
- Strengths and Resiliency Focus
- Motivational Enhancement Skills
- Psychoeducational Teaching Skills
- Cognitive-Behavioural Therapy Teaching Skills
- Collaboration with Natural Supports

(Navigate Team Members' Guide, 2020)

Competencies for Occupational Therapists in Canada

- Occupational Therapy Expertise
- Culture, Equity and Justice
- Excellence in Practice
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- Culture, Equity and Justice

(ACROTO, ACOTUP & CAOT, 2021)

FUTURE DIRECTIONS

- Presently there is the EPI-SET study piloting in various sites
- Provincial lean toward standardized care in EPI and other areas of mental health
- Impact on transfers of care, client/family experience of same pillars of care, recovery outcomes

REFERENCES

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