

EPI SET – Revisiting the IRT Role and modules

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camh



Objectives:

1. Discuss various roles of an IRT clinician and how to integrate IRT into our work.
2. Explore the IRT modules, and which ones have been found to be most useful.
3. Discuss strategies on how to engage difficult to reach clients.

Balancing the IRT Role

- IRT/Case manager responsibilities
 - Crisis management
 - Case management (finding resources, making applications)
 - Care-coordination (transferring care, makings referral)
 - Administrative tasks/Scheduling, and chasing down clients
 - Medication Administration
 - Family contact

How to make time for IRT:

- Make IRT a priority in every meeting, from the beginning.
- Rely on team members (eg. promote SEE/Family worker role)
- Plug in pieces of IRT into conversations/check-ins

Modules – What are our favourite parts and when do we use them?

Module 1 – Assessment and initial goal setting

What does wellness/recovery mean for the person? Strengths test, satisfaction in areas of life.

Module 2 – Education about psychosis

-Symptoms and other common symptoms, explaining what causes psychosis, reasons for drug use and negative effects, Resiliency story.

Module 3 – Healthy Living

-This who modules is great if a client expresses any interest in these topics!

Modules – What are our favourite parts and when do we use them?

-Module 4 - Wellness plan

- Once/if a client has reached some stability and can reflect on past experiences (can be done in one session)
- Get client to pick from the list and copy and paste onto a separate sheet

-Module 9 : Dealing with negative feelings

- Cognitive model, unhelpful thinking styles, cognitive restructuring worksheets

Module 10: Substance use

- Reasons for using, negative effects, pros and cons of using vs. not using, creating healthy habits,
- Having fun without substances, coping with boredom, coping with cravings

Tips for hard to engage clients

- Speaking in general about contents of the modules
- Meeting the client where they are at , going with the flow
- Giving clients choice
- Having the whole team on board to promote the IRT role
- Reaching out to colleagues for support
- Involving family in the IRT discussion
- Reassessing/discussing the client's appropriateness for the program

Thank You

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