

COVID-19 & NAVIGATE Delivery

Tuesday April 28th, 2020

camh



Core Competencies

How to engage clients in discussions about wellness at different stages of recovery

How to develop support systems in the community to maintain recovery

Objectives:

1. Describe strategies for using NAVIGATE during the COVID-19 context
2. Share solutions and resources to support implementation of virtual care within the NAVIGATE model

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Individual Resiliency Training

General Suggestions

- Check-in as usual, not just NAV specific intervention
- Unstructured time/healthy daily routine/boredom
- Productivity
- Relaxation techniques
- Intimate Partner Violence/domestic violence
- Building Resiliency
- Family/housemate communication
- Increases in psychotic symptoms and fear of this

Impact of the pandemic on our clients

- Feeling more anxious, stressed, overwhelmed, depressed
- Feeling more isolated, limited access to family or friends
- Increase in boredom and unstructured time can lead to (re)engagement in unhealthy habits
- Decreased engagement in enjoyable activities
- Decrease sense of productivity, achievement, and goal attainment
- Increase in symptoms due to any of the above
- Disengagement via phone or video due to limited nonverbal cues, comfort level with technology

IRT Tips for Working Remotely

- Continue using an agenda
- Use handouts
 - Share ahead of time, via email, Navigate website, etc.
 - Focus on priority handouts (eg. Unhelpful thinking styles) helping people structure their day – using a planner/schedule
- Skill building
 - Ex. Relaxation skills (using online resources)
 - Communication skills (IRT Module 9)
- Engagement – more frequent shorter sessions – therefore maintaining engagement
- Symptom assessment – Can be challenging; consider using specific assessment (eg. PHQ-9, GAD-7)

IRT Specific Modules Suggestions

Module 1 – Relaxed Breathing

- Clinician can demonstrate and practice this skill over the phone or video

Module 2 – Strengths Test/Goal Planning sheet

- Complete test together, review top 5 and make a plan to use one or more to cope during this time
- Help to set a meaningful goal during this time, focus on STG

Module 3 – Psychosis Education and Coping with Stress

- Consider having the youth and family do the psychosis education sessions together, involve physician or family clinician where possible
- Review signs and symptoms of stress

Module 4 – Relapse Prevention Plan/Wellness Plan

- Review Early Warning signs
- Review previous plans and update
- Discuss in context of COVID
- Review signs and symptoms of stress

IRT Specific Modules Suggestions

Module 5 & 8 – 5 Steps of Cognitive Restructuring

- Helpful for anxiety, worries, depression and other negative feelings
- Can review or teach as a new skills (explain cognitive triangle, and common styles of thinking)
- Clinician can demonstrate and practice this skill over the phone or video

Module 6 & 14 – Developing Resiliency

- Can be used if people are feeling more bored or even depressed

Module 9 – Coping with Symptoms

- Depression, anxiety, hallucinations, low energy, sleep problems, worrisome thoughts
- Set weekly goals to practice the coping strategies – check back regarding this at home practice
- Checklist in this module to help patients identify the distressing symptoms

Module 10 – Substance Use – Dealing with Boredom

- Review suggestions in the handout re: Environmental Cues and Boredom or Nothing to Do

IRT Specific Modules Suggestions

Module 11 – Adding structure & Enjoyable Activities to Your day/Having Fun

- Review the previously enjoyable activity checklist – explore how these might be revived and/or adapted for home participation

Module 11 – Relationships/Family and Housemate Dynamics

- Discuss and practice the skills in this module
- Showing interested in others, conversations skills
- Assertiveness and expressing yourself

Module 13 – Increasing Physical Activity/Getting more Active, Adding Structure

- Review topic of getting more active; review the handout together
- Explore practical ways at home to be more active
- Set a goal; put the activity into a schedule for next week – follow up with at home practice

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Supported Employment and Education

SEE During COVID-19: School

- Supporting students transition to studying from home
- Completing accommodation paper work
- Activity scheduling
- Free online courses : MOOCS
- Free resources: Khan Academy

SEE During COVID-19: Employment

- Some industries seem to be less affected:
 - grocery stores
 - software development
- Employment readiness skills:
 - interview prep
 - resume development

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Family Education

Ideas for Working Remotely

- Just the Facts – Facts About Psychosis
- Just the Facts – Coping with Stress
- Sending new family members handouts prior to the sessions
- Sending the online courses about Psychosis
- Discussion to create and individual plan to cope with stress
- Send links to family members as required (yoga, mindfulness meditation, relaxation strategies etc.)

Just the Facts: Relapse Prevention

- Discuss how symptoms may be impacted by COVID:
 - relapse prevention plan with patient and understand the family role
- Send family members the online course:
 - “Empowering families affected by Substances”
 - If needed, discuss the content with them

Just the Facts: Effective Communication

- Improving communication skills at home
 - Practical examples of current communication difficulties due to COVID
- Discuss the importance of having and giving space to all family members
- Discuss the importance of choosing your battles
- Set a goal over the week
 - Follow-up with at home practice

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Prescribers & Physicians

NAVIGATing COVID-19: Prescriber

- Medications:
 - Prescription duration & refills
 - LAIs
 - Clozapine – bloodwork monitoring frequency
(Siskind, et al Apr 2020 J Psychiatry Neurosci)
 - Assessing for adverse effects: AIMS, BARS, SAS

NAVIGATing COVID-19: Prescriber

- Mental Health Act
 - Form 1
 - Form 2:

https://www.attorneygeneral.jus.gov.on.ca/english/courts/Court_Addresses/

- Standardized Assessments: BPRS, etc.
- Risk: in-person vs. remote assessments

NAVIGATing COVID-19: Prescriber

- Technology: Rapid move to remote assessments
 - OTN
 - Non-OTN (Webex, Zoom, etc.)
 - Telephone
- Wi-Fi/Connectivity Issues
- Accessibility
- “Office” space

Thank You

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