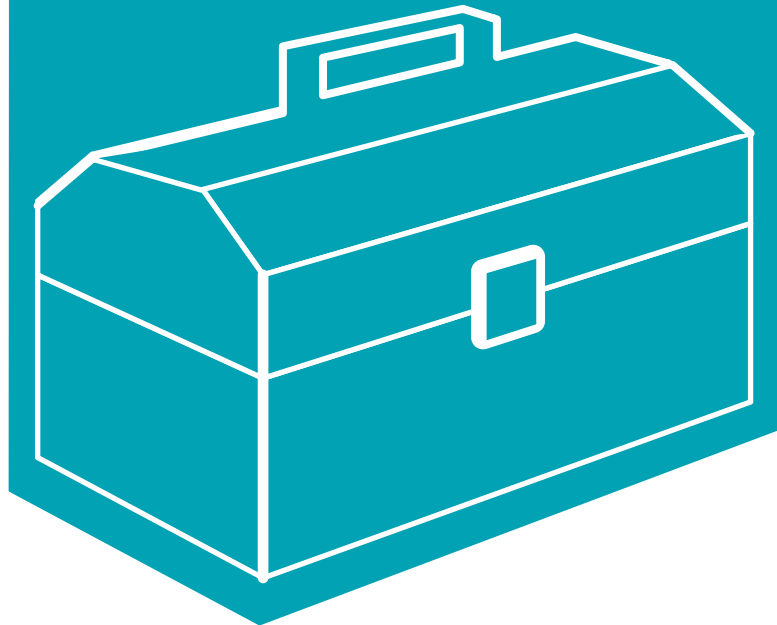


the early psychosis declaration  
**self-assessment**  
**TOOLKIT**

**Ordinary Lives...**  
**Early Intervention and Recovery for all**  
**Young People with Early Psychosis**



**A Toolkit for Early Intervention Services, Clinical  
leads, Commissioners and others**

**Designed to help plan the partnerships and  
alliances required at a local level to create health  
improvement for those with emerging psychosis  
and their families**



***National Institute for  
Mental Health in England***

# the early psychosis declaration self-assessment TOOLKIT

## What is the Early Psychosis Declaration?

The Early Psychosis Declaration (EPD) is a consensus about the standards of care that those developing early psychosis and their families should expect. First formed by some key people from across the UK with a special interest in early psychosis, the consensus gained the support of the World Health Organisation (WHO) and the International Early Psychosis Association (IEPA) with the ambition to:

- Establish a clear vision, some core values and some actions required to achieve early intervention and recovery for all young people experiencing psychosis.
- Raise expectations from young people experiencing psychosis and their families that will influence the development of better services.
- Provide a framework for enabling those young people and their families to work alongside practitioners and services to:
  - Acknowledge the key shared concerns
  - Develop a set of jointly agreed, valued and measurable goals
  - Jointly commit to a set of strategic actions to achieve these goals
- Attract and encourage practitioners from a wide range of health, social, educational and employment services to think about how they can better contribute to supporting these young people and their families.

## What is it?

The EPD toolkit is a strategic planning tool which offers a practical way to implement the declaration at a local level. It is particularly relevant to partnership working across a wide health and social economy. We hope the adoption of these standards will provide a framework for services to measure their success against.

## Why have a toolkit?

We have set out the standards of the EPD as a matrix to help services think about what can be done. By allowing services to benchmark themselves against an agreed framework it enables a more systematic approach towards achieving the aspirations of the declaration.

## Who is it intended for?

It is particularly intended for local:

- EI teams / services / networks
- Commissioners
- Local partnership groupings of health, social care, local authority and voluntary sector agencies

## How can the EPD toolkit help?

- It provides a practical tool for assessing the effectiveness of local partnership working between agencies at a strategic level relevant to this client group
- By creating a simple visual matrix, you can provide a snapshot of local provision, assessed against the standards of the EPD
- It allows you to build a strengths and weaknesses profile of local activities and resources across a whole community which support these young people and their families
- It allows you to produce with partnership agencies an integrated strategic implementation plan and then monitor progress towards agreed objectives.
- It lets you compare with other services your progress towards achieving the ambitions of the EPD, and thus creates a basis for learning and sharing with other services what works and what does not

## What are the benefits of using the EPD toolkit?

- It will help you contextualise the 'health objectives' of your organisation to the wider objectives of building recovery and optimism for this client group
- It will encourage you to assess new opportunities for partnerships and alliances beyond health
- It will help define the things that need to be done to move local services on from simply 'providing for illness' to ones which 'provide for health'
- It will help you encourage a much broader 'community of interest'

## What others have said about the toolkit?

*"I have used the self assessment toolkit with developing early intervention teams across the West midlands as part of team development days. It enables teams to focus upon what they are already doing as good practice as well as being a simple tool to plan next stage developments with clear timeframes for the whole team so everyone is involved in the development to foster real ownership. The traffic light structure allows developing teams to work towards the goals in a progressive manner and very easily see where the development needs to be focussed and when"*

Mark Rayne.

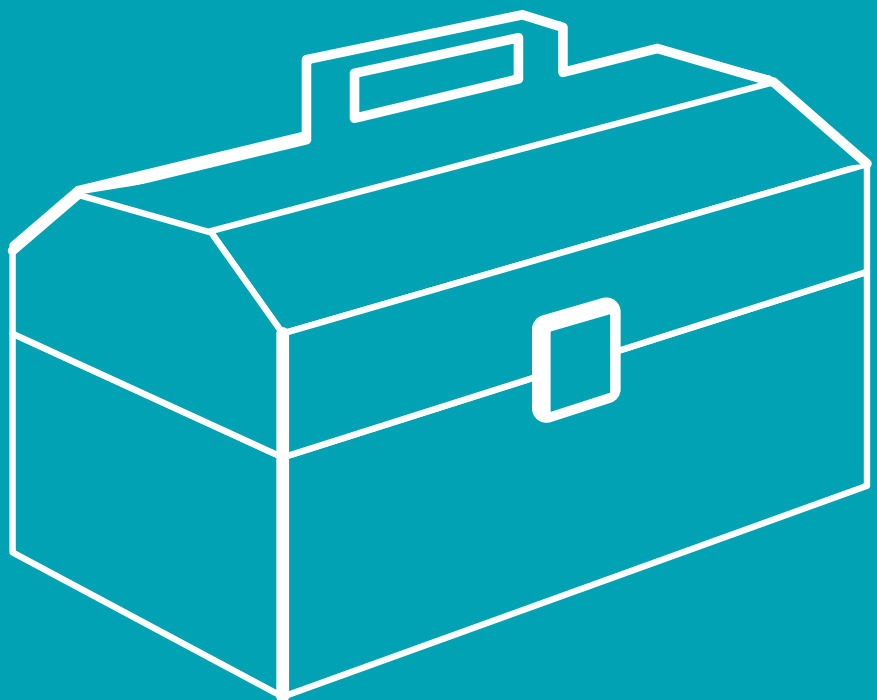
## Finding your way round the toolkit:

As you look at the self assessment document, the first columns you see refer to the desirable outcomes. These columns includes outcomes and recommendations from two documents- the World Health Organisation consensus statement on early intervention in psychosis and secondly, the Early Psychosis Declaration document. These are outcomes to aspire to as a developing EI team.

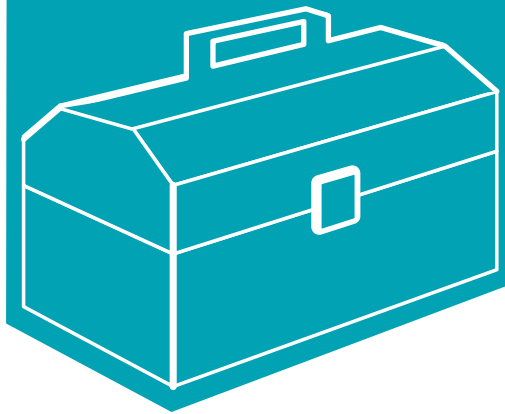
The next columns allow you to explore where you are now, as demonstrable evidence against these outcomes. You can tick those that you know you have achieved, and for those you need to develop you can see by the traffic light indicators, which are low, medium and high in resource and efficacy to the desired outcome to develop.

The next columns refer to your teams personal action plan to achieve the desirable outcomes including the action required, who will be involved, what will be different and how it will be measured.

The co-authors of this toolkit have been Paul French, Mark Rayne, Jo Smith and David Shiers who have contributed equally to its development.



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**References:**

- Early intervention and recovery for young people with early psychosis: consensus statement<sup>1\*</sup> (2005), J. Bertolote and P. McGorry on behalf of the WHO and the IEPA; Special Article from paper presented at the Third International Early Psychosis Conference British Journal of Psychiatry 187 (suppl . 48), s116 ^ s119
- UK Newcastle Declaration (2002) IRIS (Initiative to Reduce the Impact of Schizophrenia) and further developed with the support of Rethink and the National Institute for Mental Health in England. [www.rethink.org/newcastledeclaration](http://www.rethink.org/newcastledeclaration)

**Acknowledgements:**

We thank members of IRIS, Professor Pat McGorry (IEPA) and Dr Jose Bertolote (WHO) for their work in developing the EPD consensus statement, and Rowan Purdy (CSIP National Knowledge Management Lead) for the idea of developing a self-assessment matrix.

**Funding:**

CSIP's Regional Development Centres have generously funded the development of this toolkit

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- Initiative to Reduce the Impact of Schizophrenia (IRIS)
- NIMHE/Rethink National Early Intervention Programme

Details of the EPD can be found on the website:  
[www.rethink.org/earlyintervention/index.htm](http://www.rethink.org/earlyintervention/index.htm)

Visit the NIMHE Early Intervention in Psychosis Knowledge Community on:  
<http://kc.nimhe.org.uk/index.cfm?fuseaction=Group.viewGroup&intGroupID=99>

To sign up to the Early Psychosis Declaration visit:  
[www.iris-initiative.org](http://www.iris-initiative.org)