

Core components of EIP

Early detection and assessment

- Detecting psychosis at the earliest possible stage
- Comprehensive assessment, involving all professional groups, client, family and friends
- Working with diagnostic uncertainty

Pharmacological treatment

- Management of symptoms should be in accordance with National Institute for Clinical Excellence guidelines
- Routine monitoring for side effects and prompt action taken to alleviate the unwanted effects of treatment

Care coordination

- Key workers must be allocated rapidly and, where necessary, adopt assertive engagement approaches
- Care plans need to be focused on recovery, with an emphasis on empowering the client

Co-morbidity

- There needs to be specific and ongoing assessment and planning for anxiety disorders, depression, suicidality and alcohol/substance use and misuse

Basics

- Proper attention must be given to housing, income/finance, physical health and practical support

Psychosocial interventions

- Young people's personal and social developments needs must be recognised and addressed
- Psycho-education should be provided to clients, families and carers
- Families should receive support and training
- Strategies for preventing relapse are required
- Cognitive behavioural therapy (CBT) should be available

Education and occupation

- All clients should undertake vocational assessment
- Clients need to be supported into employment, education or other valued occupations within normal environments

Acute care

- Wherever possible, acute and crisis care should be provided at home
- Care away from home should be provided in suitable, safe, age-appropriate environments, which are not unnecessarily restrictive
- The use of the Mental Health Act should be avoided wherever possible

Style

- Embracing and promoting optimism about recovery
- Sensitive to individual needs relating to culture, gender, age etc
- Accessible, acceptable and engaging

Partnerships

- The service needs to be designed and delivered in partnership with many agencies, including primary care, social services, schools and colleges, youth organisations and criminal justice services