

## ABOUT EPION

The Early Psychosis Intervention Ontario Network (EPION) is a network of specialized service providers, clients, and their families. Our goal is to provide early treatment and support to all Ontarians dealing with psychosis.

## EXECUTIVE COMMITTEE 2014

### CO-CHAIR:

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# EPION UPDATE

ISSUE 3: OCTOBER 2014

## Standards Implementation Steering Committee (SISC)

### The SISC Mandate

Our SISC was established to support EPION programs with implementation of the EPI Standards published by the Ministry of Health and Long Term Care (MOHLTC) in March of 2011 [http://www.health.gov.on.ca/english/providers/pub/mental/epi\\_program\\_standards.pdf](http://www.health.gov.on.ca/english/providers/pub/mental/epi_program_standards.pdf). Our mandate is to “work collaboratively to develop an implementation, monitoring and evaluation plan for the EPI program standards. It will develop program performance measures as well as expected client outcomes, both of which will be essential for monitoring the implementation of the standards.” Our membership includes representatives from EPION, the LHINs, MOHLTC, the Centre for Addiction and Mental

Health (CAMH), a family member, and an alumnus of an EPI program.

### Progress to Date

The SISC has reached an exciting stage: near completion of our surveys about how EPION programs are currently addressing the EPI Standards, identifying gaps, strengths, system issues and opportunities. To accomplish this we conducted two very detailed surveys, with participation rates of 96% in Survey 1, and 100% in Survey 2 – almost unheard of - congratulations! The rich data we collected have given us a comprehensive picture of how programs have had some great successes and also confronted some significant challenges. Clear themes have emerged across the province,

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## EPION Think Tanks Update

### 1. Family Think Tank

Final preparations are being made for the Family Work Think Tank on November 4-5. We are excited about the agenda, which includes panel discussions about family work from a wide representation of EPI models in Ontario. We will share models of care, evaluation and perspectives. We will also produce helpful resources for front-line family service providers, family members and program managers. There are almost 90 participants registered, including family members. We look forward to welcoming everyone to Toronto.

### 2. Networking Think Tank

We are in the process of securing a venue for the last week in January/early February 2015 for this Think Tank. The goal is to bring together all the working groups in a face-to-face knowledge exchange workshop that

will include program decision-makers and provincial policy-makers. We will be inviting all members of each of the EPION working groups, and Mental Health Leads in each of the 14 LHINs to participate. Please save the date!

### 3. EPION Network Conference

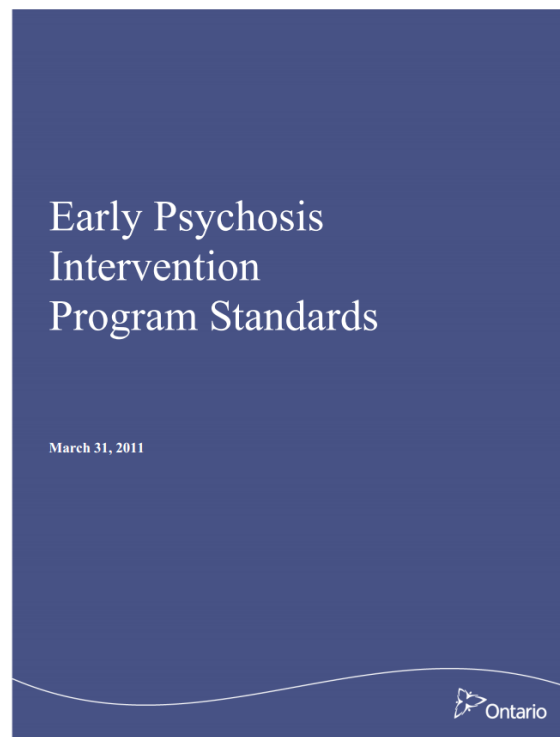
In late October/early November 2015, we will once again hold our large EPION Network Conference. The goal is to bring together our provincial network to celebrate 10 years' of annualized funding, and plan for the next 10 years. We are thrilled that both Dr. Patrick McGorry and Dr. David Shiers have agreed to be the conference key note speakers. Our conference planning committee has been struck, and we are grateful to note that Milinda Alexander has agreed to chair this committee once again. Please save the date!

## Standards Implementation Steering Committee (continued)

indicating where program efficiencies or additional supports from host agencies, or from EPION, or the LHINS, can help to improve our capacity to fully implement the Standards. Our first report, Survey 1, addresses EPI Standards 1 through 6. Our second report, Survey 2, addressing Standards 7 through 13, will be published early in 2015. Together these reports provide a valuable evidence base for next steps.

### Next Steps

The SISC is now shifting to foster full implementation of the EPI standards through the use of various tools and supports at the service provider level, and helping to develop a formal structure that will monitor and evaluate performance and outcome measures through collaboration and dialogue between MOHLTC, LHINs, EPION, CAMH & EPI programs. Towards this end, the SISC is intensifying our relationships with both CAMH and the LHINs. The CAMH Knowledge Exchange (KE) team will assist with the extremely important translation of the knowledge we have accumulated into useful strategies. Strong leadership by three of the LHINs Mental Health and Addictions Leads will assist the SISC to develop accountability measures and structures to demonstrate to ourselves and our funders that clients and families are receiving the best possible care in consistent evidence-based EPI services across the province.



## Public Education and Outreach

### 1. EPION Website redesign

Thank you to all who participated in the online survey about the EPION website. We received very useful feedback. There were common issues identified (e.g., need up-to-date resources, need the website to be more interactive, requests for the appearance and graphics to have a more professional look). We are changing the map to be more interactive and geographically accurate with respect to names of cities/towns within each LHIN and where EPI programs are located. We are looking at revamping the public website and will use this feedback to make more user-friendly.

### 2. URL Name Change

The website survey also revealed confusion over the website URL (i.e., [www.epion.ca](http://www.epion.ca)) because many do not know what "EPION" is, and it is not a usual search term used to search for

early intervention services. Karen Hicks has proposed changing the URL to something that will be picked up by more search engines (e.g., [psychosisontario.ca](http://psychosisontario.ca), [psychosisinfo.ca](http://psychosisinfo.ca), [whatispsychosis.ca](http://whatispsychosis.ca)). This new URL would still be linked to [www.epion.ca](http://www.epion.ca), and hopefully make it easier to find EPION. We would like to hear from anyone that has a linguistics background that may be able to suggest helpful search terms from youth and family perspective.

### 3. Education – Members Website

A private webpage for EPION managers has been created on EENet. This private forum is a space for managers to post questions and provide content that is specific to managers. The forum is also a space to house information that might normally be shared via email. For example, we will post minutes, job descriptions, and other information

that managers need. This would eliminate emailing attachments. Questions that get asked via email, can be posted so all members benefit from responses. Our goal is to have a dynamic forum that people visit and are active participants. Angela Yip (our Knowledge Broker from CAMH EENet) will help us moderate this space. The forum is currently a private space just for managers; if successful, we will be expanding to other groups in the future. We are also encouraging all EPION members to visit and sign up for EENet connect.

*The Public Education and Outreach Working Group is still looking for interested members/front-line staff. If you are interested in helping out with the website update and redesign, please contact Karen Hicks directly.*

# Communities of Interest (COI)

In 2012, EPION recognized there were key partners missing in our EPI network; we wanted to strengthen our partnership with the education sector to build capacity to detect and facilitate access to EPI services. We received funding through EENet, for two years, 2012-2014. This year EPION has absorbed the costs to continue the work.

## Completed Projects

### 1. Infographics

Infographics were developed translated into English, French, Italian, Spanish, and Mandarin. Translation into Punjabi and Portuguese is in process.



### 2. EPI Education Powerpoint

Development of a basic education powerpoint about EPI that will be used as an public education tool across various agencies within the education sector.

## Other Projects

### 1. School Mental Health ASSIST

#### a) Workshop

On October 23, 2014, members of EPION presented a workshop to mental health leaders, focusing on education about psychosis to use with their mental health teams. One of our key learnings was that all boards operate differently and have varying supports available; therefore ASSIST is developing best practice strategies.

#### b) Online learning module

A separate online module will be developed primarily for front-line mental health professionals in the schools.

### 2. Centre for Innovation in Campus Mental Health

EPION presented a webinar on September 25, 2014, primarily for counseling, accessibility services, and health services staff. The focus was to provide education to promote early detection and facilitation of access to EPI services, and how to partner with local EPI services, and how to reintegrate back into campus

life/classroom, with attention to specific accommodations. Aedan Shaughnessy also spoke about his lived experience of what has worked and not worked for him in the College/University environment.

### 3. Ministry of Education (MoE) – Supporting Minds

MoE developed a mental health resource document that is in every school board; it is a practical guide for teachers and others with immediate contact with students. The first edition of Supporting Minds did not mention psychosis. Therefore, the Col created a draft chapter on psychosis and submitted to the MoE. This chapter will be reviewed by early next year to be included in the next edition

### 4. 8<sup>th</sup> World Congress on the Promotion of Mental Health & the Prevention of Mental Health and Behavioural Disorders, London, England - September 2014

Gretchen Conrad presented specifically on the work of the Col and our collaborations over our two year history.

# Metabolic/Research Group

For this year, the metabolic and research working groups have decided to combine the two groups because currently they share the same mandate, and the list of members for both groups was almost identical. The group meets monthly with an alternating discussion between metabolic and research focus.

### 1. Research interests

A survey will be sent out to all the managers of EPI programs across EPION. The intent of the survey is to get a sense of which programs are interested in being involved with EPI-related research, and the extent or capacity of each program to conduct research. This will assist EPION leadership when research requests are

received to access EPION member programs, we will know how to respond, and how widely to distribute the requests across EPION.

### 2. Metabolic monitoring project for 2014-2015

The working group will be deciding one (out of three possible) projects for this year:

- a) metabolic monitoring guidelines (i.e., one page flowchart) that was featured at the Metabolic Monitoring Think Tank
- b) development/helping programs integrate the TREAT (e-tool) into their care path and
- c) collecting metabolic data and monitoring data across the province.



## General Updates

### 1. Membership Coordinator

We are very excited to announce that our Membership Coordinator, Sara McAuley will be taking a one year maternity leave in November 2014. We will miss her and wish her and her new baby well. During her absence, Dr. Mary Marquardt, from the Ottawa On Track program has graciously agreed to step into the Membership Coordinator role on the EPION executive.

### 2. International Early Psychosis Association (IEPA) Conference. Tokyo, Japan. (Nov 2014)

We were fortunate this year to have all four of our EPION abstracts submitted to the IEPA conference accepted as poster presentations. The title and authors are listed below for your information. After November, copies of the posters can be made available to the EPION membership. Feel free to contact the first author if you want more information.

Cheng, Chiachen; Conrad, Gretchen; Ford, Catherine; Langill, Gord; O'Connor, Karen; Bedard, Terry; Hobbs, Heather. *Evolution of a Provincial network: How Ontario's early psychosis intervention grassroots grew.*

Durbin, Janet; Hierlihy, Deborah; Langill, Gord; Ford, Catherine; O'Connor, Karen; Conrad, Gretchen; Cheng, Chiachen. *From Provincial standards to program improvement: EPION's Cross Sector Collaboration.*

Conrad, Gretchen; Cheng, Chiachen; Bedard, Terry; Bromley, Sarah; Porto, Mary-Lynn; Karioja, Kim; Lem, Carole; Shaughnessy, Aedan; Short, Kathy; Willinsky, Catherine. *Bridging the gap between mental health and education: the development of a successful collaboration.*

Durbin, Janet; Selick, Avra; Langill, Gord; Cheng, Chiachen. *Standards implementation and systems change: Phase two in Ontario's early psychosis intervention.*

### 3. Partnership with CAMH

In 2012 after almost 8 years as a grassroots organization, dependant on volunteers, rotating through host organizations, EPION found a home at CAMH. Ms. Nandini Saxena (Manager of Knowledge Exchange in the Provincial System Support Program at CAMH) has been our main go-to-person at CAMH helping us forge ahead with this new partnership between CAMH and EPION. CAMH provides support for EPION through expertise with knowledge exchange, research or evaluation, accounting/management of budget, and reporting to MOHLTC. Decision-making still rests with EPION. Nandini has been meeting regularly with EPION leadership to provide support. EPION members are also encouraged to check-out EENet's online community ([www.eenetconnect.ca](http://www.eenetconnect.ca)) for resources available.

### 4. Next EPION General Meeting

Our Next meeting will be Friday December 12<sup>th</sup>, 2014 at **9:30 am** (pls note earlier start time). The venue will be at **CMHA Toronto 700 Lawrence Ave West** (please note different location).