



EARLY PSYCHOSIS INTERVENTION  
ONTARIO NETWORK

# EPION Update

NEWSLETTER #6 | SEPTEMBER 2016

## EPION THINK TANK MAY 2016

From EPI Clinical Practice to  
Evaluation & Monitoring

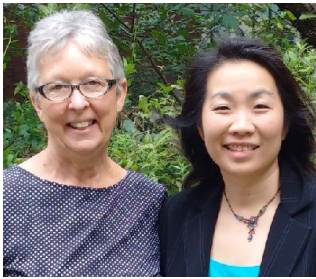
## METABOLIC MONITORING

In May, EPION hosted a  
one-day symposium.

## COMMUNITY OF INTEREST

Conferences, presentations,  
and infographic resources.

## FROM THE DESKS OF THE CO-CHAIRS



Each week at a regular time, through the wonders of technology, the EPION executive meets in conference call. This call includes the two Co-Chairs in Thunder Bay and Hamilton respectively and the Membership Coordinator. Until recently the Membership Coordinator was Mary Marquardt in Ottawa. However, Mary recently stepped down and Sarah Bromley in Toronto has assumed this role. \*Nandini Saxena, CAMH Manager of Knowledge Exchange, joins the call every other week, and Rosemary Feeney, our invaluable acting Administrative Assistant joins for the last part of each call. After each call, of course, there is always some form of follow-up and things to do.

Once a month, the Chairs of the five working groups also meet in a separate conference call to ensure that decisions and plans are being followed through on.

## Changes to EPION leadership

Until spring 2016, Terry Bedard from Regional Early Intervention in Psychosis in North Bay was also on the weekly call, offering valuable knowledge, experience and archival memory. Terry officially stepped down from her role as co-chair in January 2016. But until mid-May, she continued to work behind the scenes.

We are so grateful for Terry's strong and wise leadership over the years, her hard work and everything she accomplished. We already miss her voice and her presence, but wish her all the very best in her retirement.

We're also very sad to announce that Mary Marquardt has to step down from the executive due to staffing changes at the On-Track program. She took on the role in 2014 with diligence and commitment. We want to thank Mary for all her hard work with EPION and hope that this is "see you later" rather than "good-bye".

We look forward to our next network meeting, scheduled for September 15, 2016. In the meantime, we are always happy to hear from you if you have ideas or want to volunteer for any part of the EPION work. Perhaps you would like to serve on one of the working groups. You have only to let us know!

EPION Co-Chairs,  
*Heather Hobbs & Chi Cheng*



## IN OTHER NEWS

We're excited to inform you that the Association of Ontario Health Centres has accepted our submission of a conference presentation for its annual conference in June 2016. The topic of this presentation is a metabolic monitoring resource called, "Improving Health Equity: Appropriate Physical Health Care for People with Serious Mental Illness."

We've also established a connection between EPION programs and Mood Walks, a program led by CMHA Ontario. Eleven EPI programs are now participating in Mood Walks. And we're working to set up a common database to evaluate outcomes for EPI programs involved in the program in Ontario.



## METABOLIC MONITORING



In May, EPION hosted the one-day symposium, “Keeping the Body in Mind, in Youth with Psychosis. Improving Health Outcomes in Youth with First Episode Psychosis.” This event had 75 participants for the in-person session and 50 for the webinar portion.

The symposium was organized and framed by knowledge exchange principles, such as use of World Café to structure group discussions, as well as development and sharing of user-friendly knowledge products).

International experts on managing weight gain, metabolic syndrome, and diabetes in persons receiving early psychosis intervention services shared their expertise with participants.

### Results from the 22 in-person participants who responded to the evaluation survey show:

**100%**

indicated they had learned quite a bit or a great deal about the need for early, regular metabolic monitoring and lifestyle approaches to preserve physical/mental health and wellbeing in people with psychosis.

**100%**

said they had a better understanding of metabolic monitoring in youth with psychosis, and of the tools and approaches used after attending the symposium.

**95%**

said they will be able to apply what they learned in their work.

**100%**

said they plan to share what they learned with others in their workplace.

**95%**

said the symposium provided an opportunity for meaningful collaboration

**96%**

of respondents were very satisfied with the symposium

Five metabolic monitoring tools were shared during the event and online through the EENet website and EENet Connect:

- Cardio metabolic risk management tool
- Risk factors
- Metabolic syndrome screening tool
- Lifestyle changes
- Cardio metabolic risk management postcard

These resources are available for download as needed. Hard copies are available on request for those without colour printers.

Metabolic monitoring resources were also shared with ten family physicians in Hamilton and Ottawa. Feedback on their utility was positive. It was suggested that we explore the feasibility of linking the resources with electronic medical records. We have not been able to further pilot these resources, as metabolic management in individuals receiving early psychosis intervention (EPI) differs across the programs.



## OUR COMMUNITY OF INTEREST (CoI)

The EPION CoI continues to provide capacity building to enhance our partners' ability for early detection of young people experiencing, or at risk of developing, psychosis. We also are developing knowledge exchange resources for this purpose.

## Conferences & presentations

- Poster and presentation: "An Update About a Successful Provincial Collaboration Between Mental Health and Education Sectors." Canadian International Conference on Education (Mississauga, June 2015).
- Campus Community Connections Toolkit. These two vignettes presented university students experiencing psychosis and pathways to care, including coordination of services on and off-campus. Centre for Innovation in Campus Mental Health (CICMH) Conference (Toronto, June 2015) display booth to showcase CoI knowledge exchange resources (e.g. webinar, poster, infographics). The poster presentation was also shared at the Children's Mental Health Ontario Conference (November 2015).
- Conference abstract submitted and accepted for the upcoming Association of Family Health Teams Ontario (AFHTO) 2016 Conference. Abstract title: "Psychosis – What You Need to Know & Where to Find Help."

The CoI continues to explore how to best partner with family physicians at the provincial level, to build their capacity in early detection of psychosis and facilitate access to services. A consultation on this topic was conducted with our members at our network meeting.

We also drafted an information sheet titled, "Emerging Psychosis and Young People – What Family Physicians Need to Know" and a generic fillable letter template for clinics to send out to general practitioners.

We've also developed new infographics to build the capacity of those interacting or living with individuals experiencing psychosis or those at risk of developing psychosis. These resources aim to promote early detection and facilitate access to early psychosis intervention services to improve recovery outcomes and functionality. The infographics were shared through EENet communication vehicles. The infographics are:

["Myths and Facts of Psychosis."](#)

["What Can Educators Do?"](#)

["Anatomy of First Episode Psychosis"](#)

*(translated into Punjabi).*

["What is Psychosis"](#)

*(translated into Punjabi).*



## RESEARCH GROUP

EPION developed and submitted research proposals on monitoring fidelity of EPION to the 2011 MOHLTC Early Psychosis Intervention Standards to the Canadian Institutes of Health Research (CIHR) and the Health Systems Research Fund (HSRF).

The MOHLTC was identified as a knowledge user on each of the submissions. Notification of CIHR competition results are expected after June, 2016.

These proposals were submitted in collaboration with the SISC working group.

Unfortunately, the HSRF research program fund was cancelled for this fiscal year; content of the proposal is available for submission for other research funding calls.

The SISC is now focusing on client tools developed by the metabolic monitoring working group.

The literature search on the use of electronic medical health record software to collect incidence data on metabolic disturbances is completed.



## STANDARDS IMPLEMENTATION STEERING COMMITTEE (SISC)

### Survey

The second EPI Program Standards survey was completed and a report was released at the end of July 2015. The report was posted on the EENet website along with an executive summary, main messages, research round-up, and network-specific reports.

The full report and network-specific reports were sent to each EPI programs, as well as to Local Health Integration Network (LHIN) mental health and addictions (MH/A) leads and the Ministry of Health and Long-Term Care (MOHLTC). The results were also presented to LHIN MH/A Leads in June 2015.

The SISC also held a webinar on September 10, 2015, with 53 participants across the province.

We gave two presentations about our survey results at the fall 2015 EPION knowledge exchange conference. Conference topics included expanding reach through program networks and health equity.

Our SISC also reached out to program networks and their corresponding LHIN leads to schedule meetings to review their results, dialogue and identify follow-up opportunities.

### Performance monitoring

The SISC held meetings with program networks and their corresponding LHIN leads to review survey results, with specific focus on current data collection and use, and possible performance measures for quality monitoring. Twelve meetings were held, 11 with a LHIN lead in attendance.

We also completed an environmental scan of provincial data sources relevant to the EPI sector, quality monitoring, and other provincial quality improvement work.

And we combined feedback from the surveys, meetings, and context review in a summary report that includes options for next steps in improvement work (for sector feedback),

OAC data, and investigation of quality indicators.



## PUBLIC EDUCATION AND OUTREACH

In March, 2016, we launched the new EPION website [www.help4psychosis.ca](http://www.help4psychosis.ca). This new site is more user-friendly and incorporates stakeholder feedback.

We also launched the EPION forum on EENet Connect in May 2015. This digital space will allow us to share resources and online conversations. As of March, 31, 2016, there were 93 EPION members in this online community and they had posted 32 entries. Sign up at [www.eenetconnect.ca](http://www.eenetconnect.ca) so you, too, can participate in this exciting online space!

**Our EPI-related discussions and resources on EENet Connect have focused on the following topics:**

**“What’s hot and what’s not: talking about substance use with youth”**

*By Eric Horlings, Ami Edwards, and Marshall Bator*

**The 2015 EPION Conference workshop presentation**

*By Dr. David Shiers*

**Trends in early psychosis service and relevant research**

*By Ashok Malla.*

**Youth mental health**

*By Dr. Patrick McGorry.*

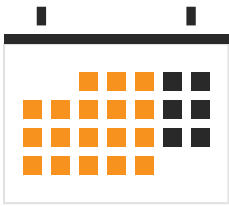
**What can educators do to help a student with psychosis?**

**Myths and facts of psychosis.**

**What is psychosis?**

*(translated into English, Mandarin, Punjabi, Portuguese, Spanish, French, and Italian)*

## EPION EVENTS FROM JULY 2015-JUNE 2016



EPION has hosted a series of events since the last newsletter, including a webinar to highlight the work of the SISC, the 10th anniversary conference and pre-conference, and a think tank on evaluation and monitoring. We also gave presentations at numerous conferences. Check out the details on these events and links to resources below.

### WEBINAR: Supporting high quality early psychosis intervention in Ontario: What have we learned, where are we going?

With support from EENet, the SISC hosted a webinar to share the results from survey 2. This webinar took place on September 10, and had 53 participants. The presenters also discussed the current state of EPI programs with respect to:

- Staff training and education
- Research, program evaluation and data collection
- Barrier-free service and health equity
- Program networks
- Accountability

Finally, presenters discussed next steps, including exploring what the existing data can tell us about EPI clients and developing a formal structure for monitoring program performance.

For more information and to see the recording and slides, click [here](#).



#### AN EPION THINK TANK

### From EPI Clinical Practice to Evaluation & Monitoring

About 140 program staff, LHIN and ministry reps, persons with lived experience, and family members came together on May 5, 2016, for a think tank.

The event included keynote speakers, Dr. John Kane and Dr. Donald Addington as well as a consultation with persons with lived experience and family members. We also had EPION's version of the Dragon's Den, with pitches focusing on fidelity, performance indicators, and quality improvement (shout out to fidelity for winning the most votes!).

The SISC working group is now looking for a way to further support evaluation in EPI programs. To check out the resources from the event, click [here](#).



# 10<sup>th</sup> Anniversary Conference

On October 14 and 15, more than 300 participants from across Ontario celebrated EPION's 10<sup>th</sup> anniversary of funding from the MOHLTC.

There were plenary sessions and over 45 workshops, highlighting new research and implications for individuals with psychosis, new directions in service delivery, and emerging practices. More than 75 presenters shared their expertise. There were also exhibit booths for each EPION working group to share information about their work.

## Keynote speakers included:

### Dr. Patrick McGorry

*Executive Director of Orygen Youth Health, The National Centre of Excellence in Youth Mental Health, and Professor of Youth Mental Health at University of Melbourne, in Australia.*

### Dr. David Shiers

*A GP and father in the UK who is known internationally as an advocate for reforms in how young people with psychosis are cared for.*

### Dr. Ashok Malla

*Founder and former director of the Prevention and Early Intervention Program for Psychosis at the Douglas Institute; and Professor and Canada Research Chair in Early Psychosis at McGill University, in Montreal.*

Conference keynote presentations are available on EENet Connect [here](#) and reflections from EPION conference committee members are shared [here](#).

There was also a one-day pre-conference event, where 64 participants from across Ontario took part in capacity-building workshops.



## Additional Events

We will also give presentations at:

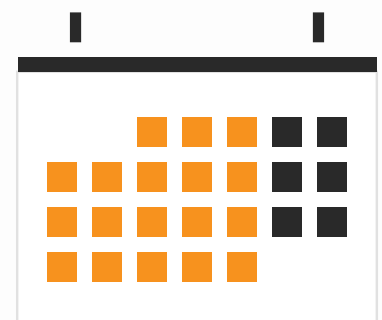
### Association of Family Health Teams Ontario (AFHTO)

*2016 Conference in Toronto.*

### 10th International Conference on Early Intervention in Mental Health

*2016 in Milan, Italy*

Come check out our presentations if you're attending!



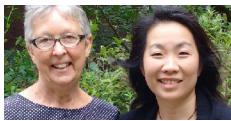


EARLY PSYCHOSIS INTERVENTION  
ONTARIO NETWORK

## 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.

## Meet the team



### Co-Chairs

*Heather Hobbs + Chiachen Cheng*



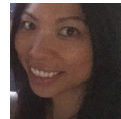
### Manager

*Nandini Saxena*



### Metabolic

*Sharman Robertson*



### Knowledge Broker

*Angela Yip*



### SISC

*Gord Langill*



### Acting Admin Assistant

*Rosemary Feeney*



### Research

*Suzanne Archie*



### COI

*Sarah Bromley*



### Conference Planning Committee

*Milinda Alexander + Sarah Bromley*