

Leeds GP early intervention in psychosis referral pack

Psychosis

Primary care's contribution to reducing the impact in young people

How we can help

- aspire is the Leeds early intervention in psychosis service.
- aspire is commissioned by Leeds PCTs to deliver the national strategy for early intervention in psychosis.
- The aspire team is multidisciplinary, and includes a psychiatrist and psychologist.
- The team provides a range of interventions: CBT, medication, social and employment support.
- The team will deliver assertive care for up to three years.
- The team is designed to work closely with primary care.

You will find in this pack

- An evidence based assessment tool to use in consultations.
- A referral form.
- A handout to give to the person you are referring.
- NB: The last page of this pack uses language to help people engage comfortably when contacting us.

Raised awareness is the key to early intervention

Consider psychosis when a young person presents with

- Persistent changes in functioning, behaviour or personality.
- Changes in affect; anxiety; irritability or depression.
- Cognitive difficulties; poor concentration or memory.
- Changes in thought content, such as preoccupation with new ideas.
- Physical changes; sleep disturbance, lethargy.
- Difficulty maintaining social roles.
- A tendency to become isolated.

How you can help

- A variety of presenting scenarios can make diagnosis difficult
- Ask about possible psychotic symptoms
- Be optimistic - prompt diagnosis and treatment of first episode and early relapse significantly improve prospects of recovery in psychosis.

What do we know?

- The first few years of psychosis are a critical period. The earlier that treatment starts, the better the long term outcome.
- Early identification and treatment leads to significantly improved recovery and outcome of psychosis.
- 80% of first episode patients with psychosis are aged 16 – 30 at onset, with a median age of 19 years in males and 22 in females.
- If treatment of psychosis is delayed longer than 6 months there is three times the risk of relapse in the first two years.
- 85% of people experiencing their first episode will achieve remission on medication.

Don't delay now is the time to act

aspire Referral Form

Criteria: • Age 14 to 35 • Living in Leeds or registered with a GP in Leeds
• Experiencing or possible first episode of psychosis

First name _____ **Last name** _____
Address _____

DOB _____
Tel No _____ **Mobile no** _____
Gender _____ **Disability** _____

Ethnicity	White British	White Irish	White Other	Black/Black British	Asian/Asian British	Dual Heritage	Chinese	Other

Reason for referral (please attach checklist, and give further details here) (Use extra page if required)

GP Name and address _____

Has the person given permission to discuss with carers? **Yes/No/Not asked (please circle)**

Carers details _____

Language needs _____

Current medication

Risk Factors	Yes	No	Comments
Suicide			
Harm to Self			
Harm to others			
Self Neglect			

Referrer Name _____ **Signature** _____

Enclose completed primary care check list for referral (page 3 of this pack) if used. This referral can be **faxed, posted or e-mailed or you can contact the duty desk** (please see details on page 4). Please refer direct to aspire, as referrals which go to other services, e.g. Adult Mental Health or Child and Adolescent Mental Health will be passed on to aspire, causing delay to the treatment. If the person needs urgent care consider crisis services. Please also ring the aspire team for an informal discussion. aspire will contact any people referred within 5 days.

Primary care checklist for referral to aspire

Use this checklist during consultation

CHECKLIST FOR PSYCHOSIS	SCORING	SUGGESTED QUESTIONS
Score 1 point each Spending more time alone Arguing with friends and family The family is concerned Excess use of alcohol Use of street drugs (including cannabis)	_____ _____ _____ _____ _____	<ul style="list-style-type: none"> Do you feel you have turned into a loner or have become less talkative? Do you prefer to spend time alone? Have you started to withdraw from your group of friends. Have you stopped doing things with others? Has anyone said they've been worried about you? Are you unusually irritable or angry or do you find yourself more involved in arguments with relatives and friends? Have you been drinking heavily recently? Have you used any drugs recently? If so, could you give details of what type of drug and when you last used the drug?
Score 2 points each Sleep difficulties Poor appetite Depressive mood Poor concentration Restlessness Tension or nervousness Less pleasure from things	_____ _____ _____ _____ _____ _____ _____	<ul style="list-style-type: none"> How have you been sleeping recently? How have you been eating? Have you felt less like eating than usual? How long for? Have you been feeling low? Have you been feeling anxious or panicky? How long for? Does it happen that different thoughts are getting mixed up in your mind, do you find it difficult to structure your thoughts? Do you feel nervous, restless or tense? Do you feel jumpy, edgy or do others think that you appear this way and have remarked on it? Have you felt less interested in work, study, everyday activities, socialising?
Score 3 points each Feeling people are watching you* Feeling or hearing things that others cannot*	_____ _____	<ul style="list-style-type: none"> Do you have the impression people are watching you or are trying to take advantage of you? At any time could you see, hear, smell or taste things that others could not? Did you sometimes hear noises or voices while on your own?
Score 5 points each Ideas of reference* Odd beliefs* Odd manner of thinking or speech Inappropriate affect Odd behaviour or appearance First degree family history of psychosis plus increased stress or deterioration in functioning*	_____ _____ _____ _____ _____ _____	<ul style="list-style-type: none"> Do you ever feel that events or other people's actions have a special meaning for you? Do you have the feeling others laugh or talk about you? Or do you receive messages? (Ideas of reference) Do you believe anything that other people have found unusual or strange? (odd beliefs) At any time, did you ever experience that people or things in your environment appeared to be changed? Has anyone commented to you recently that you have said unusual or confusing things? Has anyone in your family had a mental illness?
TOTAL		

20 points or more consider referral for assessment. If any items * are scored consider referral even if score is less than 20

Welcome to aspire

➔ **Photocopy this page and give it to the person you are referring** ←

What will you get from aspire?

We'll contact you by phoning you, e-mailing you, texting you or writing to you, depending on what you prefer. Make sure you tell the person who's referring you to us what your preference is.

If you need help straight away you can contact us on the number below. We always try to cover telephones between 12-2 pm and 5-6 pm Monday to Friday although you are welcome to call at other times.

Who is aspire?

aspire is a team of people who work with young people to support them in an informal and flexible way. The team is made up of people from different backgrounds.

What does aspire do?

We want to make you feel comfortable in speaking to us. We're not here to judge you; we're here to help you.

What we do is listen to you and hear your story. We then work out with you how we can help you best. We can offer you confidential support with emotional things and practical things.

When?

We will contact you within five days of knowing that you've agreed to see us.

When we contact you we can give you lots more information about aspire and answer your questions.

Where?

We will meet you wherever suits you best.

How?

You can bring a friend with you if you want to.

It is really important that people get help as early as possible, and we'll do everything we can to give you the support you need.

aspire contact details

Micklethwaite House, 70 Cross Green Lane, Leeds, LS9 0DG

Referrals Tel: 0113 200 9182 (duty hours Monday to Friday 12 noon-2pm and 5-6pm)

General Enquiries Tel: 0113 2009170 Fax : 0113 2493411

e-mail: referrals@commlinks-aspire.co.uk or info@commlinks-aspire.co.uk