Early intervention for psychosis services
An opportunity to promote recovery amid concerns on health care sustainability


Psychosis /ˈsɪθəsɪs/
Is a mental health problem, manifested through eg, schizophrenia, causing people to perceive things differently from those around them. Early intervention in psychosis is a clinical approach to those experiencing symptoms of psychosis for the first time.


Schizophrenia affects 21 million people worldwide. It has a huge impact both on the individual affected, their families and society and is responsible for:

- 0.63% of all Disability Adjusted Life Years (DALYs) a measure of overall disease burden, expressed as the number of years lost due to ill-health, disability or early death.

- 1.92% of all Years Lived with Disability (YLDs) a measure of years lived in a less than ideal state of health.

- 1.1% of national healthcare expenditures.

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Early intervention to support people with psychosis can help to:

- Reduce impact of the condition
- Reduce risk of further (and often more debilitating) episodes
- Increase the chance of better physical health
- ...as well as social and functional outcomes, such as completing education and staying in employment

There is limited availability of early intervention psychosis services across Europe


Key:
- Little or no provision of services
- Some services but limited coverage
- Multiple services available

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FACILITATING SERVICE DEVELOPMENT LOCALLY: 10 RECOMMENDATIONS

Healthcare system change

1. Pilot evaluation of different early interventions models, taking account of different system infrastructure.
2. Encourage collaboration with primary care services.
3. Modify payment mechanisms to encourage development of early interventions services.

Service planning

4. Innovation in planning eg, developing predictive modelling tools.
5. Strengthen and utilise evidence on cost effectiveness of early interventions.

Widening access and coverage

7. Widen service-user access to over 40s and under 18s.
8. Broaden focus of service provision to cover social functioning.
9. Co-locate or host services in less stigmatising surroundings.

Communication

10. Identify champions to raise awareness of evidence demonstrating the effectiveness of early interventions services.

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