

## **The Early Psychosis Declaration is a vision for the future of mental health services where all people work together to make a real difference**

### **Background to the Early Psychosis Declaration** (formerly the Newcastle Declaration)

- At the National Institute for Mental Health in England (NIMHE) launch in Newcastle upon Tyne June 2002: 40 people (service users, family members and expert practitioners) met with representatives from the World Health Organisation (WHO), Rethink and IRIS (Initiative to Reduce the Impact of Schizophrenia) to agree standards of care that those developing early psychosis and their families should expect.
- The Early Psychosis Declaration was formally released by the WHO and International Early Psychosis Association on May 19<sup>th</sup> 2004 at a National Early intervention Conference in Bristol, UK.
- In summing up Dr. Benedetto Saraceno, Director of Mental Health WHO said "*We need committed people, we need good will people, we need*

*grass-roots people, because as indicated in the suggested actions of the Declaration, this is a task for us all, each one with their possibilities and capabilities, but all together, and first of all with service users."*

### **Why is this so important?**

Because you know how difficult it will be for the 7,500 young people who develop psychosis each year in England. They deserve better services that enable them and their families to recover an ordinary life. All of us need education, housing, health, occupation and a social life. So do these young people. The Declaration will promote this understanding on behalf of the 7,500 young people and their families who develop psychosis each year.

### **Why is it so important to families and other key close friends?**

The World Health Organisation estimated that the burden of psychosis borne by a family was only exceeded by quadriplegia and dementia. We know that reaching people early and supporting their families can make a real difference. The Declaration will highlight the importance of Early Intervention Teams engaging with families to enable their relative's recovery and independence.

### **How can this be achieved?**

Understanding the needs of young people with psychosis means that we can identify all services who work with and come into contact with young people. By forging new partnerships and working alliances it will be possible to establish a network of support that will promote recovery and empower these young people and their families to have ordinary lives.

### **What does the Declaration seek to change?**

The Declaration has five simple concerns with corresponding themes for action:

- It will combat stigma, discrimination and prejudice by raising community awareness and educating all 15 year olds about psychosis, alongside their teachers.
- It will seek to reduce the long delays and coercive engagements that many families experience by services working better together and much earlier to meet the specific needs of young people and their families. The Declaration asks for effective treatments to be provided within three months of the start of the

psychosis and after no more than three attempts to seek help.

- It will seek to influence and change factors contributing to social exclusion and unfulfilled lives. The declaration asks that services help individuals to achieve ordinary lives, a home, a job, family life and some friends and that these important markers of recovery are integral to care planning and outcome evaluation.
- It will aim to ensure that families are not alienated and disempowered by encouraging better access to information and education, social, economic, practical and emotional support for families. The declaration asks services to give a meaningful response to families within one week and regard them as partners in care.
- It will encourage professional attitudes that engender hope and optimism for families. To achieve this change the declaration asks that the early detection, care and treatment of young people with psychosis and their families becomes a routine part of the training curricula of all primary (generalist) health and social care

practitioners and that Specialist mental health practitioners should possess advanced skills and knowledge to deliver optimal care for early psychosis.

### How can I help to make this happen?

Find out if you have a local Early Intervention Team - if not - why not? Contact your Early Intervention Team and ask how they intend to support the Early Psychosis Declaration and how they are engaging families. Direct them to the contact details below for more information.

Write to your Primary Care Trust and ask what plans there are for primary care and social care practitioners to be trained in early psychosis.

Contact your local NIMHE development centre and ask how you can be involved in supporting the Early Psychosis Declaration [www.nimhe.org.uk](http://www.nimhe.org.uk)

View the Declaration:

<http://www.rethink.org/newcastledeclaration/>

For further information, contact:

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## The Early Psychosis Declaration

A leaflet produced by Sheena Foster, Carer and Rethink member

### IMAGINE a world where

- ❖ People are respected and valued for their differences and mental illness is understood by all.
- ❖ Treatment is easily accessible, available early and practitioners willingly engage with your concerns. No one loses their dignity.
- ❖ Hospital admissions are rare, people remain in school and at work surrounded by family members who care. Hopes and dreams for the future are fulfilled.
- ❖ Family and friends are informed and enabled to support a person's journey of recovery.
- ❖ Practitioners and community workers see people as individuals and give hope and support to families and friends.

Sounds exciting?

### So what is the Early Psychosis Declaration?