

YOU'RE IN

**The number one recovery focused approach using
a psycho-social-bio approach with young people
experiencing psychosis for the first time**

Developed by:

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Service

Presented by Dr Kate Chapman

Our motto: you matter, we care



Referral



Assessment (CAARMS, KGV, etc)



First episode of psychosis



You're in (so what next!)

The leaflet for young people, family and friends

- Based on the psycho-social-bio understanding of psychosis
- Developed because existing ones were not quite what we wanted
- Designed by Sam, content by Ralph/Kate
- Given to young people and families for feedback

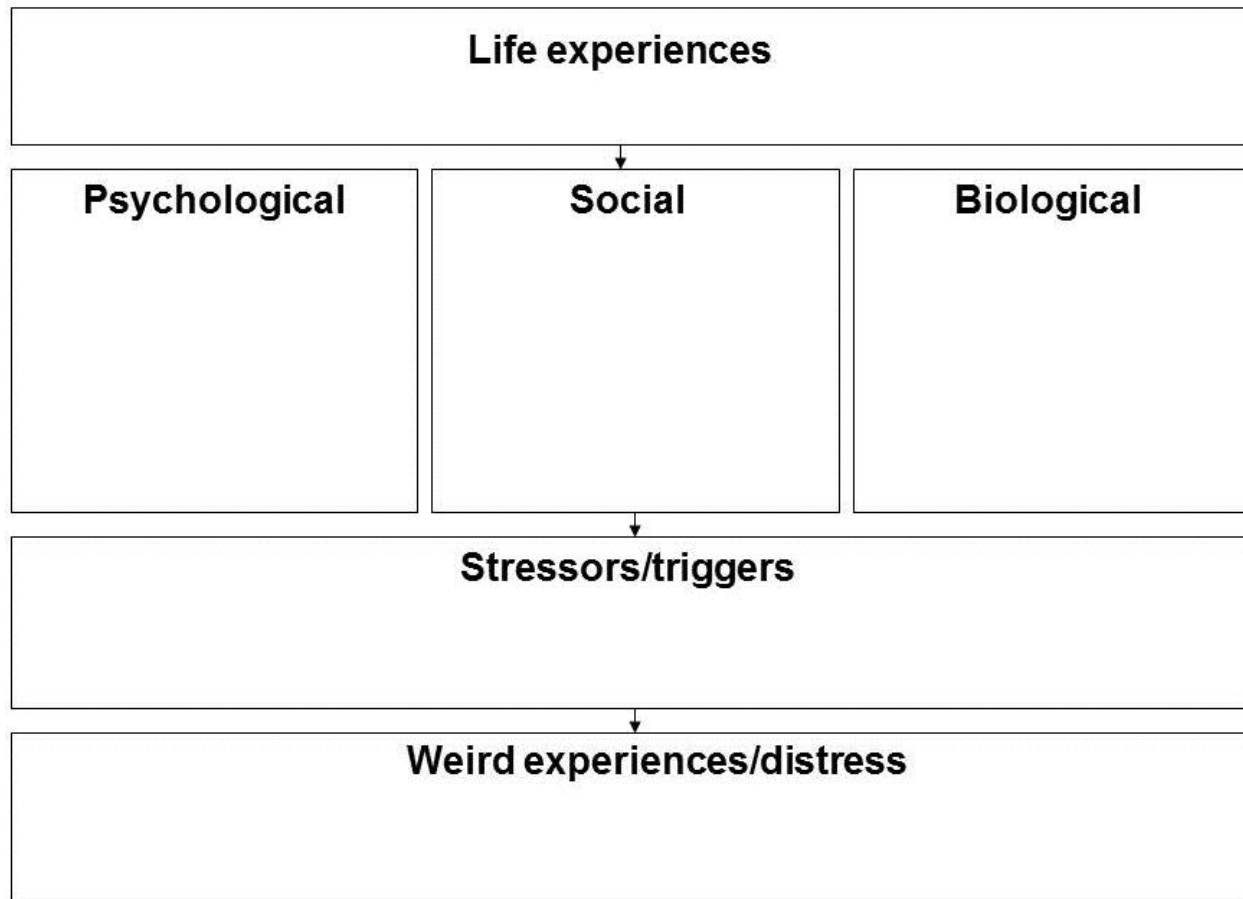
Alternative explanations on the table

- ‘Sounds like a lot of stuff has happened’
- Mental Health Picture
- Introducing alternatives such as ‘Psychosis’, ‘The Threat System’, Theory ‘B’, etc. Having a choice of alternatives is important
- Have ready to use wherever possible/ appropriate, e.g. first contact

Generic formulation/timeline

- Stress vulnerability of why Alternative Explanation (Theory 'B') e.g. My 'Threat System on Red Alert'
- Guides Psycho-Social-Bio Interventions
- E.g. CBT, family work, physical health
- Recovery focused

A generic formulation to help understand why people might develop psychotic experiences



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The bottom line

- ‘Psychosis a meaningful and understandable response to your life circumstances’
- ‘Psychosis is not a medical illness with primarily biological cause’
- Therefore, using this psycho-social-bio approach will promote:
- ‘Personal recovery’ and not ‘clinical recovery’
- ‘Personal recovery’ that means different things to different people
- There are different themes and elements which tend to be important for many people working towards ‘personal’ recovery
- These themes include hope, acceptance, control, choices and meaningful activity

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