

Imagine a world where...

- People are respected and valued for their differences
- Mental Health is understood by all
- Treatment is easily accessible and available early
- Practitioners willingly engage with your concerns
- No-one loses their dignity
- Hospital admissions are rare
- People remain in school and work surrounded by those who care
- Hopes and dreams for the future are fulfilled
- Family/friends are informed and enabled to support a journey of recovery
- Practitioners and community workers see people as individuals

Why do we need the Early Psychosis Declaration

The World Health Organisation estimates that the burden of psychosis borne by a family was only exceeded by quadriplegia and dementia.

How can I support the Early Psychosis Declaration?

- 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 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.

...To find all of these details, contact your local NIMHE Development Centre by visiting:
www.nimhe.org.uk

View the Declaration:

www.rethink.org/earlypsychosisdeclaration

For further information, contact:

Rethink National Early Intervention Programme
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Birmingham New Road
Dudley, West Midlands DY4 7UF

Email: earlyintervention@rethink.org

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**National Institute for
Mental Health in England**

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**National Institute for
Mental Health in England**

the early psychosis declaration

What is the Early Psychosis Declaration

5 key objectives for action – to provide much needed support for the 7,500 young people who develop psychosis each year in England



This is a real commitment for change in mental health services – where people work together to make a lasting difference to the lives of young people with psychosis and their carers.

Personal experiences say:

“...our overwhelming feeling was of an opportunity missed – to what degree she has been needlessly disabled by those first four years of care we will never know.”

“...services just seemed to passively wait until he was really ill – the service oozed pessimism, lack of investment and lack of imagination.”

“...can't get a job, can't get a girlfriend, can't get a telly, can't get nothing It's just everything falls down into a big pit and you can't get out...”

The declaration will:

- Combat stigma, discrimination and prejudice by raising community awareness and educating all 15 year olds about psychosis, alongside their teachers.
- 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.
- Seek to influence and change factors contributing to social exclusion and unfulfilled lives.
- Ask services to help individuals to achieve ordinary lives; a home, a job, family life and some friends, and that these are important markers of recovery and are integral to care planning and outcome evaluation.
- Aim to ensure that families are not alienated or disempowered by encouraging better access to information, education, social, economic, practical and emotional support.
- Ask services to give a meaningful response to families within one week and regard them as partners in care.
- Encourage professional attitudes that engender hope and optimism for families.
- Ask that early detection, care and treatment of young people with psychosis and their families become 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.

History of the 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 19th 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 all of us. Each one with their possibilities and capabilities, but all together, and first of all with service users.”