INTRgr8
Integrating NIO partners with Totara House Early intervention in Psychosis Service to improve social recovery and physical health outcomes for Totara clients by having dedicated Community Support Workers and an Active Links Worker embedded into the team at Totara House.

Reason for Development of Project
Developed in conjunction between Totara Avenue, Emgea Aotearoa and Comcare Trust as a way of addressing the allocation of specifically skilled support workers to Totara House with the aim of improving social recovery and physical health outcomes for our clients, promoting a holistic approach to the recovery journey.

Indicators

- Previous problems with GSW population.
- Community Support Worker skill level was inconsistent leading to an inconsistent level of care provided.
- Communication between the Case Manager Totara and the Community Support Worker was inconsistent due to a lack of information sharing.
- Training was not specific enough in Early Intervention in Psychosis creating disagreements when working with this group.
- The referred person to a Community Support Worker for our clients needed intensive.

People living with mental distress are at greater risk of chronic health conditions.

Despite a number of interventions to improve the physical health of our clients including the implementation of the Equity Health initiatives, the physical health outcomes of Totara clients remain poor and not very effective engage our clients in community fitness activities and Healthy Lifestyle programs.

The importance of employment in recovery
One of the largest predictors for long-term recovery following a first episode of psychosis is social functioning and social inclusion, and whether clients are able to return to employment or education. Unfortunately, social recovery outcomes have historically been hard to achieve in this population, who face many challenges with their mental health and social situations. Although we would often make good progress in helping someone progress in different aspects of recovery e.g., symptom and personal recovery, we did not have any specific vocational support to help clients get back into either work or education.

Method
The project began in July 2017 with the appointment of Gail of GSW Input from Emgea Aotearoa, and the appointment of Asha Links Worker input from Comcare Trust into Totara House. There is also an Employment Consultant from Creative Works (part of Emgea Aotearoa) who is providing dedicated employment support to Totara clients established July 2018.

Achievements:
Improved communication partnerships
Integrated staff have access to Totara in, Service Teaching centers, and useful resources at Totara, such as the Organ manuals, on different aspects of working in Early Intervention in Psychosis.

Integrated workers attended the national Early Intervention in Psychosis Training Forum held in Christchurch in November 2017. They were also involved in presenting aspects of the project e.g. the Active Links role in promoting the Equity Health initiative and development of the Totara Healthy Living Coalition, the role of the involvement in mental health and social conditions, the role of the multi-facet role in Totara.

Gym and cooking group sessions are currently being run at Totara House on a regular basis by our Active Links Worker while also linking clients into community activities, such as vegie sessions at YMCA increasing participation in community activities which can contribute to discharge. Gym equipment has been provided through a donation from Creative.

Totara Healthy Eating Group has been developed with our GSW Input and our Active Links worker with healthy meal resources.

Next Steps
- Collect survey responses and identify relevant indicators.
- Develop evaluation/growth plan for the integrated team.
- Adapt existing job plans for the integrated team.

- Develop new outcome measures and indicators.
- Identify ways to develop the vocational support in line with WHS model.
- Develop new outcome measures and indicators.
- Establish a referral system for Totara clients.
- Establish a formal outcome measure for integrated case work in line with other measures to measure vocational, social and health outcomes.

Specialist Vocational support is now offered to our clients and is provided by an Employment Specialist.
INTrgr8

Integrating NDIS partners with Totara House: Early intervention in Psychosis Service to improve social recovery and physical health outcomes for Totara clients by having dedicated Community Support Workers and an Active Links Worker embedded into the team at Totara House.

Reasons for Development of Project:

- Developed in conjunction between Totara House, Eleanor Armstrong, and Comcare Trust in response to addressing the allocation of specifically skilled support workers to Totara House with the aim of improving social recovery and physical health outcomes for our clients, promoting a holistic approach to the recovery journey.

Method:

- The pilot began in July 2017 with the appointment of a Dual of CSW from Eleanor Armstrong, and the appointment of an Active Links Worker from Comcare Trust into Totara house. There is also an Employment Consultant from CreativeWorks (part of Eleanor Armstrong) who is providing dedicated employment support to Totara clients established in July 2018.

Indications:

- Previous problems with CSW provision:
  - Community Support Worker skill level was inconsistent leading to an inconsistent level of care provided.
  - Communication between the Case Manager Totara and the Community Support Worker was inconsistent due to a lack of information sharing.
  - Training was not specific enough in Early Intervention in Psychosis creating disadvantages when working with this group.
  - Referral process to access a Community Support Worker for our clients remained inefficient.

- People living with mental illness are at greater risk of chronic health conditions.

- Despite a number of interventions to improve the physical health of our clients, including the implementation of the Equity Mail initiative, the physical health outcomes of Totara clients remained poor and it was ineffective in engaging our clients in community fitness activities and healthy lifestyle programs.

The Importance of Employment in Recovery:

- One of the biggest predictors of long-term recovery following a first episode of psychosis is social functioning and social inclusion, and whether clients are able to return to employment or education. Unfortunately, social recovery outcomes have historically been hard to achieve with this population, who face many challenges with their mental health and social situations. Although we would often make good progress in helping someone progress in different areas of recovery e.g., symptom and personal recovery, we did not have any specific vocational support to help clients get back into either work or education.

Next Steps:

- Collect survey responses and identify required intervention activities.
- Develop engagement/support group for the integrated model.
- Adopt written job plans for the integrated model.

Achievements:

- Improved communication partnerships:
  - Integrated staff have access to Totara in Service Teaching Sessions, and useful resources at Totara, such as the Organ manuals, on different aspects of working in Early Intervention in Psychosis.
  - Integrated workers attended the national Early Intervention in Psychosis Training Forum held in Christchurch in November 2017. They were also involved in presenting aspects of the project, e.g., Active Links role in promoting the Equity Mail initiative and development of the Totara healthy living coaching, the role of the employment counselor within Totara house, and cultural aspects of working with young people with psychosis.

- Community Support Workers involved with Active Links in establishing and delivering support to Totara clients.

- Improved employment outcomes:
  - Gym and cooking group sessions are currently being run at Totara house on a regular basis by our Active Links Worker who is also linking clients into community activities, such as gym sessions at YMCA increasing participation in community activities which can continue to discharge Totara gym equipment provided through a donation from Comcare.

- Totara Healthy Eating Group has been developed with our CSW dietitian and our Active Links worker with healthy meals book resources.

- Specialist Vocational support is now offered to our clients and is provided by an Employment Specialist.