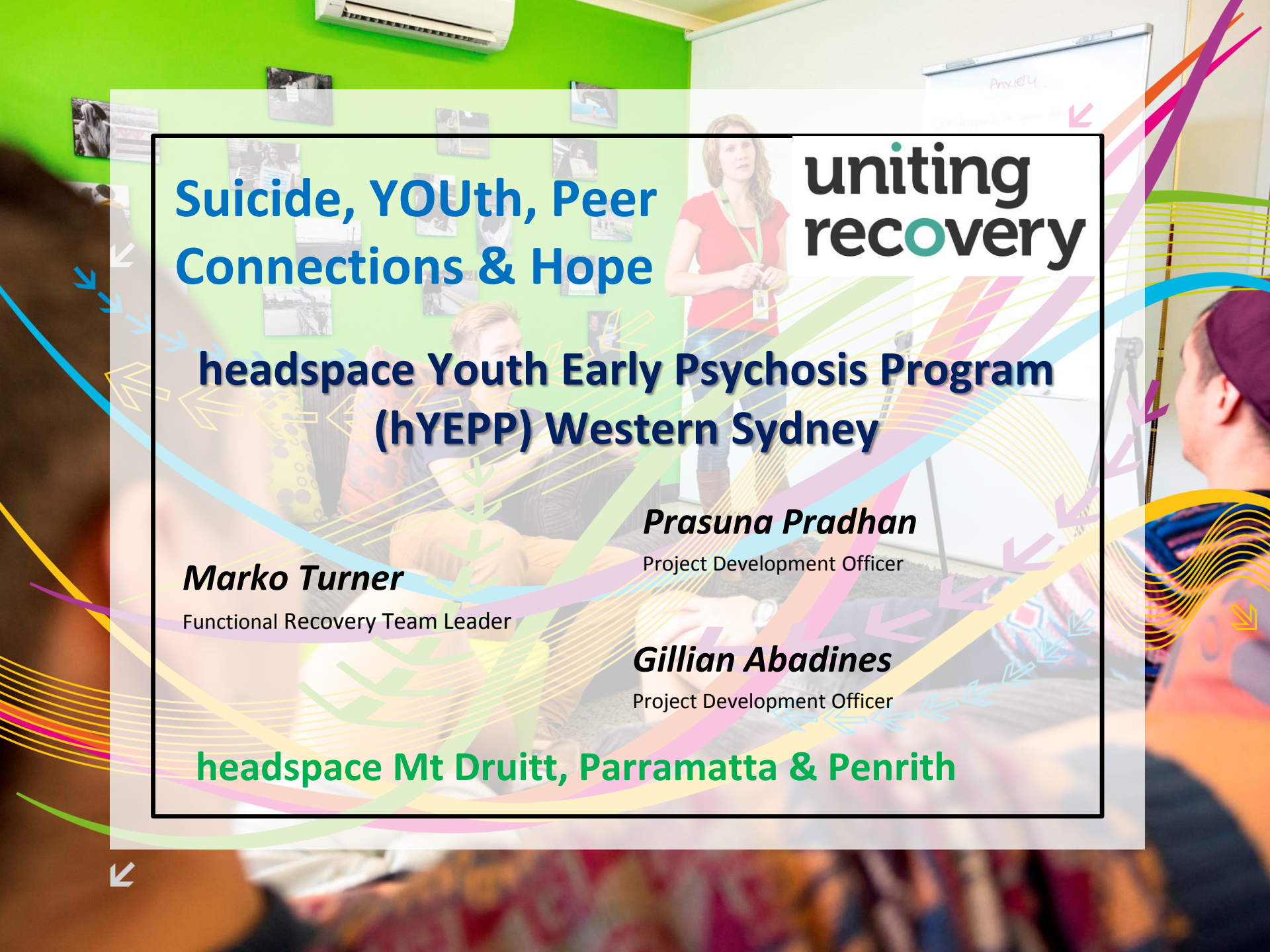




**Suicide, YOUTh, Peer
Connections & Hope**

**uniting
recovery**

**headspace Youth Early Psychosis Program
(hYEPP) Western Sydney**

Marko Turner

Functional Recovery Team Leader

Prasuna Pradhan

Project Development Officer

Gillian Abadines

Project Development Officer

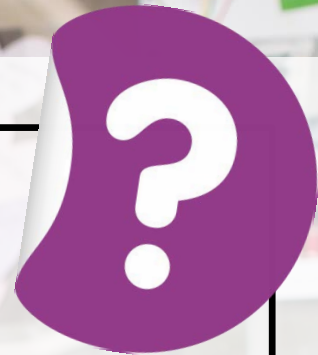
headspace Mt Druitt, Parramatta & Penrith

Suicide Risk

“Approximately 15% of young people with first episode of psychosis have already attempted suicide before presentation at a clinic or hospital.”

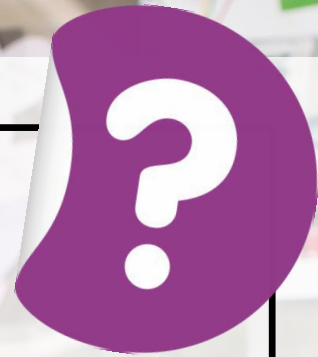
“A further 5-10% will attempt suicide during the first 18 months of treatment.”

-Orygen, 2014

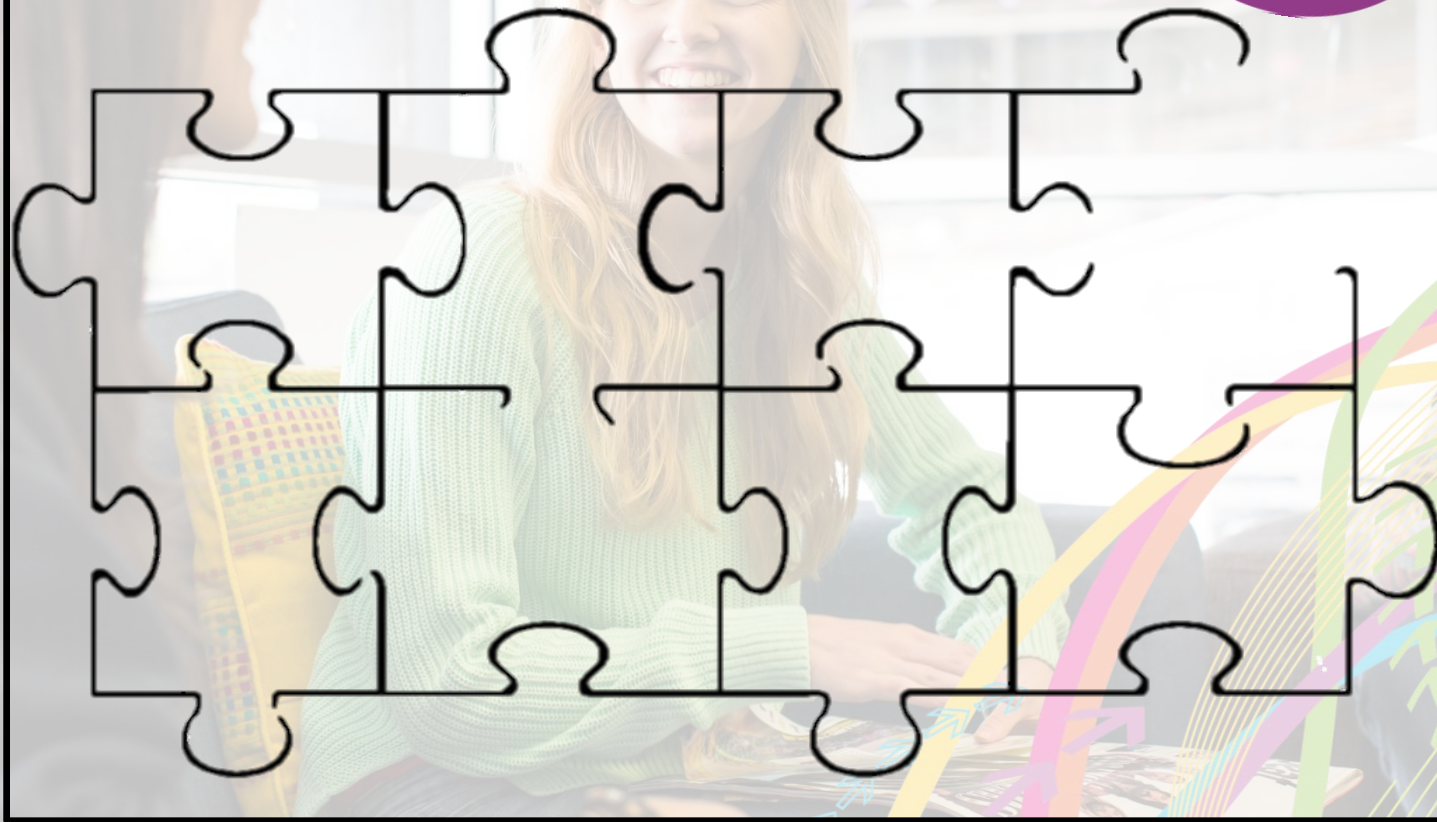
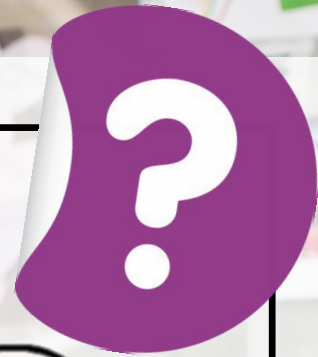


Orygen 16 Core Components

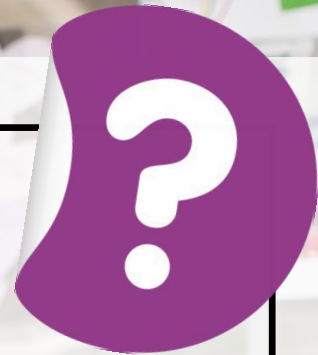
- Community education & awareness
- Ease of access to service
- Ultra high risk detection & care
- Home based care & assessment
- Intensive mobile outreach (MATT)
- Continuing Case Management (CCT)
- Psychological interventions
- Medical treatments
- Functional Recovery program (FRT)
- Group programs
- **Family programs & family peer support**
- **Youth participation & peer support**
- Access to youth friendly inpatient care
- Access to youth friendly subacute beds
- Partnerships
- Workforce development



Missing Pieces



Project Development



***Family /
Carer
Support
Coach***

***Peer
Support
Coach***

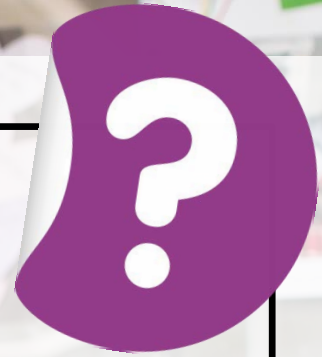
18 x groups

The Value of Peer Support Coaches (PSC)



The Defining Focus of the PSC

- Intentionally use peer relationships & lived-experiences (of self & others)
- Consultative practices (consulting other peoples' insider knowledges of problems, services, solutions, etc.)



All channels are considered

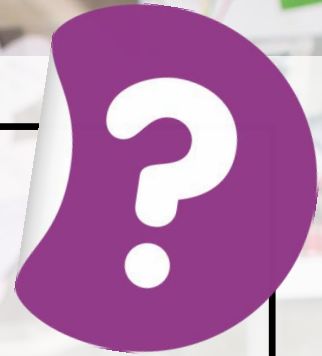
Beyond individual, group & community interactions, peer support considers all relevant channels, including:

- Information leaflets & guides
- Email & phone
- SMS, surveys, check-ins
- Remote technologies & social media



Key PSC Activities:

- Ensure every client experience is recovery-focused & follows user-led goals
- Facilitate Outcome Stars
- Promote peer support relations throughout client journey (individual, group & community based settings)
- Complete feedback & service evaluations

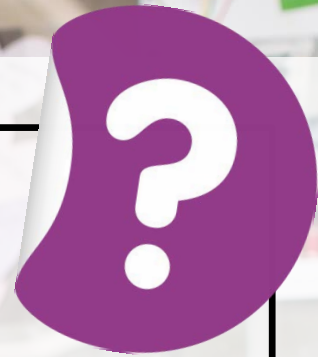


hYEPP Data so far..

Total number of **unique referrals**:

Since commencement = 1080

Current financial year = 446



Status at April 2017

299 x YPs currently registered

Ultra High Risk = 57

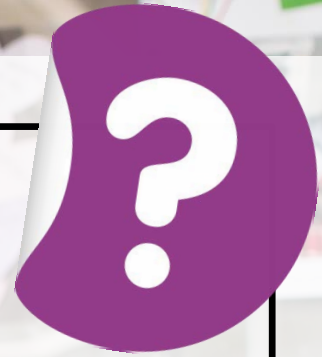
First Episode Psychosis = 208

New cases in Assessment = 34

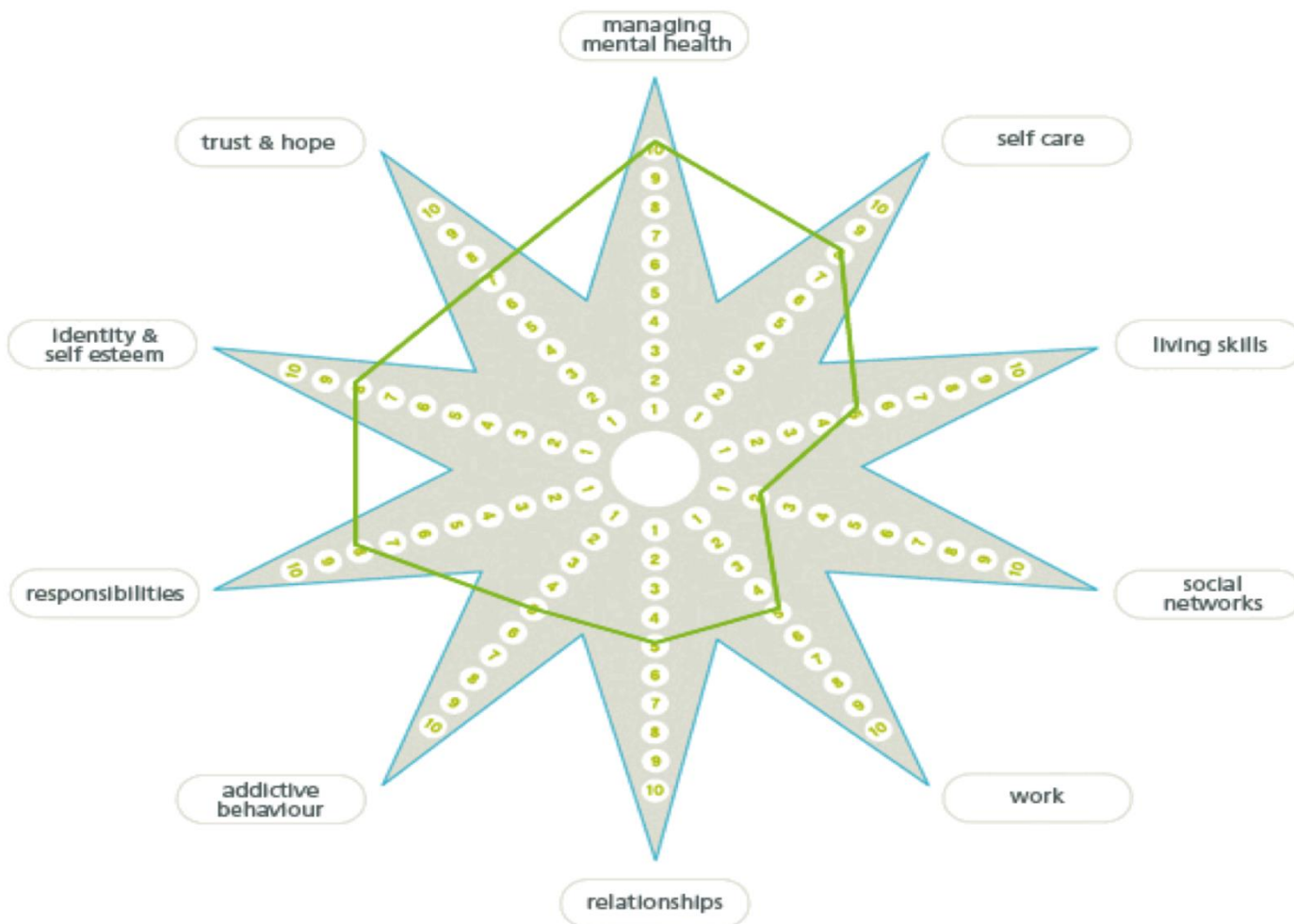


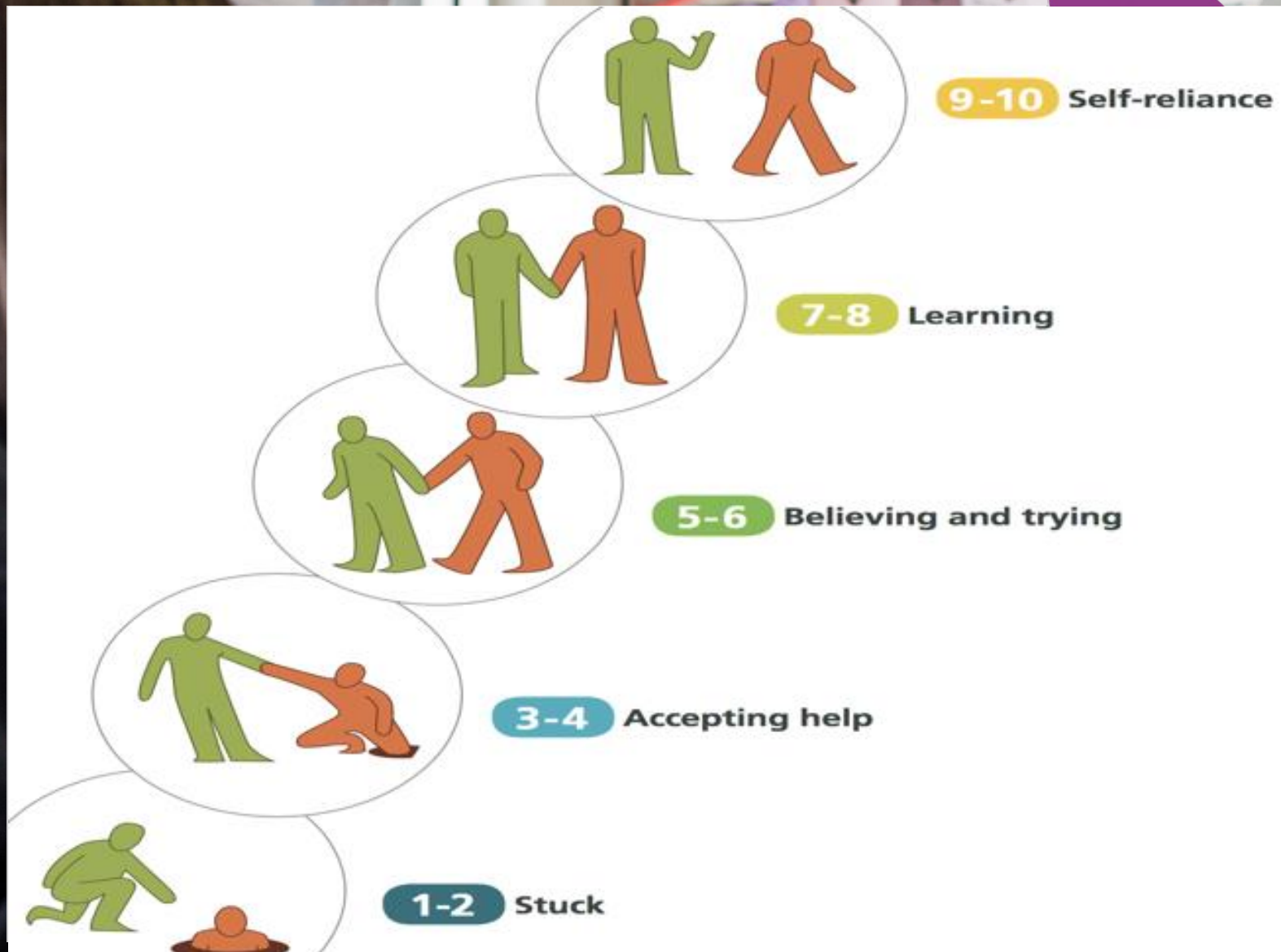
'Adam' 19 years

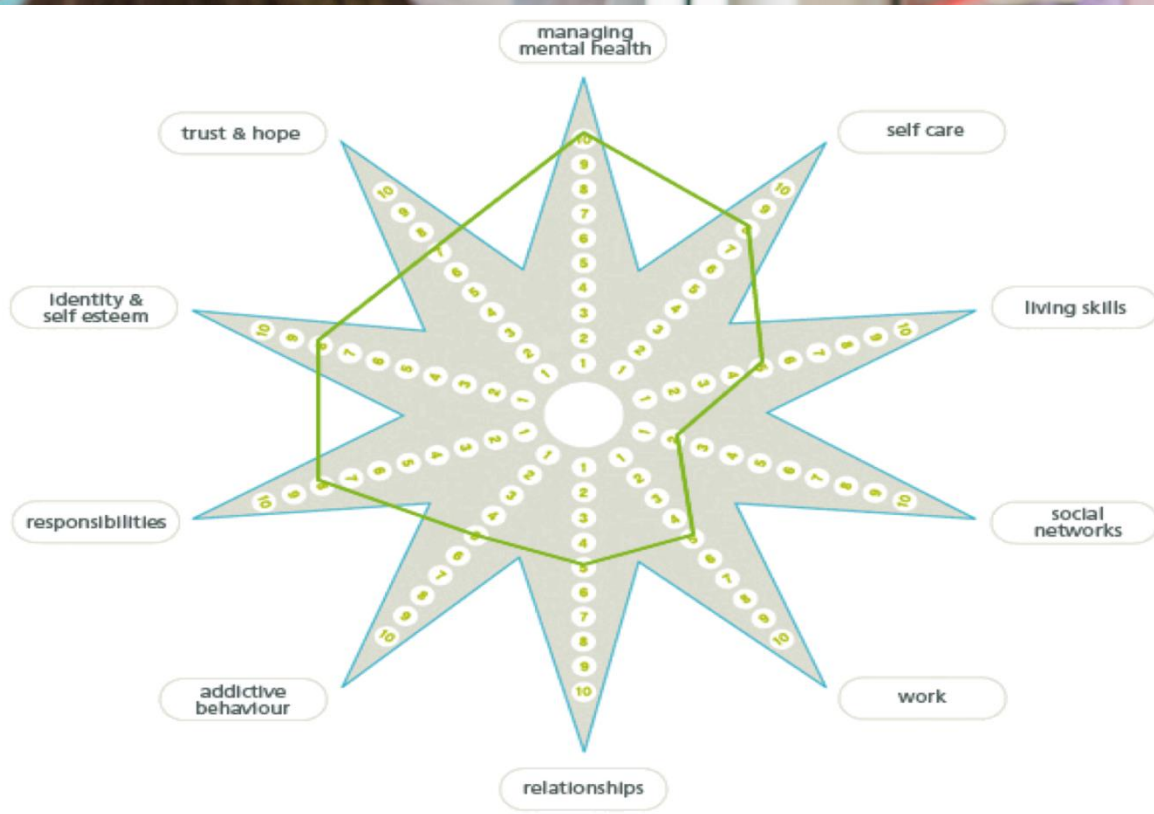
- Minimal social / group experiences or ongoing peer connectedness
- Family system fraught with difficulties, as reported by YP
- Living situation severely impacting developmental trajectory
- Three long hospital stays (2+ years)



Adam's Recovery Star July 2016







Adam: post 1st suicide attempt

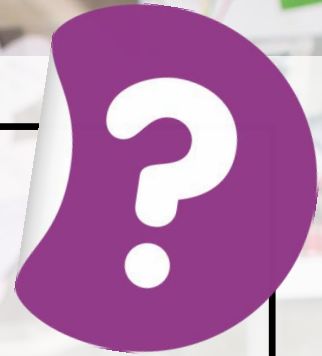
- Rejecting all medications
- Family system changes but closing doors
- Escalating medical alarm
- Continued blockages to social, financial & occupational development

? How would peer & family supports have changed this estrangement ?



Peer Networks \ Hopeful Futures

- *Shifting the priority from Risk Reduction to Recovery Promotion*
- *Greater emphasis on consumer participation & a client led focus*
- *Increased exposure to peer networks & social recovery opportunities*



Suggestions & Questions...?

