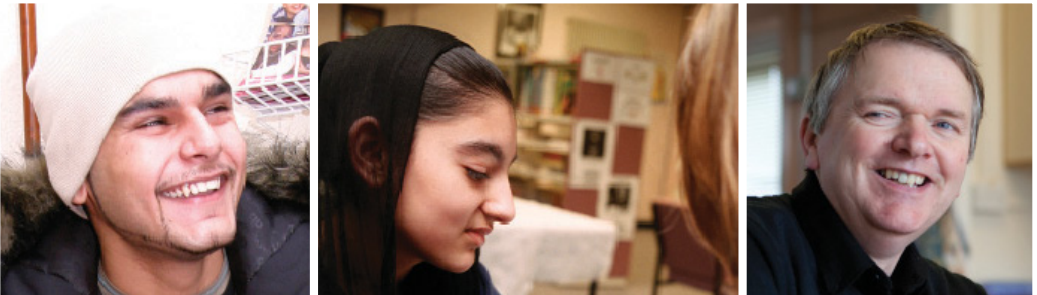


Your initial assessment by the PIER (Psychosis Intervention and Early Recovery) Team

Information for patients



You have been referred to the PIER Team. The aim of this leaflet is to provide you with information that you may find useful for your first appointment with us.

If you have any concerns at all about your referral to our service or attending your first appointment with us please do not hesitate to call us to discuss them on the phone number above.

Services such as GPs, crisis teams or mental health professionals are amongst those who may refer people to our service. You have been referred to our service because you have spoken to a healthcare professional about experiences which may indicate a mental health problem, in particular psychosis.

Opening times

9am - 5pm Mon to Fri.

Out of hours emergency contacts will be provided if PIER is the right service for you.

PIER Team
Merlyn Vaz

Health and Social Care Centre
1 Spinney Hill Road
Leicester LE5 3GH

Tel: 0116 294 3167

Email: feedback@leicspart.nhs.uk

Website: www.leicspart.nhs.uk

What is the PIER Team?

The Early Intervention in Psychosis Service works with people who are experiencing a first episode of psychosis.

The service offers help to people aged 14 - 64 years who are experiencing first symptoms of psychosis, as well as providing help to their families.

The support received from this service can help people recover from a psychotic episode. It can also help reduce the likelihood of experiencing further psychotic episodes in the future.

The service is made up of a team of professionals (including nurses, psychologists, psychiatrists, occupational therapists, support workers and social workers) who have lots of experience in working with people with psychosis.

What is psychosis?

The information below is taken from the Rethink website.

- Psychosis is a medical term used to describe hearing or seeing things, or holding unusual beliefs that other people do not share.
- Common examples include hearing voices or believing that people are trying to do you harm.
- You can experience psychosis for a wide variety of reasons. For example it can be due to having a mental illness such as schizophrenia or bipolar disorder. It can also be caused by drug use, brain injury or extreme stress.

Occasionally people may experience symptoms such as hearing voices, feelings of heightened anxiety or beliefs that they are being watched or talked about by others, for reasons other than a psychotic illness.

This may include stress, anxiety, low mood or emotional instability. If we feel this is relevant to you, we will discuss this with you at the time of assessment or when we contact you afterwards. These thoughts will also be shared with the person who referred you.

What will happen during the initial appointment?

The appointment usually lasts for one hour and will either be at our base at Merlyn Vaz Health and Social Care Centre, your home or another venue you have requested based on your needs.

We also offer assessments via video link and over the telephone.

You are welcome to invite somebody to join the assessment if you feel this would make you feel more comfortable. You may feel that they can help you to tell us how you have been. They may also want to attend to ask us questions about our service. There will usually be two members of PIER staff at your appointment. This will usually be a care co-ordinator from the team (nurse or occupational therapist) joined by either a team medic or another care co-ordinator.

As part of your assessment we will talk with you and look to understand your experiences and this will help us decide if your needs would be best met by the PIER Team. Any information you can provide to us regarding your current experiences will be useful. We understand that this may sometimes be difficult at a first appointment and we will respect that there are some things you may feel uncomfortable discussing.

Will everything I tell the service be confidential?

All of the members of the Early Intervention Service work to very strict rules on confidentiality. Everything you tell the service will be kept confidential and will only be shared among the professionals working with services involved with your care for example your GP or referring team as required. The only exception to this would be if we felt there was a risk to you or somebody else. If this happened we might have to share information with other agencies.

What happens after the initial appointment?

The staff who have met with you will feedback the outcomes of your assessment to the wider multi-disciplinary team at a weekly meeting. If it is felt that the difficulties you are having are because of a psychotic illness you will be allocated a care co-ordinator.

Your care co-ordinator will get in touch with you (usually within a week) to arrange a follow-up meeting. If we feel that you are not experiencing a psychotic illness, we will advise both you and your referrer of which services we feel will best meet your needs. This may be discussed with you during the initial appointment or by a follow up telephone call.

How can the PIER Team help if you are taken on?

The team can help in a variety of ways. We can:

- work with you in overcoming any difficulties you may have
- help you understand your symptoms
- help you develop new ways of coping and reducing future likelihood of relapse
- offer psychological therapy
- offer you social and group activities
- help you develop daily living skills
- offer your family or carers support
- help you with any medication needs

Useful contacts and websites

Am I normal?

www.aminormal.org
Provides helpful information about psychosis.

Eppic www.eppic.org.au
Australian website that provides useful information on psychosis for young people.

Hearing voices network
www.hearing-voices.org.uk
Provides information about self help groups for people who hear voices.

Rethink

Helpline: 0208 547 3937
Advice line: 0208 974 6814
(Mon-Fri 10am – 3pm)
www.rethink.org
Provides information on support groups and other services.

Turning Point and Leicestershire Partnership NHS Trust mental health crisis helpline: 0808 800 3302
24 hours, 7 days a week

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.