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ABSTRACT BOOK

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take employment. Within this number, 31% did not obtain it when they revealed they were mentally ill.

The response of this situation are social firms which join several important elements of the successful rehabilitation. Their social firm solution is the small hotel in downtown, which functions as a part of the hotel infrastructure in Kraków. 25 people with long-term schizophrenia problems are employed. The presentation ends up with 7min film.

Conclusion: The employment of patients suffering from schizophrenia is still a great task which should be undertaken in psychiatric rehabilitation.

WORKING! RESULTS OF A RANDOMISED CONTROLLED TRIAL OF INDIVIDUAL PLACEMENT AND SUPPORT IN FIRST EPISODE PSYCHOSIS

Eóin Killackey, Henry Jackson, Patrick McGorry

Background: The top priority of people with mental illness is participation in the open labour market. In first episode psychosis (FEP) unemployment rates of 40-50% are commonly found. In schizophrenia, unemployment rises to 70-95%. Individual Placement and Support (IPS) is a vocational intervention which has been trialled successfully in populations with chronic serious mental illness in the USA.

Aims: To date there has been no published randomised trial of IPS in FEP. This study aimed to examine the efficacy of IPS in a RCT with people with FEP.

Methods: Clients of the Early Psychosis Prevention and Intervention Centre (EPPIC) who wished to work were randomised to treatment as usual (TAU) (n=21) or TAU+IPS (n=20). Participants were assessed at baseline and after six months on symptomatic, demographic and functional measures. Raters were blinded. The IPS condition involved working with an employment consultant who was integrated with the mental health team. Her role involved rapid job searching pre, and support post, employment.

Results: In the IPS condition 90% of participants had a good vocational outcome compared with 10% in the TAU condition. Income and duration of employment results also significantly favoured the IPS group. Reliance on benefits reduced in the IPS group but not the TAU group over this time. Results examining symptomatic and quality of life results will also be presented.

Conclusion: IPS is an effective way to address vocational needs in FEP. This may have long term benefits for decreasing unemployment and social marginalisation in schizophrenia.

A CASE OF RECOVERY

Keith Mahar

Keith Mahar B.B.A. is the third generation male in his family to experience Bipolar Disorder. He has shared his personal story of mental illness with high school classes since 2002 as a Volunteer Educator as part of MIEACT's School Education Program, a research program by the University of Canberra to reduce stigma of mental illness and increase mental health literacy.

The context of the presentation is for a person to share his personal story of the catastrophic effects of suffering psychosis and

severe depression on his life, the process and methods used to effectively manage his mental illness and ultimately recover a satisfying quality of life.

Objectives: Include addressing the benefits of a biopsychosocial approach to management and recovery, noting what worked best and what did not, the pitfalls and successes encountered.

Key messages: Recovery is a unique process but some key things for me-learning about the illness, importance of persistence, finding and following effective treatments, insight into early warning signs, managing stress, hope, maintaining a healthy regime, especially a regular sleep pattern, taking small steps, patience, part-time work, becoming a volunteer, reducing one's self-stigma.

Conclusion: Recovery does not mean cure, which means a constant monitoring process, continuation of treatment, the knowledge to know your own mind, respect its limits and how to slow down as required, and the wisdom to act upon your knowledge, time and time again. Also to appreciate the peace from living without major symptoms and the satisfaction of rebuilding one's life.

OP69 MENTAL HEALTH SERVICES FOR YOUTH

IMPROVING THE MENTAL HEALTH OF YOUNG PEOPLE THROUGH SERVICE REFORM - THE HEADSPACE INITIATIVE

Craig Hodges, Amelia Callaghan, Sian Lloyd, Patrick McGorry, Matt O'Brien, Peter Orchard, Rosemary Purcell, Maree Sidey, Chris Tanti

Context: The aim of headspace, the National Youth Mental Health Foundation, is to reduce the impact of mental ill health and substance use in young people aged 12-25 years. This is being achieved through improvements in mental health service reform informed by the latest evidence on youth mental health.

Objectives:

- To establish key service partnerships in communities across Australia
- To provide young people with access to a range of services in a youth friendly environment
- To encourage young people and their families to seek help earlier through raising awareness in the community about mental health
- To collect and build on the best available evidence-based practice in youth mental health through the Centre of Excellence
- To build the capacity of professionals who work with young people through the provision of the latest evidence and training.

Key messages:

1. Have we got the right service system in place to meet the needs of young people experiencing depression, anxiety and substance use issues?
2. What are the challenges ahead in further developing youth mental health services and how can we meet these challenges?

Conclusion: This paper will provide an overview of headspace and how it is supporting a number of Communities of Youth Service that aim to improve services to young people with mental health and substance use issues. It will focus on developing service models