

# EASY EXTENSION SERVICE

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# EARLY INTERVENTION SERVICE

- In Hong Kong, Early Assessment Service for Young people with Psychosis (EASY) was launched in 2001, to provide early intervention service
- Early intervention service has been developed worldwide to provide intensive care to patients with first-episode psychosis
- 2-year case management service for patients from age 15-25 with first-episode psychosis



# EARLY INTERVENTION SERVICE

- In 2011, early intervention service (EASY) has been extended to patients age 15-64.
- Service duration has also been extended from 2 years to 3 years



# STUDY FOR EFFECT OF EARLY INTERVENTION

Effect of early intervention service in Hong Kong  
on suicidal rate of patients with psychosis

A 10-year outcome study of Early Intervention (EI)  
program for psychosis in Hong Kong compared with  
Standard Care (SC) service

Hong Kong University

Press Conference on 10 June 2013



# STUDY FOR EFFECT OF EARLY INTERVENTION

- Aim of the study:
  - By comparing the long term suicidal rate of patients with first-episode psychosis receiving early intervention service and those receiving standard care, to evaluate the effect of early intervention service



# STUDY FOR EFFECT OF EARLY INTERVENTION

- Patient sample selection:
- Patients who received Early Intervention (EI, i.e. EASY) service and Standard Care (SC, general adult mental health service) are selected for the study based on the diagnosis of schizophrenia-spectrum disorders

Early Intervention (EI): (July 1, 2001 to June 30, 2002)	Total 289 patients
Standard Care(SC): (July 1, 2000 to June 30, 2001)	Total 160 patients





# STUDY FOR EFFECT OF EARLY INTERVENTION

- 1 to 1 Matching Criteria
  - 1. Diagnosis (schizophrenia-spectrum disorder)
  - 2. Gender
  - 3. Age
- 145 Matched Pairs



# STUDY FOR EFFECT OF EARLY INTERVENTION

## Baseline demographics and diagnosis

Characteristics	SC sample (n = 145 patients)	EI sample (n = 145 patients)
Age at 1st presentation, years, mean	21.90	21.69
Gender	73 (M), 72 (F)	74 (M), 71(F)
Education attained at 1st presentation, years, mean	10.84	10.84
Diagnosis, n (%)		
Schizophrenia	100 (69.0%)	112 (77.2%)
Others (Schizoaffective disorder, ATPD or Psychosis NOS)	45 (31.0%)	33 (22.8%)





# STUDY FOR EFFECT OF EARLY INTERVENTION

Result:

	Standard Care group	Early Intervention group
committed suicide	15 out of 145 patients (10.3%)	6 out of 145 patients (4.1%)
suicidal attempts	39 out of 145 patients (26.9%)	21 out of 145 patients (14.5%)

- Patients under the case of EI service has 60% less suicide rate than the patients under SC service.
- The number of patients under EI service had suicidal attempts over 10 years is significantly less than SC service by 46%



# MULTIDISCIPLINARY TEAM 專業團隊

- Team Leader: Dr. WS YEUNG
- Psychiatrists
- Case Manager:
  - Psychiatric Nurses
  - Occupational Therapists
- Other Disciplines
  - Medical Social workers
  - ICCMW workers



# TARGET GROUP

- Age Group
  - Youth: 15-25
  - Adult: 26-64
- First episode psychosis
- **Duration of Untreated Psychotic symptom less than 3 years**



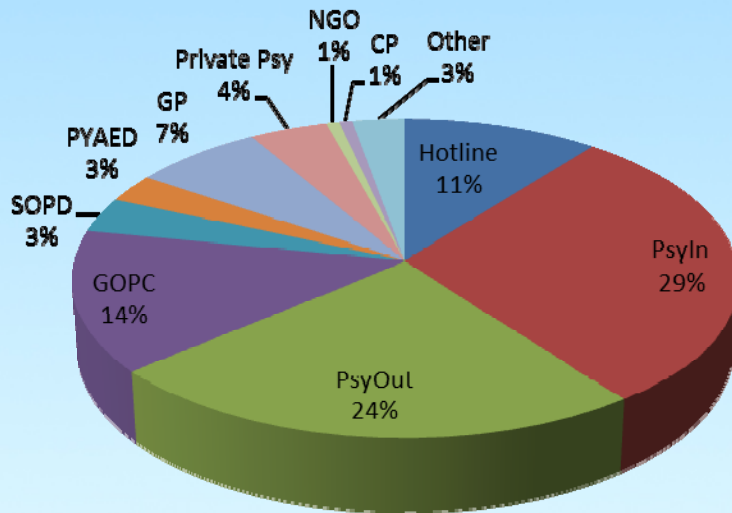
# SCOPE OF SERVICE

- Assessment of treatment response and early detection of treatment resistance
- Monitoring of Pharmacological treatment
- Psychosocial intervention
- Hotline service
- Educational talk
- Home Visit
- EASY activities
- Empowerment program

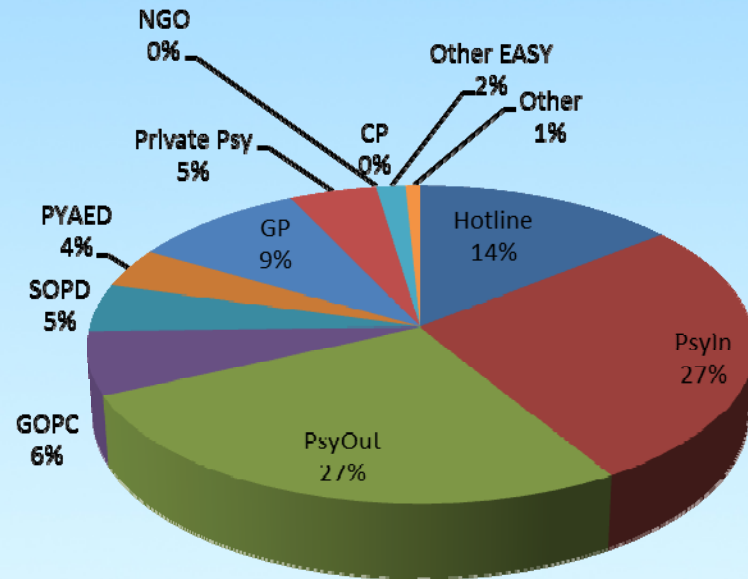


# SOURCE OF REFERRAL

**Source of Referral  
2011.4 - 2012.3**



**Source of Referral  
2012.04 - 2013.03**



# EASY ACTIVITY

04/2011 - 03/2013

## Educational Talk

- 13 Public Talks (Library, Security company, NGO, Recreational centre)
- 3 School Talks
- Totals participants: over 600

## Volunteer Program (EV12)

- Visited the living alone elderly
- Fun Fair – Mental health promotion in Oi Tung Estate
- Total participants: over 400





# EV12 VISIT TO ELDERLY



# EV12 FUN FAIR



# HOTLINE SERVICE

- EASY Enquiry and Referral Hotline:
  - Telephone: 29283283

- Official website of EASY:

<http://www3.ha.org.hk/easy/eng/service.html>



思覺失調

Quick Self Screening Test for Early Psychosis

ENGLISH | 中文

Service Programme | Service Target Groups

The E.A.S.Y. (Early Assessment Service for Young People with Early Psychosis) Programme is a service programme for people suffering from early psychosis. If a case who is suffering from early psychosis fails to receive prompt treatment, it may have severe repercussions on his or her psychological, physical and social development. Apart from conducting educational campaigns to raise the public's awareness about early psychosis and its symptoms, the Programme also offers a one-stop, open-style service that enables those seeking medical attention to obtain early assessment and treatment in an appropriate setting.

The Programme's Content

- Extensive public education

E.A.S.Y. Enquiry & Referral Hotline: **29-283-283**  
Immediate Referral

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# HOTLINE SERVICE

- Catchment Area
  - Hong Kong Island East Service Centre
    - (Eastern District and Wan Chai)
  - Hong Kong Island West Service Centre
    - (Central & Western District, Southern District and Islands)
  - Kowloon Central Service Centre
    - (Kowloon City, Yau Ma Tei and Tsim Sha Tsui)
  - Kowloon East Service Centre
    - (Serving area includes Kwun Tong and Tseung Kwan O)
  - Kowloon West Service Centre
    - (Sham Shui Po, Wong Tai Sin, Mong Kok, Tsuen Wan, Kwai Tsing and Tung Chung)
  - New Territories East Service Centre
    - (Sha Tin, Sai Kung, Tai Po, Sheung Shui and Fanling)
  - New Territories West Service Centre
    - (Serving area includes Tuen Mun, Yuen Long and Tin Shui Wai)



# HOTLINE SERVICE

- Scope of service
  - Phone assessment
  - Psychiatric information enquiry
  - Arrangement of Psychiatric consultation at EASY Clinic
  - Handling of psychiatric emergency



# HOTLINE SERVICE

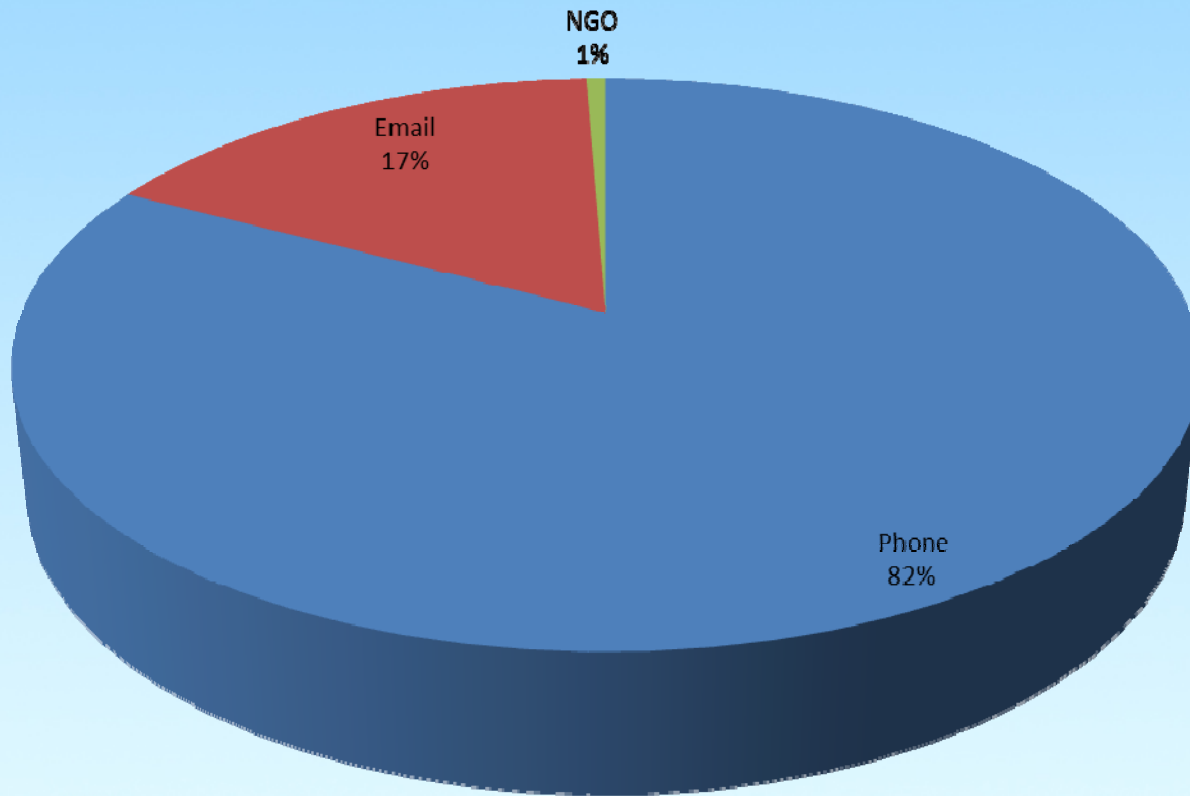
- Information required for screening
  - Basic information
    - Referrer's particulars
    - Client's particulars
  - Symptom: Positive and/or negative
  - Functioning level: Work or study, self care
  - Family history of psychiatric disorder
  - Duration of psychotic symptom





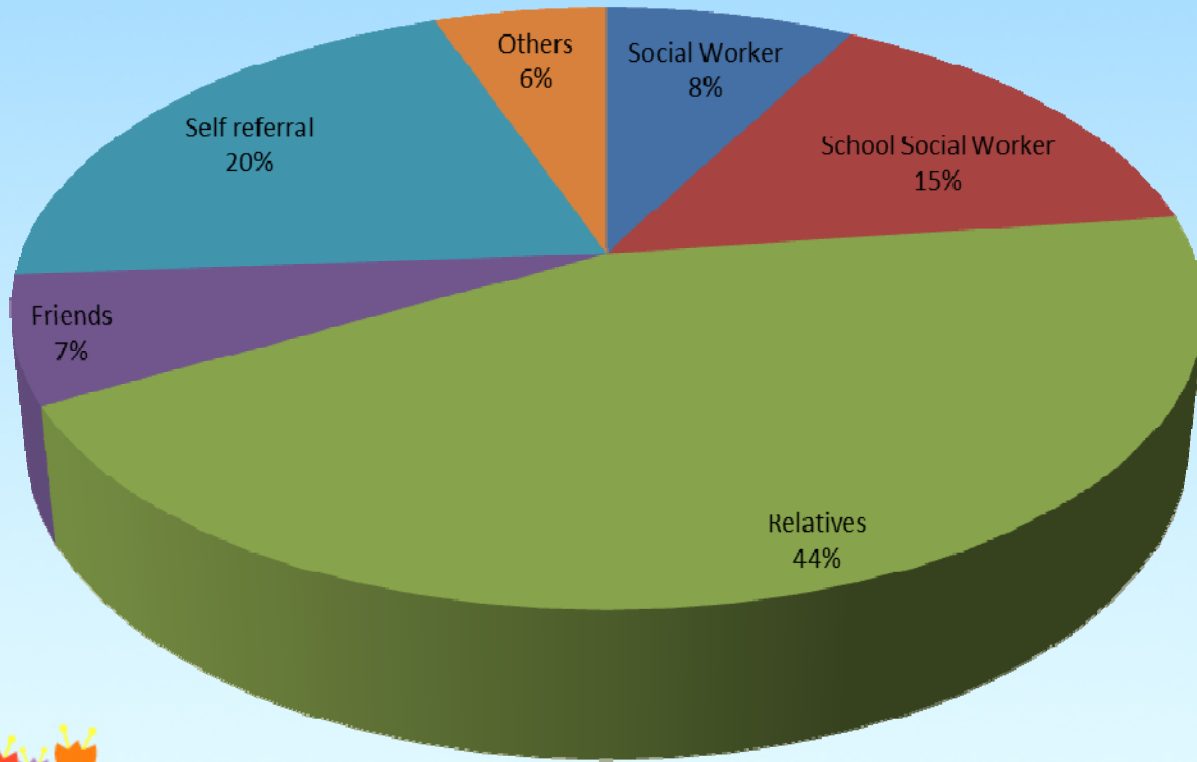
# HOTLINE SERVICE

## Source of Referral



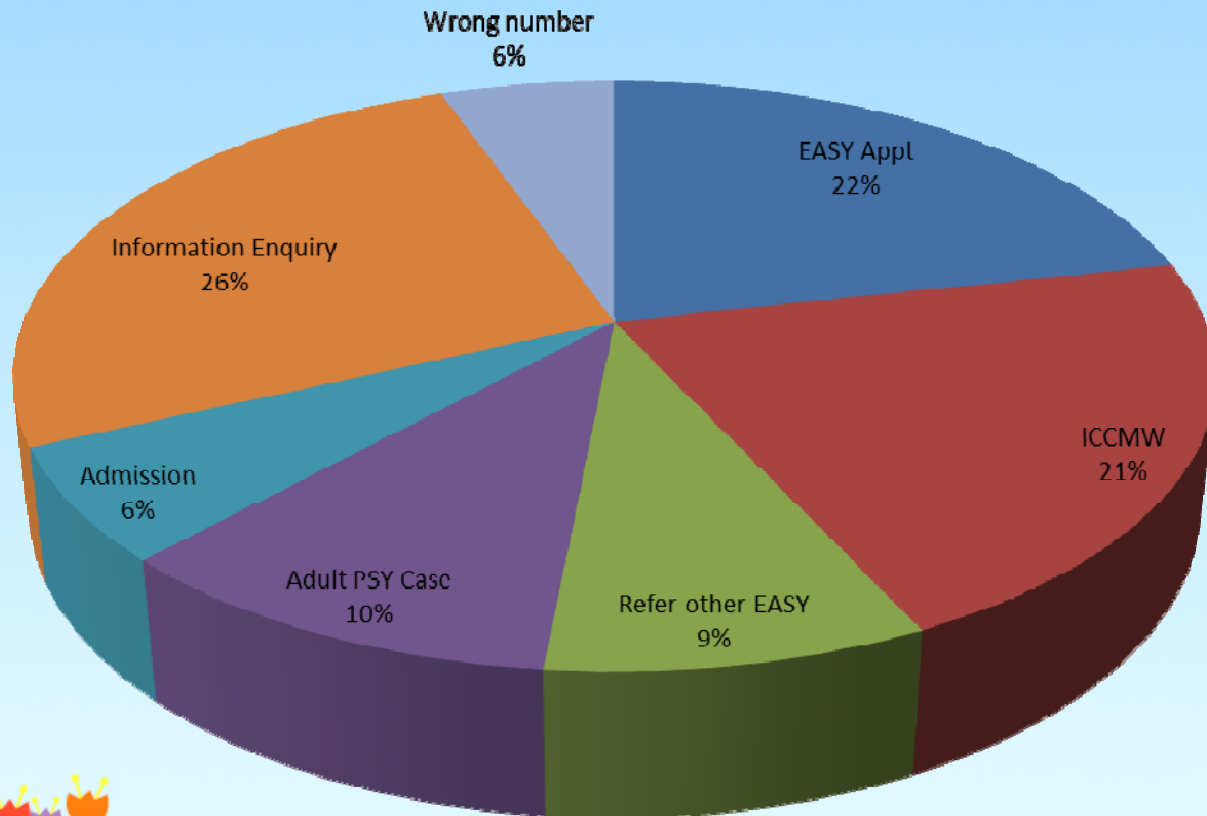
# HOTLINE SERVICE

## Referrer



# HOTLINE SERVICE

## Outcome



END

