

Early Intervention Across the World: opportunities and challenges

Course Director: Professor Swaran P Singh

Instructors: Professor Swaran Singh

Introduction: Psychotic disorders afflict the young, rob them of their most productive years, cause huge suffering and place enormous burden on families and society. In High Income countries (HIC), the most significant reform in mental health care since deinstitutionalisation has been early intervention in psychosis (EIP) services, shown to be clinically and cost-effective and enhancing symptomatic and functional recovery. EIP models have been developed and tested in HICs but the bulk of untreated or inadequately treated patients with psychosis live in Low- and Middle-Income Countries (LMICs) where resources are scant and the scale of the challenge overwhelming.

This course will summarise how EIP came to be developed in HICs, elucidate different forms of EIP and the varying levels of evidence that supports them, and show recent examples of successful 'transportation' of the essential therapeutic ingredients of EIP to LMIC settings. Participants from HICs will understand the strengths and some limitations of the EIP approach, while those from LMICs will learn about ways existing services can benefit from EIP paradigm for demonstrable improvement in patient care and outcomes.

Objectives: As a result of participating in the course, attendees will be able to:

1. Understand the clinical, research and policy imperatives that led to the development EIP services in HIC settings.
2. Demonstrate an understanding of the research evidence underlying different forms of EIP (including early detection, 'prodromal' interventions and facilitating recovery in the first episode of psychosis - FEP).
3. Develop context-specific strategies for extending the EIP paradigm to LMICs, with cutting-edge evidence for its feasibility.

Methodology and content: The course will be interactive, with extensive participant interaction. Participants will understand the underlying premise of the EIP approach and critically evaluate the levels of evidence for different EIP strategies. Recent evidence from EIP application in LMICs will be presented and its local contextualisation discussed across participants' settings, with specific focus on whether local traditions (such as faith healing) can be incorporated into clinical care.

Instructors: Professor Swaran Preet Singh is Professor of Social and Community Psychiatry at the University of Warwick UK. He initially trained as a psychiatrist in India and was one of the pioneers of EIP in UK, having set up the first NHS-funded EIP in London in 2001. He is currently extending the early intervention paradigm in his global mental health work.

Recommended reading

1. Correll et al: Comparison of early intervention services vs treatment as usual for early phase psychosis. *JAMA Psychiatry*, 2018
<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2679768>
2. Fusar-Poli et al: Improving the detection of individuals at clinical risk for psychosis. *Front Psychiatry* 2019 <https://www.frontiersin.org/articles/10.3389/fpsy.2019.00774/full>
3. Singh et al: Warwick India Canada global mental health group: rationale, design and protocol *BMJ Open* 2021 <https://bmjopen.bmj.com/content/11/6/e046362>
4. Singh & Javed: Early intervention in psychosis on LMICs; a WPA Initiative. *World Psychiatry*, 2020
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6953594/>

5. Gureje et al: Effect of collaborative care between traditional and faith healers and primary care workers on psychosis outcomes (COSIMPO): a randomised controlled trial. *The Lancet* 2020
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30634-6/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30634-6/fulltext)