

Esteem Glasgow

Esteem Glasgow is NHS Greater Glasgow & Clyde's First Episode Psychosis Service. The service is designed to meet the needs of young people aged 16-35 experiencing their first episode of psychosis. The service inclusion criteria aims to address the needs of young people whose psychosis can be described within the context of an affective disorder.

For all patients and carers who are seen by Esteem, the service aims to act in a timely, comprehensive, holistic, integrated and seamless manner. The team's intervention is based on delivering evidence based medical psychological, social and vocal interventions which address and minimise initial health problems and improve long term outcomes. The team's underlying principle is that psychosis is a response to major stressors in an individual who has biological vulnerability. The team adopts a normalizing, community based, recovery focused service. In addition it utilises an assertive outreach, multi-disciplinary approach to care. The team's aims and values are to:

- 1 Provide responsive, accessible, individually centred services
- 2 Reduce the impact and burden caused
- 3 Encourage and empower the individual through collaboration and the use of a strengths based model.
- 4 Carer and family involvement.

Service users are actively involved in development and review of care plans. The use of an integrated care plan for psychosis provides the team, its service users and carers with an insight into what interventions they should employ. The team's utilisation of advance statements and named persons provisions reinforce the service user's role in deciding care plan goals and outcomes. This information is augmented by team information leaflets and psycho educational inputs.

In addition the team has developed, maintained and facilitated a family and friends group and are in the process of developing a service advisory committee through which service users, carers and team members will be actively involved in the development of the service.

Contact:

Esteem Glasgow
Hydepark Business Centre
Glasgow
G21 4SF