EPA section on Prevention of Mental Disorders: from mapping Early Detection and Intervention in Psychosis Services in Europe to advising the Czech National Institute of Mental Health

On behalf of the Section for Prevention of Mental Disorders, during 2016-17 we conducted a survey to explore the distribution of specialized care pathways addressing early detection (ED) and/or intervention (EI) in At-risk Mental State and First Episode Psychosis patients, by inviting all countries whose NPAs were members of EPA to participate. The results of our survey (Figure 1 from Maric et al, 2017; see also Maric et al, 2018) could be considered as a baseline evaluation of European ED/EI service distribution, national health policies and ED/EI focused educational resources.

In the second round of this initiative (2017-18), we addressed the region of Central and Eastern Europe, to summarize the availability of the ED/EI services in the region and to support their visibility. The results of the second study were presented at EPA Congress in Nice, 2018.

Figure 1. ED/EI service distribution in Europe (© 2017 Elsevier Masson SAS. All rights reserved)

In this context of ongoing mental health care reform, the National Institute of Mental Health of Czech Republic is establishing a pilot implementation of Early Detection and Intervention Services in Psychosis. The main aim of the project is to train and establish teams in three Czech regions, and to evaluate their impact, including on the medico-economic level.

In order to make sure that teams are built based on the best international experiences, an international advisory board has been established. Prof Anita Riecher-Rössler, Chair of the EPA section on Prevention of Mental Disorders, and Dr Olivier Andlauer, member of the section board, have been asked to participate in this board. The role of the board is to help making strategic decisions, review
different care models and their relevance for the Czech Republic, advise on the structure of training, or design the scientific evaluation of the project.

As interest in Early Intervention and Early Detection of psychosis is growing with its evidence-base, these international collaborations show how EPA and its sections can have a leading role in spreading good practices and supporting countries in learning from each other through the expertise of EPA sections.


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