



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Gwynedd and Mon Early Intervention for Psychosis Service

REFERRAL FORM

Date referred:

Date received:

Name:

D Number:

Address:

Date of Birth:

Age:

Sex: F/M

Post Code:

Telephone:

Mobile:

GP:

Other agencies/professionals involved:

Please describe (or attach any recent letter with this information):

Current presenting problems/Formulation

Please give the date of any current CTP:

Any particular sensitive issues we need to be aware of:

Allocated Clinician:

Date initial assessment offered:

Criteria for referral to NWW EIPS:

- Resident in Gwynedd or Ynys Mon
- Age 14 to 35

EITHER

First Episode Psychosis

- Experiencing a first episode of psychosis (FEP). This is the first presentation of a psychotic illness and the person is actively psychotic, with clear positive symptoms (delusions, hallucinations or thought disorder, which meet diagnostic criteria). Often but not necessarily involving a hospital admission.

AND

- Social/ Occupational functioning is markedly impaired

OR

- Have experienced a first episode of psychosis within the last three years.

OR

At Risk Mental State

- Significant, persistent psychotic symptoms which may not reach diagnostic thresholds of severity/ duration

OR

First degree relatives with schizophrenia or similar diagnosis

AND

- Recent (last 12 months) marked deterioration in social or occupational functioning

First episode psychosis is the term used to describe the first time a person experiences a combination of symptoms known as psychosis.⁶ During an episode of psychosis, 'a person's perception, thoughts, mood and behaviour are significantly altered'.¹⁰ Each person will have a unique experience and combination of symptoms. Core clinical symptoms are usually divided into 'positive symptoms', so called because they are added experiences, including hallucinations (perception in the absence of any stimulus) and delusions (fixed or falsely held beliefs), and 'negative symptoms', so called because something is reduced (such as emotional apathy, lack of drive, poverty of speech, social withdrawal and self-neglect).¹⁰ A range of common mental health problems (including anxiety and depression) and coexisting substance misuse may also be present.

At risk mental states. Typically, before an episode of psychosis, many people will experience a relatively long period of symptoms, which is described as having an 'at risk mental state',¹¹ often shortened to ARMS. This may include:

- a more extended period of attenuated (less severe) psychotic symptoms; or
- an episode of psychosis lasting less than seven days; or
- an extended period of very poor social and cognitive functioning (perhaps accompanied by unusual behaviour including withdrawal from school or friends and family) in the context of a family history of psychosis