

## Participants' Comments

"I would like to take this moment to express my gratitude to the wonderful, friendly and compassionate people at EIRP who spend their lives helping others. They certainly can make a big difference in peoples lives and certainly have for me. The courses I've participated in since becoming involved with EIRP have helped me to resolve issues inside myself and also connect me with other people. It is a remarkable journey and things are looking bright. I say thank you to each and every one of you for being a guide and pointing me in the right direction."

*"EIRP have helped me break barriers and recover from a non-medical point of view. They have assisted me in getting to know people who can relate to problems I have and discuss issues and ideas about how to deal with the problems in different ways. It's also a great experience to get to know others at a social level, and having people around a similar age makes the task much easier. The staff are very understanding and friendly, since they are eager to fulfill your needs to recover, whether it's for study or work, getting to know others, or you just want to get out there in the open world instead of being stuck in your room all day. For me, the Early Intervention Recovery Program has provided me with good friends, the help and assistance I've needed to get my future back on track and aiming towards my goals, and has given me a big boost in my bid to recover from my illness."*

## Referrals & Contacts

You are able to access this program within the first two years of contact with mental health services following an episode of psychosis.

Referrals are usually made by mental health professionals; under certain circumstances self referrals are accepted.

EIRP Office: 9388 2191  
Team Leader: 0439 559 837  
MIFWA: 9228 0200

[teameirp@mifwa.org.au](mailto:teameirp@mifwa.org.au)  
[www.mifwa.org.au](http://www.mifwa.org.au)



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# EARLY INTERVENTION RECOVERY PROGRAM (EIRP)

## Program Content

- Psychosocial support
- Interdependent living support
- Employment & Educational support
- Managing a budget
- Managing accommodation
- Identifying and using community facilities
- Recreation programs
- Art & Music
- Stress Management & Relaxation
- Other activities catered to the interest of participants at a given time



## Program Overview

- The Early Intervention Recovery Program is intended for young people, aged 18-35, with symptoms of psychosis.
- Young people experiencing first-episode psychosis are also going through an important stage in their personal and social development.
- The time it takes services to identify and treat psychosis is critical to the long-term outlook for the person concerned. Delays to treatment are distressing and make relapses more likely.
- EIRP is distinctive from other types of mental health services. It works with a specific age group, at a specific point in time, with a specific set of interventions centred around the client's individual needs.
- The EIRP service works with a person and their unique past and present, it is not a one size fits all approach.
- The initial contract is to work with the program for six months, with a maximum time of two years in the program.
- EIRP works one on one to set and achieve goals that are meaningful for the individual, with the relationship between two parties at the centre of the engagement.
- The program facilitates the entry into employment services, education, community, social and recreation networks.

**The Early Intervention Recovery Program (EIRP) works with a person and their individual situation following the trauma of a psychotic episode. The program has a strong focus on recovery, as defined by the individual.**

Recovery Quotes:

- "Recovery does not mean cure, it is a hopeful attitude, a way of approaching the day and facing the challenges." Pat Deegan
- "Recovery requires self-confidence, self-esteem, self-awareness, and self-acceptance. It is a liberating process, a social process and one in which practitioners need to believe in." Ron Coleman
- "It is a personal process of overcoming the negative impact of a psychiatric disability despite its continued presence." Consultants & Users of Ohio Department of Mental Health
- "Recovery involves rest and good food but the hardest part is raising people's (including my own), expectations of oneself." Rufus May
- "Recovering from psychosis is an individual journey that needs a wide variety of therapeutic options to be available to the person. Without the right options the attraction of psychosis or the close experience of substance "misuse" may become the preferred option over the unbearable reality of the person's present and past life." Peter Chadwick
- "Recovery seems to involve the following aspects: Discovering a more active self, taking stock of self, putting the self into action, appealing to the self. This whole process leads to a finding of the functional rather than the dysfunctional self." Larry Davidson