

## Sharing the **LIKEMIND** website with your care coordinator

### Want to try it out?

Ask the person you see at the early intervention service to get involved

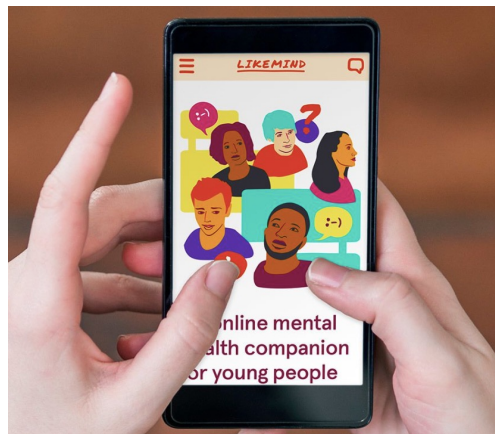
### What is the Likemind website?

In 2014 a research project called 'Early Youth Engagement' or EYE developed a new approach in Early Intervention for psychosis Services (EIS) aimed at addressing some of the reasons people say they don't like coming to appointments. It was able to reduce the number of people who dropped out and is now being tested in a bigger trial.

Part of the EYE-2 is an online mental health website companion full of information and resources. **It was designed after asking EIS users in Sussex what they wanted from the NHS.** Now our research shows that the website might be more effective if it was made into a more structured program that could be shared in appointments.

### What are we trying to do?

We want to try out a short program that will help you look at the website together with your care coordinator in appointments. **It has all the information you need in one place about different aspects of mental-health care** like understanding what psychosis is and how the EIS can help. Information about things like medication choices, talking therapies, looking after your physical health and wellbeing can help you decide what you want your mental-health care to be and how you can achieve it.



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Ask the person you see at the early intervention service to get involved

### What do we want to find out?

We know that people are more likely to come to appointments when they have a good relationship with NHS staff. We also know that that mental-health information learnt remotely from websites can be as effective as when it is given face-to-face. It's thought that using the website information with someone from the early intervention team to help could be even more powerful. Not much research has looked at whether this approach can help people feel happier about staying to get help in the EIS for longer or the impact it might have on client/staff relationships. **We want to see if sharing the website to help plan mental-health care can strengthen relationships and encourage people to get help from the NHS for longer.**

[www.likemind.nhs.uk](http://www.likemind.nhs.uk): An Online Mental Health Companion

## Why do we think it will help with engagement?

Our researchers in the EYE study asked what was important for people to engage with and feel comfortable getting help from the EIS. They told us that they wanted open and honest communication with knowledgeable staff who were able to give information to support shared treatment choices and goals that reflected the things that were important to them. Researchers created the Likemind website to help with this. Feedback from the EYE-2 trial showed that when clinicians shared the website in clinical sessions it helped to support people to make informed decisions about treatment, but that most people aren't using it in this way yet. We think this intervention guiding shared use can help build trusted relationships and improve engagement.



## What are the Likemind Intervention Resources?

**The Likemind workbook** is for you and guides discussions around important things you might want to think about where the EIS can help you. **It combines useful information from the website and help from your care coordinator** to think about what you want to do. The workbook can be used as a printed or digital resource. You can even use it on your smartphone phone

**A website user guide** for people who might want extra guidance using the website. It includes tips such as navigating web pages and bookmarking; how to open, download, save and share documents.

Find the workbook and user guide online under the 'LIKEMIND INTERVENTION RESOURCES' section:  
[www.likemind.nhs.uk/resources/resources](http://www.likemind.nhs.uk/resources/resources)

## What would it mean for me if I want to get involved?

- You would look at the website together with the main person you see at the EIS | your usual appointments
- **You would need to answer some questionnaires with a researcher before you start and at the end of the trial** to tell us what you think about the early intervention service and the working relationship you have with the main staff member you see (it takes about an hour).
- You will get a booklet that you can use in your normal appointments to help get information about mental-health care and plan treatment recovery goals. The program lasts about 4 weeks.

## Who is carrying out the research?

The research is part of a PhD studentship with the EYE-2 trial. It is funded by the government (the Economic and Social Research Council) and the Sussex Partnership Foundation Trust (SPFT). Ellie Robson is a PhD student with the University of Sussex with clinical experience of working with people who have a diagnosis of psychosis. She is supervised by Professor Kathryn Greenwood, a research and clinical psychologist in the SPT and primary investigator for the EYE-2 trial. She has over 20 years experience working with people who have early psychosis. If you want to get involved or have any questions you can contact them or speak to your care coordinator

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