

YOUNG PEOPLE AT KAIYU KONNECT EARLY INTERVENTION PROGRAM (KKEIP WELL) ~HELPING YOUNG PEOPLE DEVELOP BETTER MENTAL HEALTH~

Depression



Psychosis

Anxiety

Program Description

The Kaiyu Konnect Early Intervention Program (KKEIP well) is designed to support young people who are in their first few years of experiencing symptoms of mental illness. The program is designed to help participants through this difficult, confusing and often isolating time by supporting them in developing better mental health. We focus on 3 key areas:

- Community Inclusion
- Education
- Relapse Prevention

Program Format

Group Program

The group program is run on Fridays from 10:00am–3:30pm in groups of up to 10 people. The format of the group program includes a skill development and group work component combined with a fun social activity.

Location: 8 Harrison St Cardiff

Transport: Available from central public transport points (e.g. Cardiff station, Glendale)

Community Inclusion Program

We also offer a one-on-one community inclusion program which is aimed at helping participants identify and access activities within the community that are of interest to them. We also discuss their progress in achieving their goals and offer assistance where required.

(KKEIP) Well in School

During youth week Kaiyu developed a promotional and educational DVD with young people attending KKEIP Well. The DVD is shown in educational institutions/youth centre's and involves peer interaction and discussion around mental illness.

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Ongoing Program Evaluation

Early Intervention Project Advisory Group (EIPAG)

To help with the development and ongoing quality assurance of the program, Kaiyu has set up an Early Intervention Project Advisory Group (EIPAG). The EIPAG is a multi-disciplinary group with members that are well connected within the mental health and broader community. This will help to provide guidance for implementation of the group program and ongoing evaluation.



Participant Intake Criteria

Participants must:

- Be aged 18–25yrs
- Have developed symptoms of mental illness within the last 5 years
- Be currently in a non-acute phase of mental illness
- Be currently linked with a mental health service
- Referrals reviewed by the Konnect team for program eligibility