

Psychoeducation Programmes for Bipolar Disorder

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What is bipolar disorder?

- Severe and enduring mental health condition directly affecting approximately 5% of the population (equivalent 3.4 million in UK)
- Symptoms consistent with depressed or elevated mood, with intermittent periods of relapse, but can vary hugely between people, although there can also be many similarities

What is bipolar disorder?

- Complex health condition with high morbidity and mortality, often with comorbid health conditions such as anxiety or substance misuse.
- Impacting on personal, family, social and employment activities with an annual UK economic cost estimated at some £6.4 Billion through lost productivity, informal care and health and social care (*Costs of bipolar disorder in the UK*, Simon et al, 2021).

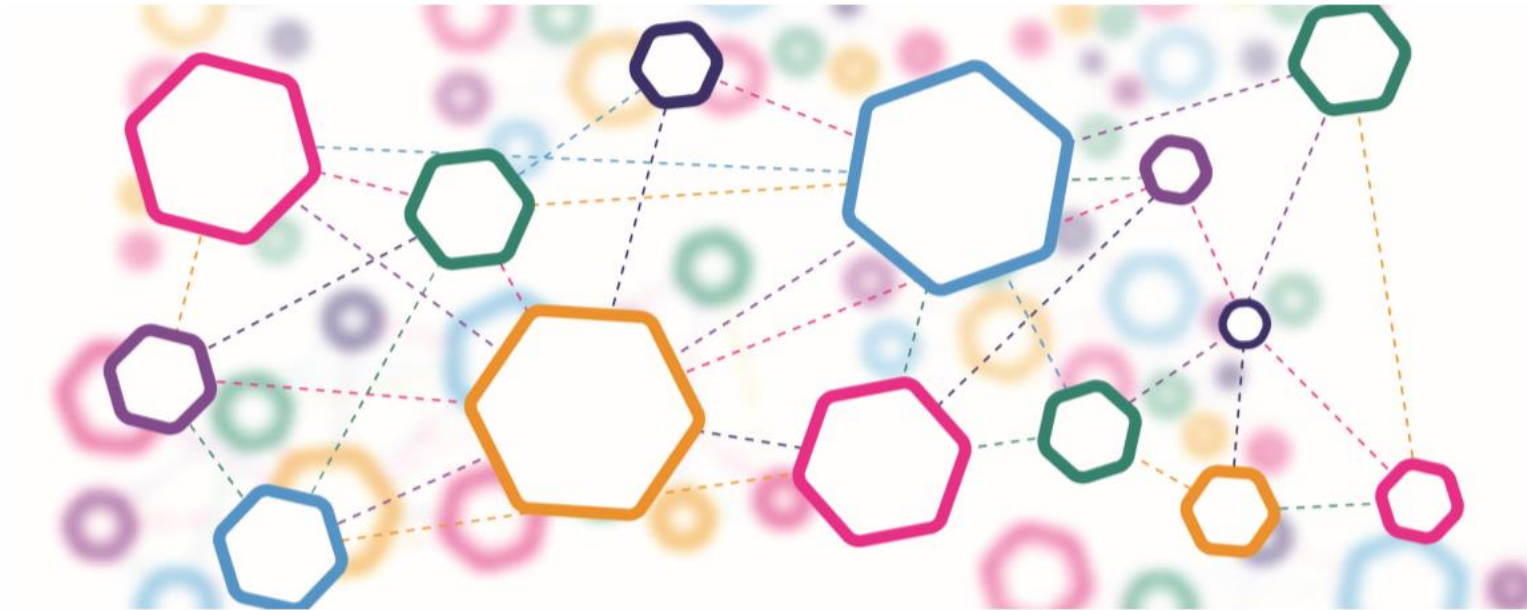
Why is psychoeducation useful for people with mental health conditions?

- One of the most effective ways to deal with any health condition, physical or mental, is to understand it
- Self-management offers the opportunity of enabling people to rebuild their lives within the context of living with mental ill health
- Self-management: putting patients in direct control of managing their health conditions (Empowerment in Mental Health – Working together towards leadership, WHO, 2010)
- Peer support can encourage individual insight

What does psychoeducation involve?

- Knowledge of the condition
- Treatment approaches
- Problem solving and goal setting
- Identifying triggers and relapse signatures
- Responding to such signatures before clinician contact
- Potentially useful for all health conditions

Matrics Cymru - The Evidence Tables



Written by the National Psychological Therapies Management Committee, supported by Public Health Wales
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Bipolar Education Programme Cymru (BEPC)

- Face to face psychoeducation groups running throughout Wales between 2010-2020 with 67 groups and over 750 participants.
- BEPC has been implemented in New Zealand, Brazil Turkey and many other places throughout the UK
- 2014 BMJ award for innovative practice
- 89% highly satisfied with the programme and 96% would recommend course to others*

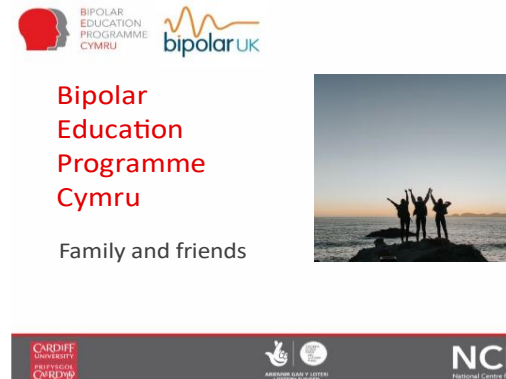
*Tredget and Svobodova, 2013

Psychoeducation for Bipolar Disorder

- **“Booster” sessions** to previous BEPC course graduates
- **“Bitesize BEPC”** webinars developed and provided with Bipolar UK, the leading UK charity for supporting those affected by bipolar disorder
- **eBEPC courses** – similar to the face-to-face groups but in a virtual setting.
- Developed and produced **training programmes** in conjunction with Virtual College for clinicians to provide the face to face BEPC

Psychoeducation for Bipolar Disorder

- **14 Booster sessions** attended by **76 participants**
- **Five “Bitesize” BEPC webinars** attended by **350 people** and subsequently viewed **3,300** times online

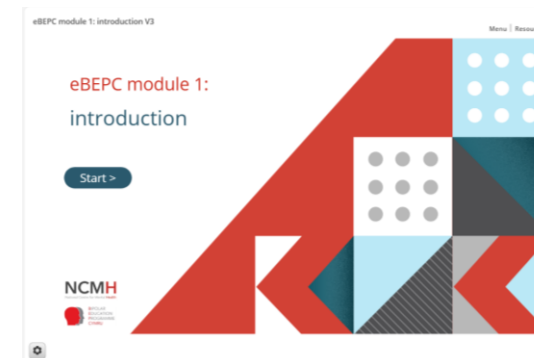


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Psychoeducation for Bipolar Disorder

- 11 eBEPC courses delivered with **53** participants
 - **86%** stated they had learned new information and better ways to manage
 - **95%** stated they were satisfied or highly satisfied with the programme
 - **100%** would recommend the programme to others with bipolar disorder
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- Two 45 minute training programmes developed



Going forward

- Tried *really* hard getting teams throughout Wales to continue providing the programmes; provided bespoke training and all materials, with little success
- Contacting NHS mental health services in Wales using a top-down and bottom-up approach, including Senedd Cymru, Health Board leads and front line staff at CMHTs and wards to ensure such interventions are known about and disseminated throughout the adult mental health care system and form part of routine care