

APPENDIX 10: **IRT CLINICIAN PREPARATION LIST**

Goal of the IRT Preparation List: For new IRTs to learn as much as possible about NAVIGATE and the role of IRT when in-person training is not available.

Recommendations:

- Complete each activity on the checklist.
- Initial each activity as it is completed.
- Write at least one comment about something you learned from each activity
- Write at least one question that you had as you completed each activity.
- Meet with the NAVIGATE director to discuss what you have learned and get your questions answered.

A. MATERIALS TO READ AND A VIDEO TO WATCH ABOUT FIRST EPISODE PSYCHOSIS AND THE NAVIGATE PROGRAM

1. Familiarize yourself with NAVIGATE website and locate manuals:

www.navigateconsultants.org

2. Read all of the Team Members' Guide from NAVIGATE website:

www.navigateconsultants.org

___ Completed

___ Comments:

___ Questions:

3. Watch "Sometimes I'm Schizoaffective; All of the time I'm Human." Johnny Benjamin. 3 minute video on YouTube:

https://www.youtube.com/watch?v=M3_hny4GFIY

___ Completed

___ Comments:

___ Questions:

B. READING AND VIDEO ACTIVITIES FOCUSED ON IRT ROLE

1. Read all of the Team Members' Guide from NAVIGATE website:

www.navigateconsultants.org

___ Completed

___ Comments:

___ Questions:

2. Read Introduction chapter from the IRT manual

___ Completed

___ Comments:

___ Questions:

3. Watch "IRT Introduction" video and "Overview of an IRT Session" videos from NAVIGATE website

___ Completed

___ Comments:

___ Questions:

4. Read Module 1 from IRT manual (both clinician guidelines and client handout)

___ Completed

___ Comments:

___ Questions:

5. Watch IRT video for Module 1 from NAVIGATE website

___ Completed

___ Comments:

___ Questions:

6. Read module 2 from IRT manual (both clinician guidelines and client handout)

Completed

Comments:

Questions:

7. Complete the Strengths Test for yourself from Module 2

Completed

Comments:

Questions:

8. Watch IRT video for Module 2 from NAVIGATE website

Completed

Comments:

Questions:

9. Read Topic 1 of module 3 from IRT manual (clinician guidelines p. 107-115; and client handout, p 131 to 143)

Completed

Comments:

Questions:

10. Watch IRT video for Module 3 from NAVIGATE website

Completed

Comments:

Questions:

11. Continue to read IRT modules and watch the accompanying video until all are completed. The first 3 are important to get you started, but the remaining ones will help you get a good grasp of all the IRT modules.

- Module 4
- Module 5
- Module 6
- Module 7
- Module 8
- Module 9
- Module 10
- Module 11
- Module 12
- Module 13

C. VIDEO ACTIVITIES TO HELP IRT CLINICIANS BECOME FAMILIAR WITH FIRST EPISODE PSYCHOSIS CLIENTS

1. Recovery Stories on OnTrack website with examples of people who are working

<https://vimeopro.com/user23094934/voices-of-recovery/video/85828609>

<https://vimeopro.com/user23094934/voices-of-recovery/video/85834373>

<https://vimeopro.com/user23094934/voices-of-recovery/video/85834646>

Completed

Comments:

Questions:

2. Recovery stories on OnTrack website with experiences of individuals who have completed their education. Each about 4 minutes.

<https://vimeopro.com/user23094934/voices-of-recovery/video/85740602>

<https://vimeopro.com/user23094934/voices-of-recovery/video/85739637>

<https://vimeopro.com/user23094934/voices-of-recovery/video/85741132>

___ Completed

___ Comments:

___ Questions:

3. Examples of young people with first episode psychosis who are going to school or have completed school. Partners4StrongMinds. About 15 minutes total.

<https://www.youtube.com/channel/UCrM8Kxbl3OQaGVILepFOtUg>

___ Completed

___ Comments:

___ Questions: