

EPP0464

Alternatives to emergency departments for mental health crisis - a system wide approach can lead to better patient outcomes

J. Dove^{1*} and S. Leveson²

¹Camden & Islington NHS Foundation Trust, Liaison Psychiatry, London, United Kingdom and ²Camden & Islington NHS Foundation Trust, Liaison Psychiatry And Health Based Place Of Safety, London, United Kingdom

*Corresponding author.

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Introduction: In Camden and Islington (North Central London) we have restructured our emergency mental health services significantly. Prior to January 2020 all emergency mental health presentations, including those detained in public by the police (S136) were supported through our three emergency departments and their respective liaison mental health teams. In January 2020 a new 'Health Based Place of Safety' (for those detained by police) was opened to avoid people spending time in emergency departments unnecessarily. When the COVID-19 pandemic first took hold in the UK in March 2020 a second unit, a 'Mental Health Crisis Assessment Service' (MHCAS) was set up again away from the acute sites, encouraging people in MH crisis to attend a designated MH ED away from the acute sites. This study aims to review the system and patient outcomes since the development of the pathway. **Objectives:** Relieving pressures on ED by reduction in patient numbers that could be better supported elsewhere and free up resource for alternative assessments and patient needs.

Methods: A retrospective cohort study to review the outcomes of the new system in relation to emergency mental health crisis presentations. Comparison to be made with ED data for 2 years prior to new system.

Results: Pending final results but initial data suggests 25% reduction in ED presentation for MH cause with new system. Reduction in psychiatric inpatient admissions of between 3-5%.

Conclusions: Creative system wide initiatives to provide alternatives to emergency departments for people in emergency mental health crisis can lead to significantly improved patient outcomes and experience.

Disclosure: No significant relationships.

Keywords: covid; liaison; emergency; police

EPP0461

Assessment of stress and anxiety during the COVID-19 pandemic in caregivers of children with ASD

P. Pacheco^{1*}, M. Pacheco² and D. Molini-Avejonas¹

¹University of São Paulo, Rehabilitation Science, São Paulo, Brazil and

²UFES, Morphology, Vitoria, Brazil

*Corresponding author.

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Introduction: An infectious disease such as COVID-19 can have a great impact on mental health due to the fear of contracting it as well as the social isolation itself due to the containment measures.

Such events are considered stressors, as they can be perceived as threatening or challenging, and can have cumulative effects that are harmful to mental health. Along with this scenario, anxiety can occur in association with stress, and it is defined as extreme concern and somatic symptoms that generate tension, hindering the proper functioning and development of basic life functions. In people with Autism Spectrum Disorder (ASD) and their families, such events can occur more intensely, as changing routine and adapting to different activities are usually challenging. The study examined stress, anxiety and coping strategies during the pandemic.

Objectives: To analyze stressful events, anxiety and coping strategies in caregivers of children and adolescents with ASD and typical development.

Methods: Forty caregivers of children and adolescents with ASD and 40 of typically developing participated in the study. The assessment instruments used were: 1. RSQ COVID-19; 2. Semi-structured interview; 3. State-Trait Anxiety Inventory for Adults. For statistical analysis, analysis of variance (ANOVA) or chi-square were used.

Results: Caregivers of children and adolescents with ASD showed greater stress and anxiety, in addition to using less adaptive coping strategies.

Conclusions: There is a great need to welcome families of children and adolescents with ASD, helping to develop coping or coping strategies.

Disclosure: No significant relationships.

Keywords: autism; coping; COVID19; Stress

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Does Vitamin D matter? The role of calcium homeostasis imbalance in clinical severity of psychiatric patients.

G. Altucci*, L. Giannelli, C. Palummo, A. Di Cerbo, S. Agnese, S. Cipolla, M. Fabrazzo, F. Perris, F. Catapano, M. Luciano, G. Sampogna and A. Fiorillo

University of Campania "Luigi Vanvitelli", Department Of Psychiatry, Naples, Italy

*Corresponding author.

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Introduction: Vitamin D modulates the biosynthesis of neurotransmitters and neurotrophic factors and it is involved in the modulation of inflammatory responses, with a potential impact on clinical status of patients with severe mental disorders. Moreover, available evidences report that decreased blood levels of Vitamin D are associated to a worse course of psychotic and affective disorders.

Objectives: We assessed calcium homeostasis imbalance in a sample of inpatients and outpatients, referring to the Department of Psychiatry of University of Campania "Luigi Vanvitelli" in order to explore levels of Calcium, PTH and Vitamin D and their influence in clinical severity among this different subgroups.

Methods: All patients were administered The Brief Psychiatric Rating Scale (BPRS) to assess different domains of psychopathology. Vitamin D, Calcium and PTH levels were assessed in all patients. An ad hoc schedule was administered for socio-demographic and clinical characteristics.