



IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES

WORKING TOGETHER !

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Agenda

- Overview of IAPT
- Job Centre Plus
- Condition Management Programme
- Mental Health Teams
- What's gone well and not so well
- Key lessons and future directions
- Signposting to further information
- Discussion



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Doncaster



Population 289,000

97.7% White

1.1% Asian or Asian British

0.6% Mixed

0.4% Black or Black British

0.3% Chinese

Deprivation

41.3% of residents live in the nationally defined most deprived quintile

40th most deprived LA (2004)

18170 population receive incapacity benefit

Life Expectancy at Birth

males 75yrs vs 76.1 yrs nationally

females 79.6 yrs vs 80.7 yrs nationally

Mortality from cancer, smoking, heart disease and stroke are all significantly above the national average.

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IAPT is a Virtual Organisation

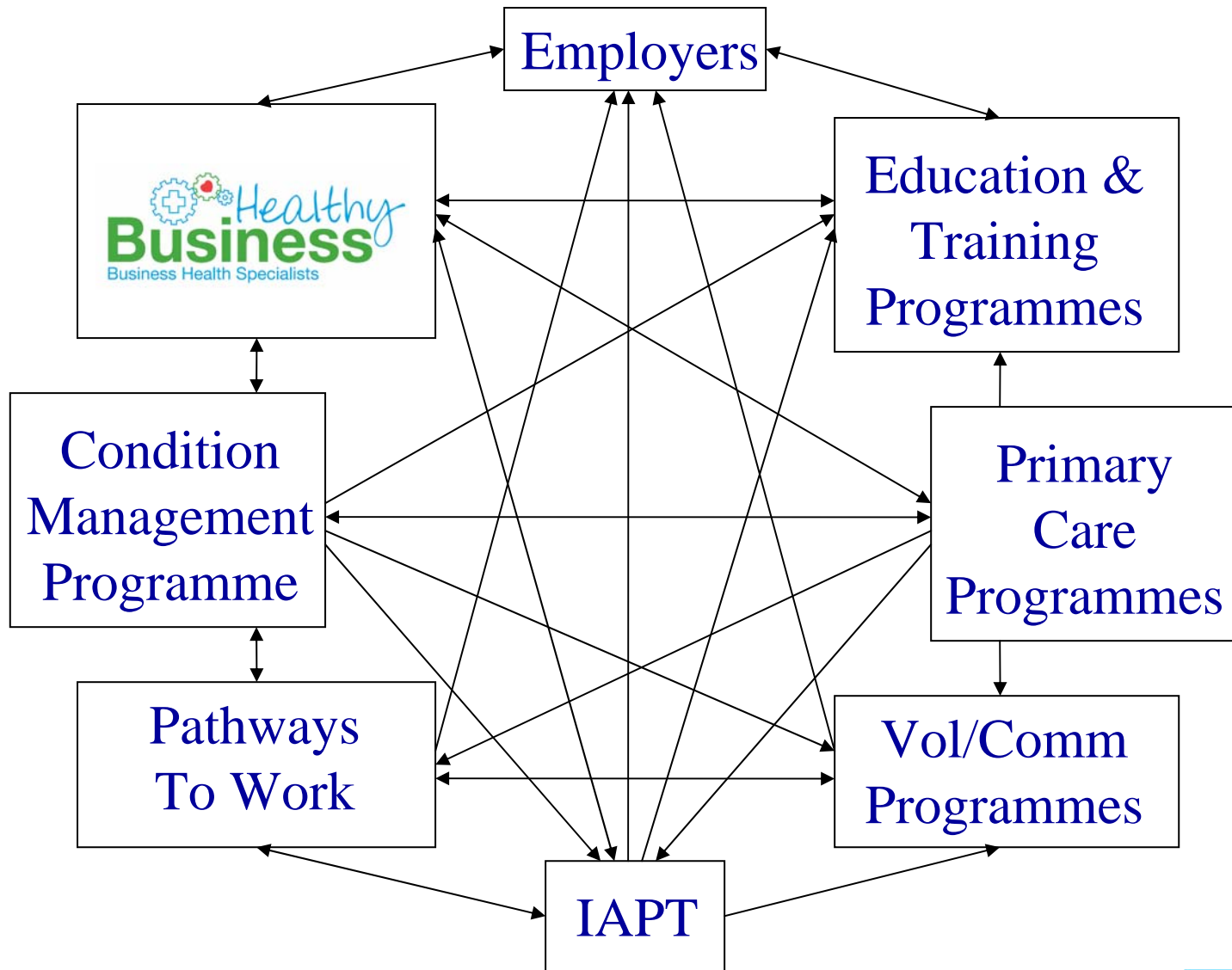
- NHS – Doncaster PCT and RDaSH
- Jobcentre Plus / Pathways to Work
- NHS – Condition Management Programme
- Doncaster Chamber of Commerce
- Healthy Business / Occupational Health Services
- University of York
- Community and Voluntary Sector



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Barriers to Employment Whole System Model





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Jobcentre Plus

- A package of help and support for people on Incapacity Benefit through Pathways to Work
- 6 mandatory interviews for new customers
- Voluntary access for existing customers
- Skilled specialist advisers
- Choices package
- Strong ethos of partnership working



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Condition Management Programme

- Delivered by the NHS across S Yorkshire since August 2006
- Not a traditional NHS treatment programme
- Aims to help individuals better understand and manage their health condition in relation to returning to work now or in the future
- 8 Session Core Programme based on CBT principles delivered from community venues predominantly leisure centres
- All barriers to attend are addressed
- Customer evaluation very positive



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Mental Health Teams

- PCT provides Primary Care Mental Health Team, which delivers case management, counselling and CBT
- Case management is innovative service – mainly phone-based, and covers guided CBT self-help, CCBT, info/exercise/book prescription, medication management
- Within MDTs, RDaSH provides CBT, counselling, psychology and psychotherapy for high level of risk, complexity, substance use, impairment and previously failed treatments



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What's gone well (1)

- Rapid access to appropriate talking therapies for all
- Increased awareness of a wide range of services & business community re Mental Health & Worklessness issues
- Close working relationships developed between non - traditional partners
- Improved health & well-being amongst customer group
- Improved levels of overall employment
- Provision of educational and promotional information for customers and partners
- Successful initial foray into tackling worklessness by NHS



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What's gone well (2)

- IAPT provides an invaluable service for Jobcentre Plus customers
- Jobcentre Plus / CMP joint working fully established and successful
- Named IAPT Champions appointed to work with Jobcentre Plus advisers - very popular
- 'Beating the Blues' self-help programme to be fitted into Doncaster Jobcentre.
- Expertise of Jobcentre advisers in addressing non - health barriers recognised and used by IAPT case workers
- Reduced inappropriate referrals / consultations with primary & secondary care services



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What's not gone so well

- Slow pace to establish effective liaison and joint working between IAPT
- Understanding and acceptance of Jobcentre role took time to establish between case workers, CMP Practitioners and Jobcentre Plus Advisers
- Different views on type and amount of information sharing
- Lack of clarity around clear referral pathways
- Recruitment problems for mental health workers
- Slower pace of implementation than hoped overall



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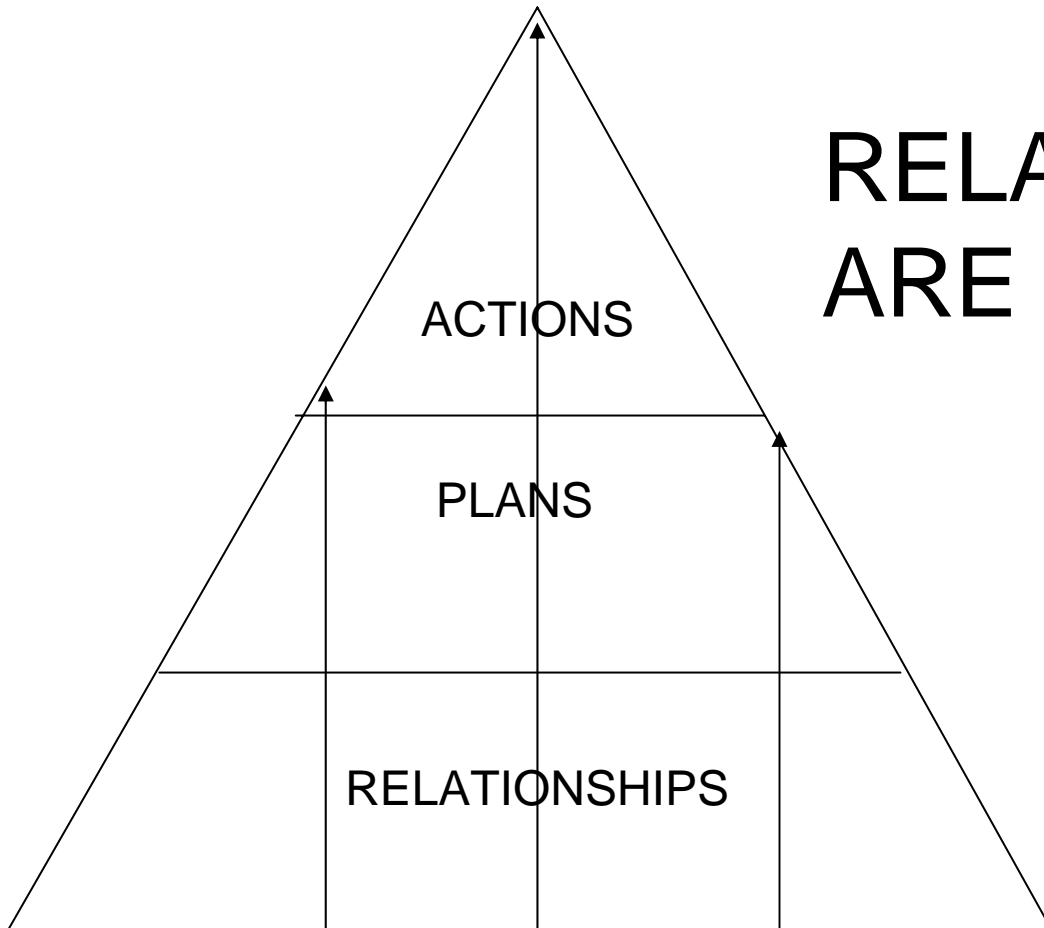
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Key lessons

- Psychological needs of people out of work can be much more complex than recognised or accepted
- The impact of physical health needs on mental health and vice versa is underestimated
- A lot more work is needed, in addition to clinical interventions, to help people into work – combination approach not single solution
- Detailed pictorial care pathways are required to link partner providers together
- Trust and understanding of all partners roles is essential to fully address people's complex barriers and signpost appropriately.



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**RELATIONSHIPS
ARE KEY !!**



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Future Directions

- Detailed and practical ICPs are being developed so that staff can easily follow in contact with patients/customers
- More follow-up contact is needed to assess impact of interventions, especially around returning to the workplace and provide top-ups where necessary
- More cross-cutting evaluation needed to assess impact of different services on individuals overall journey
- Evaluate 'Beating the Blues' success and consider for further rollout in Jobcentreplus venues in the future
- More frequent meetings & closer liaison with IAPT, CMP and Jobcentre Plus practitioners & strengthen IAPT Champions for all Jobcentres
- Further rollout & expansion of Healthy Business model



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Sign-posting to outcome reports and other information

- www.elphin-barnsley.org.uk
- www.jobcentreplus.gov.uk
- www.doncasterpct.nhs.uk/iapt.asp
- www.mhchoice.csip.org.uk/psychological-therapies



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ANY QUESTIONS ?



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