

Improving Access to Psychological Therapy and Work Solutions Launch

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iapt

Improving Access to Psychological Therapies



Outline

1. Adult Mental Health in Westminster
2. National and Local Strategy for Services
3. Development of Primary Care Mental Health
 - Improving Access to Psychological Therapy (IAPT)
 - Specialist Employment Support Services
4. Key Achievements
5. Our Priorities
6. Challenges Ahead

Mental Health in Adults – the picture in Westminster



Westminster

- Greater levels of mental health disorders (both severe and common) - highest spends on mental health in London
- London Health Observatory 2009 & 2010
- The 16-34 age group - the highest percentage of those with poorer mental health.
- A quarter of adults in Westminster had poorer mental health - the highest in London.
- Estimated that Westminster would have 38% more common mental health disorders
- Estimated that in any given week 11% of adults in Westminster will experience depression higher than England average (8%) and similar to London (11%)

Why?

- Age structure and gender – first presentation is usually before the age of 45, Westminster has a proportionally larger population in this age group.
- Area with high deprivation – 23% of small areas are in the 5th most deprived in England.
- Unemployment – 8.7% of working age adults compared to 7.5 % across London in 2008/09.
- Westminster has a higher than average rate Housing and Homelessness - 30% of housing in Westminster is overcrowded, which is the third highest in the country. Westminster has the largest rough sleeping population in the country.
- Substance Misuse (specifically for personality disorder) – Westminster has significantly higher numbers of people in treatment than the rest of the country.

PRIMARY CARE MENTAL HEALTH SERVICE

Service Development Strategy 2008/9

- Counselling: Enhance Standards and Equity of Access
- Low Intensity Intervention: Develop Level 2 Capacity with CNWL Adult Psychology Services
- Plan for Borough-wide Primary Care Psychological Service including primary care CBT Therapists
- Bid for IAPT Service Development Monies: To train a comprehensive local workforce

DH National Programme



Westminster

- The IAPT Programme is driven by increased investment, rising to £173 million over three years for psychological therapies, and aims to change services for people with depression and anxiety disorders.
- SHAs will establish a major training programme to expand the psychological therapists workforce.
- There will be a gradual expansion of the services – in a small number of PCTs at first.
- Westminster is awarded as transition site in 2009

Service Development



Westminster

- Over 1.1 million of new Investment has been committed
- Westminster IAPT service will operate in a hub and spoke model within the existing polysystem service area.
- There will be two hubs – one in the north and the other in the south of the borough
- Main clinical service will be delivered at the North and South Hubs within the NHSW polysystem service area.
- North and South Hub will be the key locations for open access to IAPT clinical or employment services and well being services.
- Integrate fully with the provision of primary care mental health services and well-being services in Westminster.

Objectives

- More people have access to psychological therapies in primary care settings for people who are diagnosed with mild to severe common mental health disorders.
- Extend access to NICE compliant services and ensure that 50% of those who leave treatment move to recovery
- Help people retain work and back to work, and ensure that fewer people are on sick pay and/or benefits
- Self referral route to IAPT will ensure better access to mental support hence reduce mental health inequalities particularly for the BME communities.

IAPT – Clinical Service



Westminster

- NHS Westminster has commissioned CNWL NHS Foundation Trust to develop and manage a practice-based Primary Care Psychology Service
- The service aims to provide short-term structured and standardised psychological interventions for individuals suffering from mild-to-moderate anxiety and/or depression.
- Signposting to relevant services e.g. for psychosocial problems, is also offered.
- Successful recruitment of IAPT workforce
- IAPT service gone live from September 2009

Key Achievements: IAPT Clinical Service

- IAPT are provided at 28 GP practices (65% coverage) and South Westminster Polyclinic
- IAPT hub for the North and South identified – planning and negotiation in progress.
- Self referral available at GP surgery from April 2010
- Service Performance: September 2009 - March 2010
 - 576 people who have received psychological therapies
 - 237 people who have completed treatment
 - 97 people who are moving to recovery
 - 9 people moving off sick pay & benefits

IAPT - Specialist Employment Support Service

- IAPT Specialist Employment Support Service has been successful tendered.
- Specialist Employment Support Service is being provided by voluntary organisation, Jobs in Mind as “Westminster Work Solutions” from January 2010.
- Aim to offer employment support to people who have a common mental health issue e.g. depression or anxiety or have mental health conditions to sustain work, to return to work or to gain work.

Key Achievements: IAPT Employment Service

- Successful recruitment of “Work Solutions” workforce
- Integrate with the clinical service to embed pathways which enable to retain employment, return to work from sickness or health associated benefit payments.
- Integrate with Job Centre Plus, other statutory and voluntary employment support services.
- Service Performance: February – May 2010
 - 120 people who are receiving employment support
 - 45 people who are receiving job retention service
 - 4 people has been supported to retain their employment
 - 1 people has been supported to access paid employment

Our Challenges

- Lack of suitable clinical space to see clients
- Difficulty in securing suitable and affordable shop front premises
- On-going improvement of service performance and outcomes
- To sustain national and local investment

Our Priorities

- Establishing open access or self referral for psychological therapies, employment services and well being services by moving the primary care mental health team into shop front premises.
- Marketing and promotion of IAPT services amongst service users, GPs and key health & social care stakeholders
- Developed inter GP practice provision of IAPT within Practice based Commissioning Cluster
- Enhanced out of hours provision