

Kent and Medway talking therapies



Rose Melvin
Insight Healthcare



IAPT services deliver NICE approved treatment for people with common mental health disorders

- Routine outcome monitoring
- Evidence based psychological therapies for anxiety and depression
 - Skilled IAPT trained workforce
 - Regular and outcomes focused supervision
 - Stepped model of care
 - National target recovery rate of 50%
- National target RTT waiting times within 6 weeks 7



9 IAPT providers in Kent and Medway from the 3rd sector delivering patient choice

Dover Counselling

Faversham Counselling services

IESO

Insight

Medway Talking Therapies

North Kent Mind

Psicon

Think Action

University Medical centre



IAPT responded to 48000 referral across Kent and Medway in the last 12 months

- 31000 entered treatment
- 51% of people moved to recovery
- 72% showed clinically significant improvement
- 75% were treated within six weeks of referral



5YFV priorities for IAPT development

- Expand access from around 17% of all people with anxiety and depression each year to 25% by 2021
- Support People to stay in work - DWP
- Improve quality and peoples experience of services and reduce inequalities in access and outcomes
- Improve the provision of psychological therapy for people with a long term physical health condition



Focusing on people with long term conditions.

Two thirds of people with a common mental health problem also have a long term physical health problem, greatly increasing the cost of their care by an average of 45% more than those without a mental health problem. By integrating IAPT services with physical health services the NHS can provide better support to this group of people and achieve better outcomes.



Integrated IAPT Definition

An integrated IAPT service will expand access to psychological therapies for people with long term conditions and/or medically unexplained symptoms by providing care genuinely integrated into physical healthcare pathways working as part of a multidisciplinary team, with therapists, who have trained in IAPT LTC/MUS top up training, and provide evidence based treatments collocated with physical health colleagues.

NHS England 2017



Integrated IAP

- Integration into existing physical healthcare pathways and into co-located premises
- It is more than simply using a room in a GP surgery
- Cross learning across services based in primary and or secondary care
- IAPT clinicians learn to adapt their treatments for this client group
- Physical health care teams and IAPT practitioners are both 'experts' in their field and 'together' can work well



Learnings so far...

- Engagement, building relationships and developing pathways takes time
- Developing a good implementation plan jointly with the physical health care teams and service user collaboration
- Mapping exercise to prevent duplicate commissioning with your commissioners
- Link in with existing work streams in physical health, however ensure there is clarity between Integrated IAPT and health psychology
- Use patient focus groups



- Cast net widely
- Don't underestimate the importance of publicity and marketing with commissioners
- Design the pathways so that patients are caught and can refer for support at all points in their physical health pathway



Thank you

Rose.melvin@insighthealthcare.org

