



Update on Improving Access to Psychological Therapies Scheme (IAPT) For the Overview and Scrutiny Committee January 2010

1. Background

The improving access to Psychological Therapies (IAPT programme) has now been in place within Western Cheshire and Central & Eastern Cheshire since September 2008. Both Central and Eastern Cheshire and Western Cheshire PCT's were chosen as part of a bidding process in the North West Region to commission IAPT Wave 1 sites in the initial year of the national rollout.

Investment in the services has followed NICE guidelines of a stepped care approach to treating common mental health problems and enabled Cheshire and Wirral Partnership Foundation NHS Trust to employ 7 new High Intensity Therapy (HIT) workers in West and 21 HIT workers in Central & Eastern Cheshire. These staff provide high intensity CBT interventions at Step 3.

Both areas also have Psychological Wellbeing Practitioners (PWP) (7 in West – employed by Western Cheshire PCT and 14 in Central & Eastern Cheshire employed by CWP). These staff provide low intensity CBT interventions at Step 2.

The staff are working to targets of 52 completed cases per year for HIT workers and 223 completed episodes for the PWPs, on the basis of NICE guidelines. NICE guidelines indicate lengths of therapy of 8 to 20 therapy sessions for clients of the HIT workers and 4 to 6 sessions for the PWPs.

The new staff has joined the existing primary care mental health teams in both the Cheshire Western and Central and Eastern Cheshire IAPT sites to provide an integrated Primary care psychological therapy service for Steps 2 to 4.

The new HIT staff have undertaken post graduate diplomas in CBT (IAPT) at Chester University and the PWP staff have undertaken post graduate certificates in Primary Care Mental Health at Manchester University allowing the new staff to gain strong specialist clinical skills.

Central and Eastern Cheshire PCT are 1 of the 12 regional pilot sites for the IAPT Employment Advisory Service hosted by Pathways CIC and this services works is integrated within the IAPT service provided by CWP. The service targets people who are in work who are struggling due to anxiety/depression, or whom are off sick. Pathways CIC also hosts the North West Regional Employment Support Co-ordination Service which targets people who are currently out of work and whom wish to move closer to employment and is integrated into IAPT. The Primary Care Social Care Teams(Local Authorities) share the single point of referral with the CEC IAPT service and are part of the IAPT provision.

The Trust has now implemented the National IAPT KPI data collection and outcome monitoring through the use of the PC-MIS Clinical system dedicated IAPT database as

developed by the Department of Health Sciences at the University of York. The Trust has also benefitted from links with the Northwest IAPT Collaborative Group.

2. A broad definition of Psychological Therapies

Psychological Therapies include a variety of therapies, from those working directly with symptomatic change to those that work through the resolution of conscious and unconscious conflict. Psychological Therapy includes instances in which a therapist may work with a client who has been diagnosed with a specific disorder for example anxiety; instances where therapists are in a helping role with someone who is troubled or distressed; and those where they are supporting healthcare treatments.

Therapy can be offered in particular circumstances, for example during cancer treatment, after bereavement, or for patients suffering dementia. Therapy ranges from brief solution focused therapy to long-term therapy that is exploratory and historical in scope. It includes complex, enduring and deep seated issues as well as apparently simple/single issues.

Therapy includes work with individuals, families and groups and is offered to adults, adolescents and children.

(Adapted from:” Psychological Therapies; National Occupational Standards Consultation Report – Skills for Health 2007).

3. The Stepped Care Approach to Psychological Therapies

NICE Guidelines recommend a stepped care approach which matches the intervention offered to the severity of the presenting problem. This offers the client the least invasive/intensive appropriate interventions. It gives the ability to step up or down the intervention if appropriate to the client. Within Primary Care Psychological Therapies, the service deals with Steps 2-4.

Step 1 offer the concept of “watchful waiting” as is usually carries out by the persons GP

Step 2 offers psycho-education (including telephone treatment and Computerised CBT (cCBT) to people with mild psychological problems associated with anxiety and depression.

Step 3 offers time limited CBT for people with mild to moderate anxiety and depression provide by the HIT's. In addition, Counselling at Step 3 offers time limited counselling for patients with a range of moderate psychological problems including loss issues and relationship problems.

Step 4 offers longer term (up to 26 sessions) interventions for people with complex psychological problems.

Step 5 offers psychological support to people requiring secondary care mental health services

4. National IAPT Headlines 2008/9 Wave 1, Year 1.

Taken from the NHS Northwest IAPT Regional Conference and Good Practice Event, Reebok Stadium 1 December 2009.

35 IAPT sites operational of which 5 are in the North West and CWP are providers for 2 of these sites.

Wave 2 2009/10 10 additional sites in the North West.

1, 500 new staff working at Step 2 and 3

73,000 clients entered services

26,000 completed treatment episodes

32% clients into "Recovery"

12,000 clients moved off sick pay benefits.

5. Local Headlines 2008/9 Wave 1, Year 1

Due to the differences in management and structure of the Western Cheshire PCT and Central and Eastern Cheshire PCT Wave 1 sites direct comparison of activity is problematic. All the national KPI's from the services are reported monthly to the SHA and quarterly to the DH and this activity is discussed at the IAPT Regional Collaborative which both sites are actively involved with.

5.1 Western Cheshire IAPT Site (Western Cheshire PCT and CWP)

Since 2009 the Cheshire West Primary Care Mental Health service operates the single point of access for all mental health referrals to Steps 2-5.

Activity

During the first year of operation of the IAPT Service (1/10/08 to 30/10/09) the 7 HITs have undertaken 2173 contacts. During the period 132 client episodes were completed and clients discharged, with a further 134 clients ongoing in the service. The target for the 7 staff is 364 completed cases per year. For the first year of service the new trainees worked 3 days per week with 2 days at university hence the full year target of 364 was not achievable within year. Since completing their diplomas the 7 staff are now working full time.

Employment Target

In terms of employment figures and returning clients to employment the target for west was 50 clients for the first year of operation. This target has been achieved and 56 clients have returned to work. It is difficult to access the impact of the global recession on this target as the service is in first stages. The achievement of this target will as far as possible be monitored against future economic trends.

Waiting Times

There is one point of access through the West Cheshire Primary Care Mental Health Team. The waiting times for the service have averaged between 4 - 6 weeks. At present (8/1/10) there is actually only 1 client on the waiting list who has been on this since the 30/11/09. The reason for this wait is that the person concerned has requested an appointment at a specific location which the service is accommodating.

5.2 Central and Eastern Cheshire IAPT site

All steps of the Primary Care IAPT Services (2-4) are provided by CWP in partnership with the Local Authorities Social Care Teams and Pathways CIC. The service has 2 single points of

referral for primary care into (1) the East Locality Team and (2) the South Cheshire and Vale Royal Locality Teams.

Activity

Contacts for the whole service are reported monthly and for the 1st year a reported 24,000 contacts were made. Contacts within the service consist of face to face, telephone, group or at times e-mail interventions with service users.

Information taken from the Primary Care electronic clinical activity system PC-MIS

	IAPT Year 1 to Oct 2009	Oct-Dec 2009	Total
Number of Patients referred	9338	1890	11228
Number of patients offered treatment	4884	900	5784
Number of patients completing treatment	2000+	836	2836+

Employment Target

The service had a target to get 123 people off sick pay and benefits in year 1. Within Year 1 this figure has been significantly exceeded achieving 233 due to the robust partnership working between the IAPT Service and the IAPT Employment Advisory Service and IAPT Employment Support Co-ordination Service. The service has been shown through national benchmarking to be the national leader for moving people off benefits/off sick pay who have common mental health problems. Service Users contributed to a BBC NW Tonight Programme on World Mental Health Day in October 2009 which featured “Recession Depression”. Service users explained their experiences of both therapy and employment support as part of the Dr Rachel Perkins Review, to Lord McKenzie, the Lords sponsor for IAPT and to Sir Leigh Lewis, the senior civil servant for Department and Work and Pensions. Service user feedback confirms the seamless service between CWP IAPT Service and Employability Support offered by Pathways Community Interest Company has empowered them to be retained in employment or move into employment. Pathways Community Interest Company (CIC) continually striving to provide a relevant service that can assist people affected by the recession.

Waiting Times

Current number of patients waiting at 31.12.09

	Step 2	Step 3 CBT	Step 3 Counselling	Step 4	TOTAL
South	81	127	191	32	431
Vale	50	6	30	8	94
East	296	307	382	40	1025
TOTAL	427	440	603	80	1550

Current average service waits from date of referral to date of assessment/treatment contact. These figures show the average of the longest waits in weeks

	Step 2	Step 3 CBT	Step 3 Counselling	Step 4
South	11.30	30.39	31.01	29.13
Vale	4.90	2.75	24.33	14.51
East	23.37	39.18	38.98	36.65

The service leads are working at reducing the longer waits in East and South and a full report has been prepared and is available for review from the Clinical Director of Primary Care for Cheshire.

5.3 Wirral

Wirral is not an official IAPT site and has not received central funding. The Talking Changes Service commissioned by Wirral PCT works to the principles of IAPT but is not fully IAPT compliant. The current “Talking Changes” Service on the Wirral receives an average of 170 referrals a week and sees clients within Step 2-4.

6. The Way Forward

Key challenges for the continued success of the project into the second year include further work on supporting cultural change to ensure that team protocols are fully implemented, and to change previous perceptions that Psychological Therapies are inaccessible. This involves maintaining and improving communications with GPs with a particular view to increase the number of suitable referrals for the new workers. Within Western Cheshire there is also a specific aim to increase the number of referrals received for older people and those with long term conditions and cancer. Within Central and Eastern Cheshire there is a particular focus on integrated working with the Social Care team and Pathways CIC which provides Employment Advisors to maintain people in work and a service to help people move off benefits into employment.

Further work needs to be undertaken within Central and Eastern Cheshire IAPT sites on addressing the long waits for some parts of the service. However this work is further challenged by the significant reduction in funding for the service from 2009/2010 which is ongoing. The service is working closely with the PCT on this work.

6. Service Contacts for further information

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