



NEWSLETTER

Autumn 2010

SOUTH WEST DEVELOPMENT CENTRE

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Do you have any comments about this newsletter, perhaps an event you want to tell others about or have an article that you want us to include in a future edition, please contact

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Next issue due:
Winter 2010-11
Deadline for articles:
15 December 2010

'I am absolutely delighted that the Health Secretary Andrew Lansley has announced his continued commitment to roll out psychological therapies across England.

'The RCGP has been committed to improving access to psychological therapies to patients; we know that psychological therapies work, and if made more widely available, will provide benefits to the many people across the country whose lives are affected by mental health problems. If used properly, improved access to, and choice of psychological therapies will also benefit the economy and lead to long term savings for the NHS.'

Chairman of the Royal College of General Practitioners Professor Steve Field
28.06.10

Developing tariff proposals for IAPT

The Government's White Paper on structural reform of the NHS, *Equity & Excellence: Liberating the NHS*, provides clear direction (paragraph 3.18) on the implementation of "a set of currencies for adult mental health services for use from 2012/13". Specifically, it outlines the need to "develop payment systems to support the commissioning of talking therapies"

Currently the IAPT Programme under the direction of the National Team has been considering action to develop and pilot a process to test an IAPT currency and tariff to inform future policy. In this brief article, we outline the early work which has so far been undertaken to define a currency for IAPT and describe the options currently being considered for calculating a tariff.



The first of these has been to try and describe the character or quality of the currency (or payment unit) i.e. "what is the outcome that is being measured?" Allied to this, their task has been to try and define a price or tariff for the currency – what is the financial value of the payment unit, and how is that calculated.

While it is too early to pre-judge the final outcome of the final discussions at this stage, nevertheless, it is worth noting there have been

some important progress made so far to agree any changes must be simple to administer and that any agreed outcomes must also not be limited to clinical / medical outcomes but these should take account of social, employment and or vocational outcomes. These also need to acknowledge the range of complexity of particular disorders, from the very mild disorder, to those with much more complex and severe disorder. Also yet to be determined are how the intended tariff will be calculated under the four main headings of Access; Recovery; Employment and Patient Satisfaction.

For a full copy of this paper entitled 'Developing and an Outcome Currency for IAPT' & the next stages of this work, please contact any member of the SWDC Programme Team.

Best Practice Guide for PWPS out now

A key part of the IAPT programme has always been to develop a competent workforce to deliver the stepped care model in IAPT services.

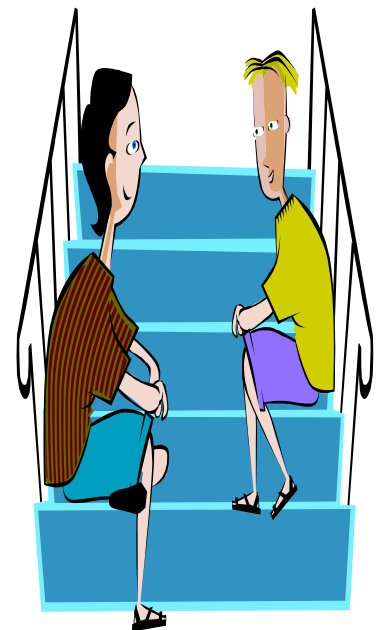
The Psychological Wellbeing Practitioner (PWP) role was developed specifically to deliver low intensity interventions. PWPs work alongside High Intensity Therapists within a 'stepped care' model of service delivery, which sees patients receive the least burdensome treatment, regular monitoring and the opportunity to 'step up' to a higher intensity treatment if required.

PWPs work psychologically in a framework based on cognitive behavioural therapy (CBT) principles, engaging with people earlier in their journey of mental health issues to

promote their well being and that on qualification they would achieve practitioner status as defined by the NHS Career Framework.

This guide aims to give an insight into how PWPs can deliver the maximum benefits to patients within IAPT services and the wider health service.

To download a copy of this guide, either access this via the main IAPT website at <http://www.iapt.nhs.uk/2010/09/29/pwp-best-practice-guide-published/> - or for those wanting a printed copy, you can contact the printers direct, Baines Design, on 01707 876555 or email andrew@bainesdesign.co.uk / www.bainesdesign.co.uk to commission your own print run.



YOUR NOMINATIONS PLEASE ...

At the Expert Reference Group meeting held earlier this month, it was announced that as part of the regional conference to be held in March next year there will be a small awards ceremony. At this, we will be giving out **IAPTS** to those individuals and organisations whose efforts have been recognised as having made an important contribution in improving the understanding, awareness, service provision and the general promotion of primary mental health care services in their local area as part of the IAPT programme across the South West from October 2008 to date.

Between now and then, it is YOUR chance to tell us who and why there is someone who or an organisation that deserves one of these prestigious awards. With featured categories* including **Leadership; Star Site (Web Design); Most Positive Commissioning & Service Provider Relationship; Personalisation & Choice; Innovation; Working Together; Community Involvement and Unsung Hero** we want **YOU** to send us your nominations together with your supporting reasons to james.depury@swdc.org.uk before 31.12.10 so the winners can be announced at the regional conference to be held in early March 2011

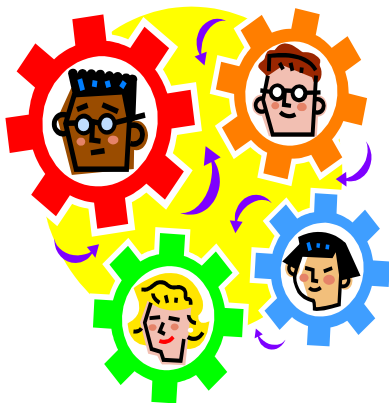
* If you would require a copy of the criteria for each of the above categories, please contact either James de Pury or Silvia Cataudo .



Key Workforce Documents published

Competency Frameworks for therapies (additional to CBT)

The IAPT programme involves delivering high quality treatments, and this requires competent practitioners who are able to offer effective interventions. Identifying individuals with the right skills is important, but not straightforward.



The publication of the competency frameworks, for the modalities additional to the previously published framework for Cognitive Behavioural Therapy (CBT), is a key milestone for the programme.

The publication of these frameworks allows curricular and training programmes to be developed to train staff and ensure they have the necessary competences to work effectively and safely within IAPT services.

Commissioning and Curricular Outline

This guide contains training and curriculum information relating to four modalities additional to NICE approved Cognitive Behavioural Therapies (including PWP):

- Brief Dynamic Psychotherapy, developed as Dynamic Interpersonal Therapy for Depression (DIT)
- Counselling for Depression
- Interpersonal Psychotherapy for Depression (IPT)
- Behavioural Couple Therapy, developed as Couple Therapy for Depression

This document is as a reference document for:

- Commissioners to support local training and development initiatives
- To support decisions around the commissioning of training places
- For trainers to support the development of suitable courses
- For trainees to assist in choices relating to their development path
- For those associated with supporting and financing professional career development in IAPT

In the coming weeks the national IAPT team will publish information about how the developed training programmes can be accessed by IAPT staff.

For more information about all of the above documents, visit the Workforce pages on the main DH IAPT website at

<http://www.iapt.nhs.uk/workforce/>

Any other queries regarding the above in the South West , please contact Alex Stirzaker

Are you looking for jobs in IAPT services ? The vast majority of roles in IAPT services, that include the appointed candidate undertaking IAPT training courses, are advertised on the NHS Jobs website : <http://www.jobs.nhs.uk/> . Some IAPT service providers however are in the third sector & may not therefore use NHS Jobs . Potential candidates for IAPT roles may also wish to contact services direct about their plans for recruitment. Use the therapy service postcode locator on the [therapy pages of NHS Choices](#) and look out for those that are labelled IAPT compliant.

IAPT Data Handbook latest

Published last month, the IAPT Data Handbook v1.0 is the latest guidance for all data collection issues within the IAPT Programme. It replaces the IAPT Outcomes Toolkit, the IAPT Key Performance Indicators Technical Guidance and the IAPT Data Quality Assurance Process and Metrics. All versions of these documents are superseded by this single document.

The purpose of this handbook has three aims to:

- Enable local partners to make the best use of IAPT outcomes data to put patients at the centre of the care pathway, deliver outcomes appropriate to need, and improve clinical practice and service quality.
- Provide definitive guidance to enable services to collect routine outcome measures using standard clinical metrics
- Introduce a new Clinical Record which develops the extant IAPT Minimum Data Set and will form the basis of the future National Data Set



SOUTH WEST REGIONAL

CONFERENCE 2011

The chosen theme for next year's regional conference will focus on innovation and the long term sustainability of local services.

Due to be held in March next year, we want to be able to showcase some of the more examples of best practice across the South West.

Do you have any examples to share? Can you help us?

If so, please contact

James de Pury or any member of the SWDC IAPT Team

Emotional Health & Well Being ... two services provide examples of what's happening in their local area

North Somerset

Mental Health First Aid- 2 members of staff (1 from Positive Step and 1 from the For All Healthy Living Centre) are booked on the training in September/ October. Once trained, the service will be running 3 courses of 10 people from the local community. The courses will run in November, January and March training 30 people in total. Then join with the other MHFA trained personnel in North Somerset (7 in total) to develop a roll out plan across the area.

Social Prescribing and a 'step 0' care pathway- developed criteria and care pathway and received approval from GPs covering the identified area. The worker will be based at the For All Healthy Living Centre and will accept referrals from GPs. The criteria for referrals are those people who are the most frequent attenders at the GP surgery including those who have long term conditions and MUS (some overlap expected). The worker's focus will be to link people in with community resources. The worker will 'go live' from 1st October for a 6-month pilot during which time it is anticipated they will be able to see 100 people. Both areas of work are being monitored in the monthly performance meeting with the PCT.

Sarah Branton, Service Manager, email sarah.branton@awp.nhs.uk

Plymouth

The Plymouth Options website - in advanced state of development- the developing site can be viewed at www.olivenet.co.uk/popt. The website contains straight-talking articles relating to common mental health conditions and services, information leaflets / fact-sheets, on-line outcome measures including GAD7 and PHQ9. There is also a download section, video tours of Centre Court and video streams of Stress Control. Also preparing audio downloads of therapists talking about disorders and interventions. Written and audio input from patients is being sought. The structure and functionality of the website is nearly complete but the growth of content takes time and the website will grow in terms of usefulness and richness over the next 12 months.

The expansion of Mindfulness delivery- a weekly Mindfulness drop-in session has been further developed as well as an 8-session Mindfulness Based Stress Reduction course. The 8 week course will commence in September 2010 and several courses are planned in 2011. Training for our Mindfulness Lead, yoga mats and zafus have been purchased. These facilitate both increasing the number of NICE-compliant treatments available and provides access to an ongoing drop-in group, which clients report they value to help embed Mindfulness practice over time. There is an intention to gradually support regular users to establish their own on-going practice in mindfulness by linking with existing community resources or establishing their own groups.

Neill Richardson, Clinical Lead, email: neill.richardson@plymouth.nhs.uk

Benchmarking

Have you ever been interested in comparing your service's **recovery rate** for the last quarter against your cumulative rate since your service has been providing IAPT services? Have you ever been keen to see how these percentages compare to others across the region? Do you know how the numbers of patients entering treatment in your local service compare against others in the South West? What about the numbers waiting longer than 28 days from referral to actual treatment? For all of these answers and more, why not ask for a copy of your confidential Benchmarking report, please contact James de Pury direct either by email or by phone on 07810 658284.

Key Performance Indicator Submission Dates

Quarter	Period covered	PCT deadline
Quarter 2	1 July – 30 September 2010	21 October 2010
Quarter 3	1 October – 31 December 2010	21 January 2011
Quarter 4	1 January – 31 March 2011	21 April 2011



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Your South
West IAPT
team



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Not forgetting ... Dr Tim Burke / Dr David Porteous, our GP leads and Experts by Experience -

Iola Davies, Kate Atkinson and Sue Forber - all contactable via Silvia Cataudo

Conference Watch showcasing a selection of some national events coming soon

Psychological Therapies in the NHS New Savoy Partnership 4th Annual Conference London Thurs 2 & Fri 3 Dec

Highlights including: what makes an evidence based practitioner ? what training makes an effective practitioner ? can psychologists in the NHS really increase GDW (gross domestic well-being) ? can GPs and therapists liberate the NHS together ? plus services ... that learn from outcomes based supervision or services ... for outcomes to improve public health & ... the hard to reach and many more.

Full details & programme visit: <http://www.newsavoypartnership.org>

"Talking is better"

in pursuit of quality and innovation

East Midlands Conference Centre - Nottingham Fri 29 Oct

A practitioners and leaders engagement event



An event of interest to all those people working with depression and anxiety disorders. Of interest to those working outside of IAPT services who want to know more about what they do and the potential to work together with these services to improve the whole pathway. Informative and topical morning sessions followed by a range of stimulating workshops and seminars in the afternoon. An excellent opportunity to network with peers, sharing stories and celebrating achievements.

For further details, contact : helena.atkin@nhs.net tel: 01623 812942

A practical guide to improving Primary Care Mental Health London 3 Nov

Topics including: Developing a Gateway between primary & secondary care; implementing the White Paper in primary care mental health; improving the service users experience in primary care; early recognition and intervention in primary care ... plus more For further details

available, visit: <http://www.healthcare-events.co.uk> or tel: 020 854 1399



Last words ...

We do not know where we are going. We only know that history has brought us to this point and why. However, one thing is plain. If humanity is to have a recognisable future, it cannot be by prolonging the past or the present. If we try to build the third millennium on that basis, we shall fail. And the price of failure, that is to say, the alternative to a changed society, is darkness.

Age of Extremes: The Short Twentieth Century 1914 - 1991 Eric Hobsbawn (Michael Joseph) 1994