



TALKING THERAPIES NEWSLETTER

Summer 2011

SOUTH WEST DEVELOPMENT CENTRE

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Children and young people update

The Children and Young People's IAPT project is a new strand within the overall IAPT Programme. The Government has committed to expanding IAPT to meet the needs of children and young people with a project starting in 2011-12. The Children and Young People's IAPT Project will learn from the experience of the Adult Programme, but is being designed to meet the specific needs of under 18 year olds through working in partnership with young people and professionals.

The plans are to develop the project over time, with a focus in year one on anxiety and depressive disorders and conduct disorder, using CBT and parenting programmes.

The goals of the project are to improve outcomes for children and young people through sustainable change in practice within ser-

vices, developing the competencies of existing staff and CAMHS (Tiers 2 and 3) partnership.

The project will train staff to an agreed national curriculum for best evidence based (NICE approved) treatments with frequent, nationally agreed outcomes monitoring used to directly inform clinical practice, session by session with close supervision. The curriculum will include training for service managers, supervisors and therapists in service development and leadership.

Selection of sites for phase one will be through a competitive process through the Department of Health. For more information about the project and to download copies of the forms about the bidding

process to become a Phase One site and to see Draft One of the proposed national curriculum visit <http://www.iapt.nhs.uk/children-and-young-peoples-iapt>. If you have any queries, contact Linda Parker or Alex Stirzaker.

Commissioners in the South West are exploring the possibility of a regional bid covering the whole region in collaboration with the South Central region to ensure that all areas have access to this development over a three year transitional period.

DATE OF NEXT ERG 15.09.11

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:
Autumn 2011
Deadline for articles:
15 September 2011



From <http://www.iapt.nhs.uk> resources listing page, the latest available downloads ...

- [IAPT Data Handbook v2.0.1](#) Guidance on recording and monitoring outcomes to support local evidence-based practice. June 2011. This version contains corrections to scoring advice for the Impact of Events Scale (revised) used in the assessment of PTSD.
- [IAPT Data Handbook Appendices v2.0.1- word version](#) Published by the IAPT Programme June 2011
- [IAPT Data Handbook Appendices v2.0.1](#) Published by the IAPT Programme June 2011
- [IAPT Data Collection v2.0.1](#) Data Collection in IAPT; training presentation supporting The IAPT Data Handbook and Appendices available from: <http://www.iapt.nhs.uk/services/measuring-outcomes>. PowerPoint slides with speaker notes
- [IAPT Key Performance Indicator \(KPI\) Guidance 2011-12v2](#) National level KPI guidance explaining the background and technical detail of IAPT programme KPIs. This edition provides clarification of the data refresh policy, the role of SHAs in verifying returns and the intention to publish data to the public domain.
- [Progression of PWP's \(Psychological Wellbeing Practitioners\) to H I \(High Intensity\) Trainee Posts](#) This guidance relates to the progression of PWP's to High Intensity Trainee posts. Two years in a psychological role is seen as a minimum time to consolidate psychological wellbeing skills, before accessing high intensity training.
- [NATIONAL CURRICULUM FOR HIGH INTENSITY COGNITIVE BEHAVIOURAL THERAPY COURSES](#) Second edition, updated and revised March 2011. Published by the IAPT programme April 2011
- [NATIONAL CURRICULUM FOR THE EDUCATION OF PSYCHOLOGICAL WELLBEING PRACTITIONERS \(PWPS\)](#) Second edition, updated and revised, March 2011. Published by the IAPT programme April 2011

5 STEPS TO EMOTIONAL WELLBEING

This month sees the publication of the Emotional Wellbeing Manual written by communities for communities. Developed through service user focus groups and close consultation with communities, public health and local clinicians, this manual has been produced by the [Lets Talk service](#) in Gloucestershire.

Assembled by Jo Daniels and Alison Sedgwick-Taylor, and written in an interactive way with self monitoring exercises, goal setting and tips to improve wellbeing across the Steps including looking after your body, liking yourself, finding happiness, being with others and managing difficult days, the 20 concepts embedded within the Steps have their roots firmly in evidence based practice (mainly cognitive behavioural) have been written in a way that makes practical and common sense ideas to help the reader make a difference to their quality of life.

Available in electronic and printed formats in English, Chinese and Polish, plus with plans for an audio Urdu version available too, the Manual is available to other Trusts. For further information please contact: Kathryn White at Kathryn.white@glos.nhs.uk.

For further information re community involvement and dissemination please contact Caroline Andrews at caroline.andrews@glos.nhs.uk.



HUDDLE ROUND

Are you interested in the expansion of the Talking Therapies programme? Do you want to take part in the discussion about how services should be developed for working with patients with long term conditions (including medically unexplained symptoms); older people; children & young people or those with severe and enduring mental illnesses?

If the answer to these is yes, then why not join one of our online Huddle groups we have organised for you to join in and take part in the discussions about how services should be organised in the South West?

Contact James de Pury or Silvia Cataudo to get yourself signed up now



Mental Health Payment by Results IAPT update

In order to understand fully how IAPT services relate to PbR clusters two pieces of work are being carried out:

1. The Care Packages and Pathways Project (CPPP) will carry out a mapping exercise. This will test if IAPT patients can be mapped to clusters using the MHCT and if current cluster descriptors are adequate for describing IAPT patients. In addition, if IAPT metrics can be used to identify which MH cluster a patient should be allocated to.

This work will be carried out from May – July and report in September. The study will also be informed by clustering initiatives already conducted in IAPT services in SLAM, West Midlands and East of England.

2. The IAPT programme will progress its plan to conduct a pilot to test out an outcome based approach to allocating patients to a national currency. The programme is currently extra staff to manage the pilot. It is expected that the pilot will be conducted between September and March.
Any PbR queries, please contact James de Pury

Local Conference tackles OCD 'shame'

Dorset HealthCare University NHS Foundation Trust (DHUFT) hosted an educational conference at AFC Bournemouth on 27 May 2011 to raise awareness of 'OCD' and offer hope for those living with the complex condition. The free conference was arranged by the Trust's Improving Access to Psychological Therapies (IAPT) team in partnership with service users and partner services.

Obsessive Compulsive Disorder (OCD) is a surprisingly common mental illness which can occur at any age, but can be hard to diagnose. It is a serious, anxiety-related condition, which can take many forms. In general people experience repetitive, intrusive and unwelcome thoughts, images and impulses which they find hard to ignore. They can often perform repetitive, compulsive behaviors in a vain attempt to relieve the obsessions and neutralise their fears. Many sufferers report feeling guilt, shame and embarrassment about their sometimes distressing and intrusive thoughts.

Dr. David Fitzpatrick Cockram - Director, Psychological Therapies, (DHUFT) said: "Detection and diagnosis of OCD can be difficult, NICE guidelines encourage improved awareness, information, education and service user involvement. As part of our commitment to making this a reality, the Primary Care Mental Health Service joined forces with other partnership services; including OCDUK and Obsessions Together Dorset, to raise awareness of OCD and instill hope in sufferers."

The conference was aimed at service users living with OCD, third sector organisations and health professionals - featuring presentations from national experts as well as service users on topics including, 'What to say to an OCD sufferer' presented by OCDUK representative and recovered sufferer Diana Wilson; 'OCD and Me' presented by recovered sufferer Ben Gander; OCD in children and young people; the impact of on families; and pre and post natal OCD.



OCDUK and Obsessions Together Dorset Support Group also presented awards for short stories and poetry written by OCD sufferers.

Britain's family doctors 'routinely' see patients who have been dismissed from their job during an illness, new research reveals. The findings, in research conducted by Comres on behalf of Legal & General, show how some employers are struggling to manage workplace ill health and absence. The survey also shows that 50% of GPs saw patients who have been dismissed from their job during an illness 'a few times a year'. See link below. <http://www.hrmagazine.co.uk/hro/news/1019334/gps-report-employees-sacked-sick>

Investors In People' have launched an interactive Health & Wellbeing Tool that focuses on business and supporting improving employee engagement and productivity to enabling your workforce to be ready to embrace change.



The tool has 20 multiple choice questions and only takes 10 minutes to complete. The results will give organisations a clear picture of how well they are currently performing with health and wellbeing. The topics section features over 70 free downloads, templates, case studies and a database packed with good practice tips, including a selection of cost-free ideas. You need to log in to access the self check and downloads - for a preview of what is available, check out the link at: <http://www.investorsinpeople.co.uk/Needs/healthandwellbeing/Pages/Home.aspx>

Are you looking for jobs in IAPT—Talking Therapies? The vast majority of roles in services, that include the appointed candidate undertaking the 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 and may not therefore use NHS Jobs. Potential candidates for IAPT roles may also wish to contact services direct regarding 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.



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New military veterans mental health service for the South West



Following the successful completion of the recent pilot project, Avon and Wiltshire Mental Health Partnership NHS Trust (AWP) has been tasked by the Strategic Health Authority to implement the new service, to launch this coming Autumn, under the auspices of the South West Armed Forces Health Forum.

With a strong military presence in the region and a retired service population in the south west of over 400,000 – concentrated in Wiltshire and Plymouth – there is a clear need to enhance the current limited range of veterans' mental health services.

The new service aims to deliver:

- A set of core activities to gather comprehensive data, improved access, provide professional training and awareness to GPs, social services and other stakeholders, and initiate veterans outreach activity and online services.
- A new dedicated veterans' clinical service – through a partnership arrangement between the NHS and a major veterans' mental health charity, Combat Stress - to act as the 'Veterans' Mental Health Champions', ensuring that their mental health care is coordinated through a single, integrated, care pathway. Community based, where appropriate the Service will be able to provide up to Level 3 interventions. In terms of access, to make best use of the limited resources available the new Service would also draw on established volunteer service networks – from the Soldiers, Sailors, Airmen and Families Association (SSAFA) and the Royal British Legion.



The partnership between the NHS and Combat Stress is a particularly exciting development, and will allow both sides to share resources more easily and efficiently, leading to a better service overall for veterans and their families. However, the Service will certainly not sit in isolation of the good work that, in certain areas, is already taking place; hence working with

existing and emerging providers, including IAPT services, will be key.

For more information, contact Richard Seymour, *richard.seymour@awp.nhs.uk*

This one day mental health commissioning conference addresses mental health commissioning in the UK. This mental health event will develop your knowledge of mental health commissioning, and the mental health issues and policies resulting from the new mental health strategy and recent changes to GP consortia.

The conference will be chaired by **Dr Neil Deuchar** *Co Chair Joint Commissioning Panel for Mental Health Consultant Psychiatrist, Medical Director (Mental Health) NHS west midlands Associate Registrar (Management and Leadership) and Commissioning Lead Royal College of Psychiatrists.*

This much awaited event is in great demand, so [book now](#) to guarantee your place at this mental health conference being held on 07/07/2011 at The King's Fund in London



TALKING THERAPIES ROADSHOWS - follow up

On behalf of the SWDC team, we want to say **thank you** to ALL of you who were able to join us at the recent round of roadshows **AND** in particular to extend our gratitude to all our guest presenters who generously gave of their time and for their input at these.



Now that these have finished, we have copies of all the various presentations that you can have. You can either download these from the SWDC website at <http://www.swdc.org.uk>, or contact Silvia Cataudo who can either send these to you or by post. For further details, call 01278 432002.

Among the featured presentations available ...

MUS (Medically Unexplained Symptoms) - presentation by David Jeffery, Clinical Lead, Devon Partnership NHS Trust

- presentation by Sam Gibson, HI Therapist, Dorset Healthcare University NHS Foundation Trust

Long Term Conditions - presentation by Dr Jon Freeman, Clinical Psychologist, Primary Care Psychology Service, Swindon

Children & Young People - presentation by Kathryn Pugh, Department of Health

From IAPT to Talking Therapies - presentation by Alex Storzaker, Clinical Advisor, South West Development Centre (SWDC)

Older People - Where Have All The Older People Gone ? - presentation by Clare Carter, Assistant Psychologist, SWDC

- presentation by Caroline Yates, Partner, Outlook South West

SEMI (Serious & Enduring Mental Illness) - presentation by Liz Fawkes, Jane Yeandle & Ann Gledhill, Somerset Partnership Foundation NHS Trust

And its goodnight from him

At the end of July I will be leaving SWDC and the IAPT/Talking Therapies Programme, returning to my substantive post as a commissioner in NHS Swindon. The past three years have been an exciting, enjoyable and at times a challenging experience, in supporting the development and rolling out of the IAPT services across the South West.

We have managed to move from the early beginnings with just three wave one sites in Dorset, Cornwall and Swindon, to Talking Therapy services being available in all fourteen PCT areas. Alongside this we have seen the development of Employment Support linked to all IAPT/Talking Therapy Services, linking together the Job Centres, Employers and Employment Services to psychological therapy.

The range of therapy as also increased from the original model of CBT to ensure that people have a choice of the model of therapy available to them as well as a growth across the whole of the south West in the availability of psycho-educational courses to help people better manage their own mental health.

Highlights for me over the past years have been in ensuring there is access for anyone in the South West to make use of psychological therapy, and seeing a whole range of new therapists coming into post in the IAPT services from Cornwall and IOS to Gloucestershire. The regular reviews of services have been another highlight, where I can only say that the number of highly motivated and 'can-do' approach of service leads, supervisors and managers has made the process of reviewing their services a pleasure.

Not sure at all what I will be doing back to, with commissioning changing from PCT's to GP consortia and at the current time lots of changes in the way services will be managed and commissioned for the future but hey-ho there's another challenge! I am sure the birth of my first grandson George will help to refocus my own priorities over the next few years, meanwhile. Best wishes to all of you who continue to fly the flag for psychological therapies and I wish you all every success in your endeavours.

Geoff Degg

