

REPORT TO: Health Policy & Performance Board
DATE: 4th November 2014
REPORTING OFFICER: Strategic Director, Communities
PORTFOLIO: Health & Wellbeing
SUBJECT: Improving Access to Psychological Therapies (IAPT)
WARD(S) Borough-wide

1.0 PURPOSE OF THE REPORT

1.1 To receive a presentation from the 5 Boroughs Partnership (5BP) on the work of the Improving Access to Psychological Therapies (IAPT).

2.0 RECOMMENDATION: That

- (1) Members receive the presentation; and**
- (2) Members ask any questions about the IAPT service as it operates in Halton.**

3.0 SUPPORTING INFORMATION

3.1 The 5BP has recently been awarded the contract to provide the IAPT service and this went live on 1st August 2014. 5BP are the principal provider but are working in partnership with Self Help Services (SHS) to deliver the service.

3.2 IAPT is the Department of Health's (DoH) mandated model for providing talking therapies for anxiety and depression in primary care. The main principles of the service are:

- Improving access
- Improving quality
- Demonstrating effectiveness

3.3 The IAPT model states that we should provide the least intrusive intervention first i.e. start with brief therapy, if this is not successful, offer more intensive therapy. There are 3 steps:

- Step 1
 - GP interventions
- Step 2 (provided by the IAPT service)
 - Guided self help

- Between 6 and 8 half hour sessions
- Lots of things to read and do between sessions
- Step 3 (provided by the IAPT service)
 - “Traditional” therapies
 - Between 12 and 20 hour long sessions
 - Cognitive Behaviour Therapy (CBT)

3.4 Referrals for the service come in writing from GPs. Clients are written to and asked to call the service for an appointment and are usually assessed within a week and placed on an appropriate waiting list.

4.0 **THE NEW MODEL**

4.1 The Halton model is based on the Award winning Wigan service provided by 5BP. This service was recently identified as being in the top ten services in the country with regard to quality.

4.2 This model uses a self referral system that improves access to talking therapies for clients and has the highest recovery rates in the North West. It has met the 50% recovery rate target “since records began”.

4.3 Staff are supported using a complex continuing professional development system to ensure that the clinical quality of the service is good.

4.4 Improved links with secondary care at a consultant level smooths the pathway between primary and secondary care

5.0 **POLICY IMPLICATIONS**

5.1 None identified.