

Halton Psychological Therapy Service (IAPT)

IAPT

- IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES
- Not to be confused with another IAPT initiative: *“Improving Access to Public Toilets”*
- A four year DoH initiative to improve access to NICE guided Psychological Therapies
- Now part of the NHS Mandate

Principles of IAPT

- Improving access
 - Moving from GP to self-referrals
- Improving quality
 - Only NICE guided therapies are provided
- Demonstrating effectiveness
 - Outcome measurement at EVERY session
- **Targets:**
- 50% recovery rate
- 13% return to work
- Referral to start of active treatment= 28 days

What we treat...

1. Depression
2. Generalised anxiety disorder
3. Obsessive-compulsive disorder
4. Panic disorder
5. Post traumatic stress disorder
6. Agoraphobia
7. Health anxiety
8. Specific phobia
9. Social phobia
10. Mixed anxiety and depressive disorder

What the service looks like

Step 1

- GP & other primary care health professionals
- Watchful waiting
- Self-help materials
- If unsuccessful, try medication
- Refer into IAPT

Step 2

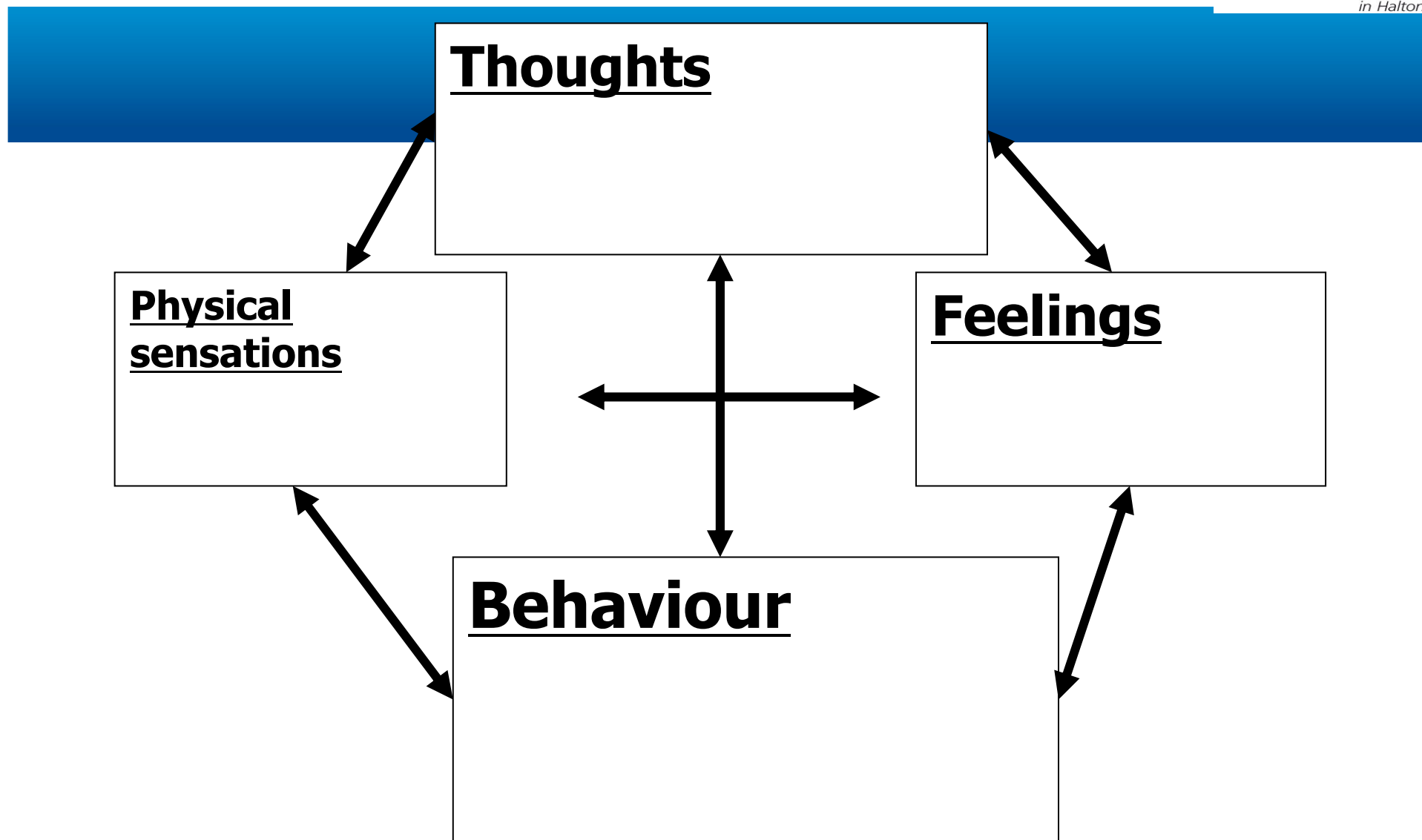
- Psychological Wellbeing Practitioners (PWP)
- Mental health 'coaches'
- Provide Individual Guided Self-Help (IGSH)
- 4-8 half hour sessions with a lot of material given between sessions
- Face-to-face, telephone or on the computer

Step 3

- High Intensity Therapists (HIT) & Mental Health Practitioners (MHP)
- ‘traditional’ therapies
- Currently available:
 - CBT
 - TF-CBT
 - EMDR

CBT

- A type of therapy that helps the client to understand how mood, behaviour, thinking styles and physical factors are all linked
- The therapy helps the client to change these four factors



Risk

- Risk is a vital factor in deciding on a referral
- CBT can increase suicidality in currently moderate to high risk clients
- A period of stability is needed for CBT/EMDR to be safe
- Typical client= some suicidal ideation but no plans, intent or recent history

Quiz

- Men or women
- Age of greatest risk
- Riskiest time of year
- Most common methods
- Employed or unemployed
- Riskiest profession

True or False?

- People who talk about suicide do not commit suicide.
- False

- Suicide happens without warning.
- False

- Not all suicides can be prevented.
- True

- Suicidal people are absolutely intent on dying.
- False

- An improvement in mood is a sign that suicide is less likely for the time being
- False

How to refer to mental health services

- Get the client to contact their GP
- Self referral pathway currently being developed

Questions?????