

Barnsley IAPT Team

(Improving Access to Psychological Therapies)

Liz Holdsworth

IAPT Manager

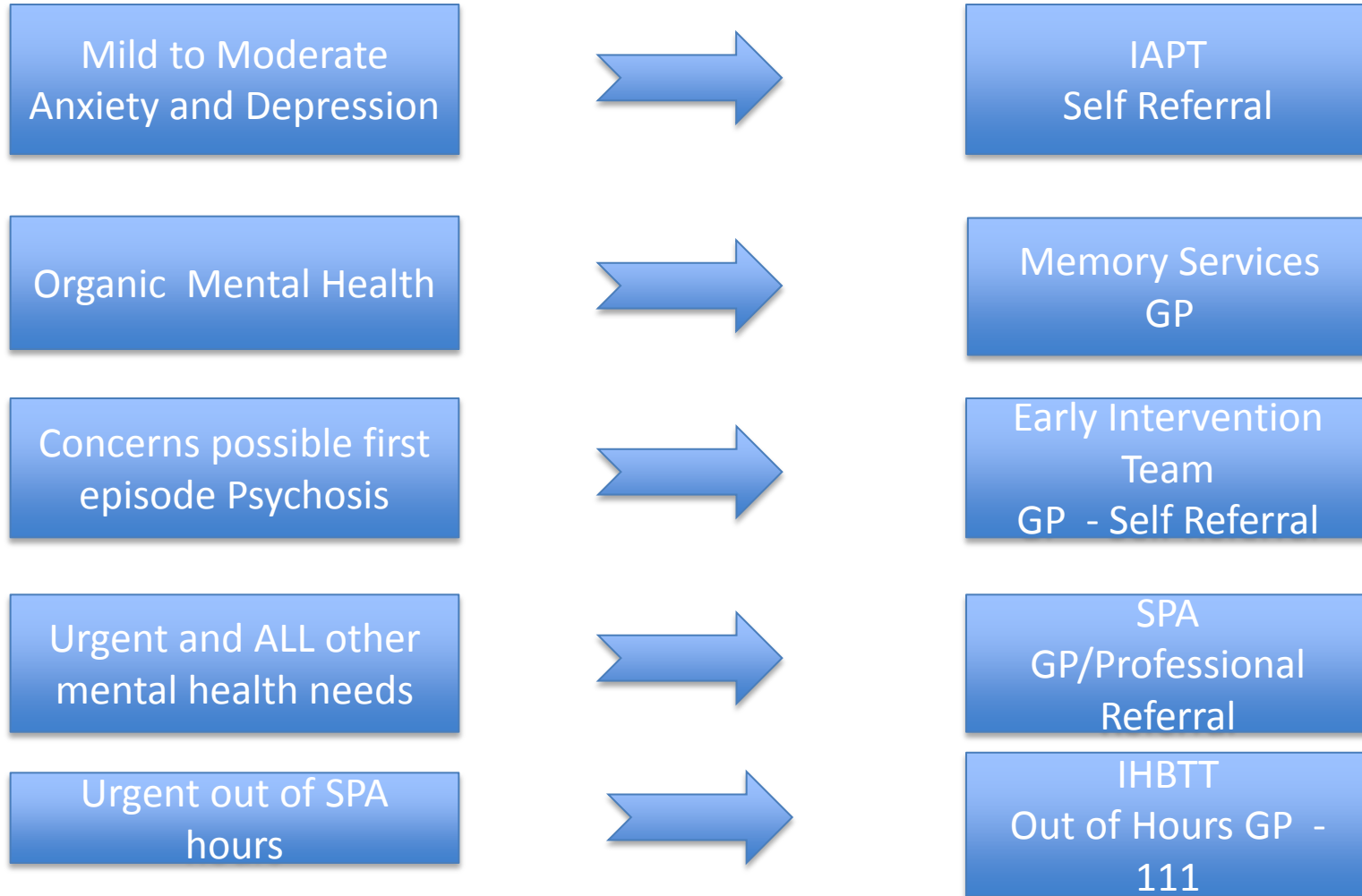
Rhyann Morley

IAPT Team Leader



With all of us in mind

Access to Mental Health Service



Services work together to meet people's need so will redirect
If not sure please ring and ask

The Team

Liz Holdsworth (Manager)

Rick Stebbings (Clinical Lead)

Tom Brown (Team Leader)

Rhyann Morley / Victoria Greensmith (Team Leader)

- Admin
 - Psychological Wellbeing Practitioners
 - Counsellors
 - Cognitive Behaviour Therapists
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- Based at MHAT, Rose Tree Ave, Cudworth – Tel 01226 644900
 - Website - www.barnsleyiapt.co.uk



Low Intensity Treatments -PWP

- 6-8 weeks of guided self help
 - Stress Pac
 - cCBT – Silvercloud
 - Workshops
 - Anxiety/Worry Group
 - Depression Group
 - College
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- LTC offer initially group work, but potential for clients to access workshops and stress-pac if wanted.



Workshops

- Stress Management
- Assertiveness Skills
- Problem Solving & Worry
- Breathing & Relaxation
- Sleep Hygiene
- Mindfulness
- Improving Motivation and Mood
- Bereavement and Living with Loss



High Intensity Treatments

- Depression: 12 – 16 hours / sessions
- Anxiety Disorders 1-1 - Generally 12 sessions based on evidence based protocols (maximum of 20)
- Groups for both Anxiety and Depression – 12 sessions
- Adapted for LTC – but needs to remain maximum of 20 sessions
- Therapies offered:-
 - Cognitive Behaviour Therapy
 - Eye Movement Desensitization and Reprocessing (EMDR)
 - Interpersonal Therapy (IPT)
 - Counselling for Depression



IAPT – Long Term Conditions (LTC)

- Diabetes
- IBS
- Chronic Fatigue/ME
- COPD
- CVD
- MUS
- Cancer
- Persistent Pain



LTC Continued

- Clients who have these LTC are more likely to experience anxiety and depression IAPT's role is to focus on treating the anxiety and depression alongside the client receiving treatment for their LTC
- Well enough to engage in Therapy
- Staff continue attend additional training for LTC - high % trainee PWPs
- Step 2 will provide Living with...groups
- Step 3 will be 1-1 interventions with adaptations to accommodate the needs of the clients
- All of the plans that were in place have disappeared due to Covid – now that the core IAPT service is up and running work on LTC can recommence
- All referrals however that have come through to the service have still been treated



Referrals

- Consent
- Correct contact details
- Talking therapies – not counselling
- Staff and patients
- Self refer if no risk – prefer self referral
- Prescription Pads – cheryl.rusling@swyt.nhs.uk / Electronic copy
- Telephone - 01226 644900
- Book direct onto Stresspac and workshops – Via website
- Prescribing antidepressants / fit note work stress / suicidal ideation
- More complex high risk - SPA / IHBTT



Website

- www.barnsleyiapt.co.uk
- Google Barnsley IAPT - brings the website to the top
- Always has the latest dates for Stresspac and Workshops - choose date to suit them - admin confirm booked on
- Self refer - admin staff member will contact them and arrange for an assessment - usually 45 mins - discuss what needs are best options for treatment
- Signposting - takes capacity
- 1/09/19 – 30/09/20 - 5,688 referrals via the website



IAPT Targets

Quarter 1 - not performance managed

Access Targets

	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20
<i>Referrals Into Service Yr 20/21</i>	202	296	437	501	574	590	
<i>Cumulative actuals (entering treatment)</i>	258	480	828	1188	1566	2014	
<i>Cumulative shortfall (entering treatment)</i>	-228	-492	-630	-756	-864	-902	
<i>Monthly actuals (entering treatment)</i>	258	222	348	360	378	448	
<i>Monthly monitoring target (entering treatment)</i>	486	486	486	486	486	486	486
<i>Monthly shortfall (entering treatment)</i>	-228	-264	-138	-126	-108	-38	-486

Recovery Targets

June recovery low due to large numbers discharged not at recovery following an opt in being sent out as agreed with commissioner

Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20
0.97	0.84	1.31	1.36	1.43	1.69
51.09	56.41	38.78*	51.02	58.68	56.5

Waiting time targets achieved



With all of us in mind

Covid – 19

The Beginning

- Initially group work cancelled - clients booked and waiting offered Silvercloud as an alternative
- Couple of weeks where staff were set up with equipment to work from home
- Some appointments cancelled but staff kept in contact with clients
- Systems reviewed and set up to work remotely – split staff into smaller groups for support
- Steep learning curve - testing MST - writing information for clients on how to use this
- Systems reduce footfall at base - ensure letters and information can be sent to clients
- Advertise service open - advertised to NHS and Care Home Staff
- NHS staff and Care Home staff prioritised for treatment

Current Position

- Silvercloud cCBT is still available
- Stresspac and Workshops now back up and running via MST
- Therapeutic groups back up and running via MST
- Some face to face clinics back up and running where clients unable to access virtual treatment
- NHS staff and Care Home staff still prioritised for treatment



Future Developments

- Planning for Silvercloud to be open to the public to refer direct for this treatment
- Develop further LTC pathways
- Increase numbers of referrals into the service - biggest challenge
- Pathway building pharmacists – ideas for some trials



Thank You for Listening Questions ?



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