

National IAPT programme update

Mary Pappin: NHS England IAPT Business Manager

Charlotte Wallis: NHS England IAPT Digital Project Manager

NHS England

14th November 2018



What is IAPT?



Evidence based
psychological
interventions



Appropriately trained
and supervised
workforce



Routine outcome
monitoring

Commitments

Expand to reach 25% prevalence which means 1.5 million people in total entering treatment each year.

75% of people to access care within six weeks and 95% within 18 weeks

Expand the workforce so there are an additional 4,500 therapists trained & 3,000 more working in primary care

Latest IAPT data



122,804
new referrals



50.7%
moved to recovery



89%
waited <6 weeks
to enter treatment

Highlights this year



IAPT manual
published



Consistently
exceeded target
recovery rate in
2018



10 year
anniversary



IAPT-LTC
webinar series

Topics for today



Digital IAPT



Equalities



Workforce



IAPT LTC

Digitally enabled therapies for IAPT assessment project

Update



Project aim

“The aim of this programme is to find good quality, evidence-based digital therapy packages for use in IAPT services” – NHS England website

What is a digitally enabled therapy?

“Digitally enabled therapy is psychological therapy that is provided online or through mobile applications, with the support of a fully trained therapist.” FAQ document, hosted on NICE’s IAPT webpage

Overview

- NHS England is working with NICE to support a new digitally enabled therapy assessment programme
- Up to 14 digitally enabled therapies will be assessed for use in NHS IAPT services by 2020
- This will help expand provision of psychological therapies, as well as improving access to digital services
- Both these goals are set out in the [Five Year Forward View for Mental Health](#).

Why digital in IAPT?



Support IAPT services to achieve access targets



Reach and maintain quality services



Benefits for IAPT clinicians and service users

Benefits for IAPT clinicians



Increased access



Upskilling



More choice



More variety

Benefits for IAPT service users

✓ Comparable outcomes

✓ Greater accessibility

✓ More choice

What is NICE assessing?



Service user outcomes



Therapists' feedback

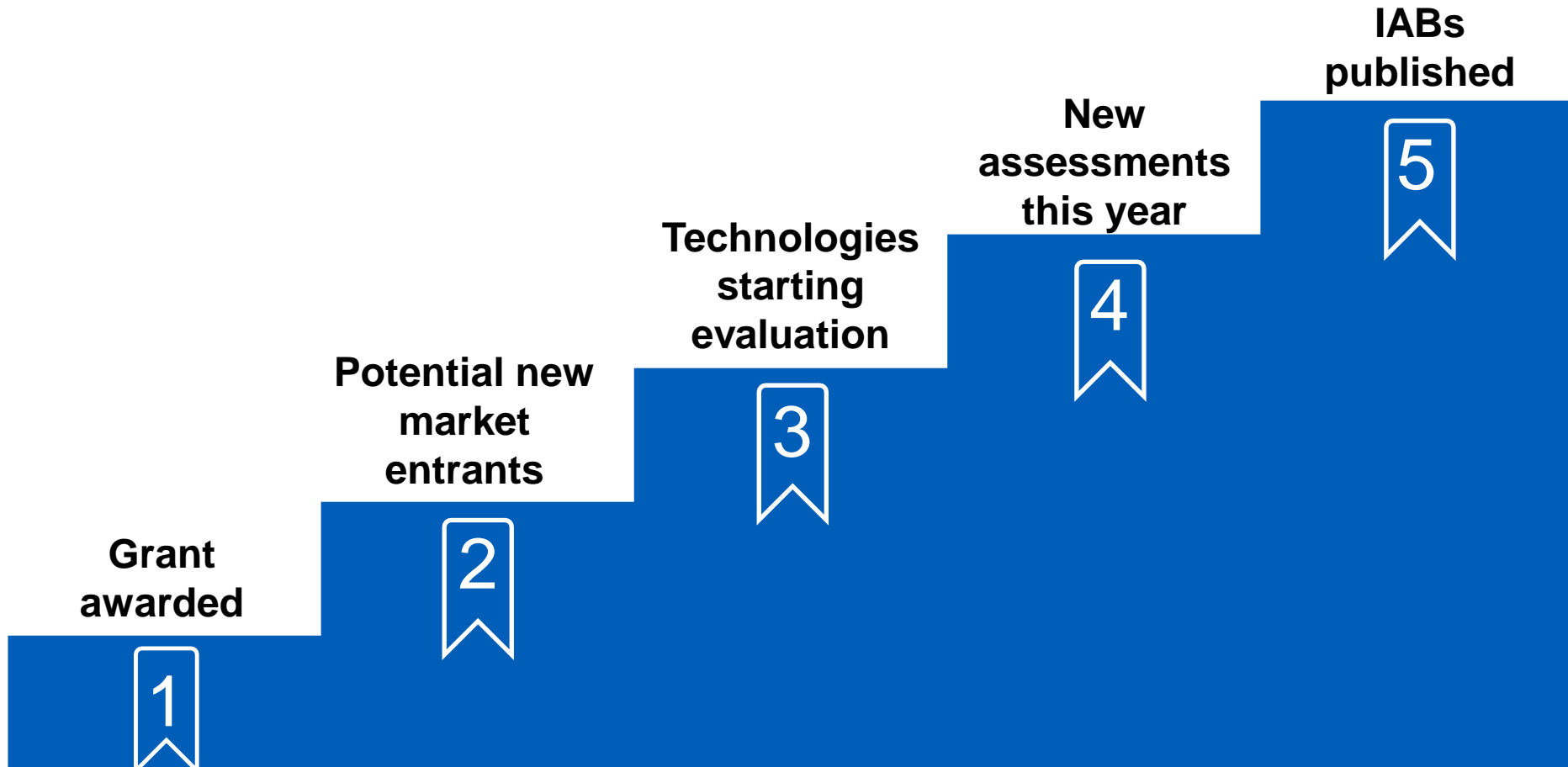


Therapists' time



Service user feedback

Progress so far



NB: IAB = IAPT Assessment Briefing

Workforce and wellbeing

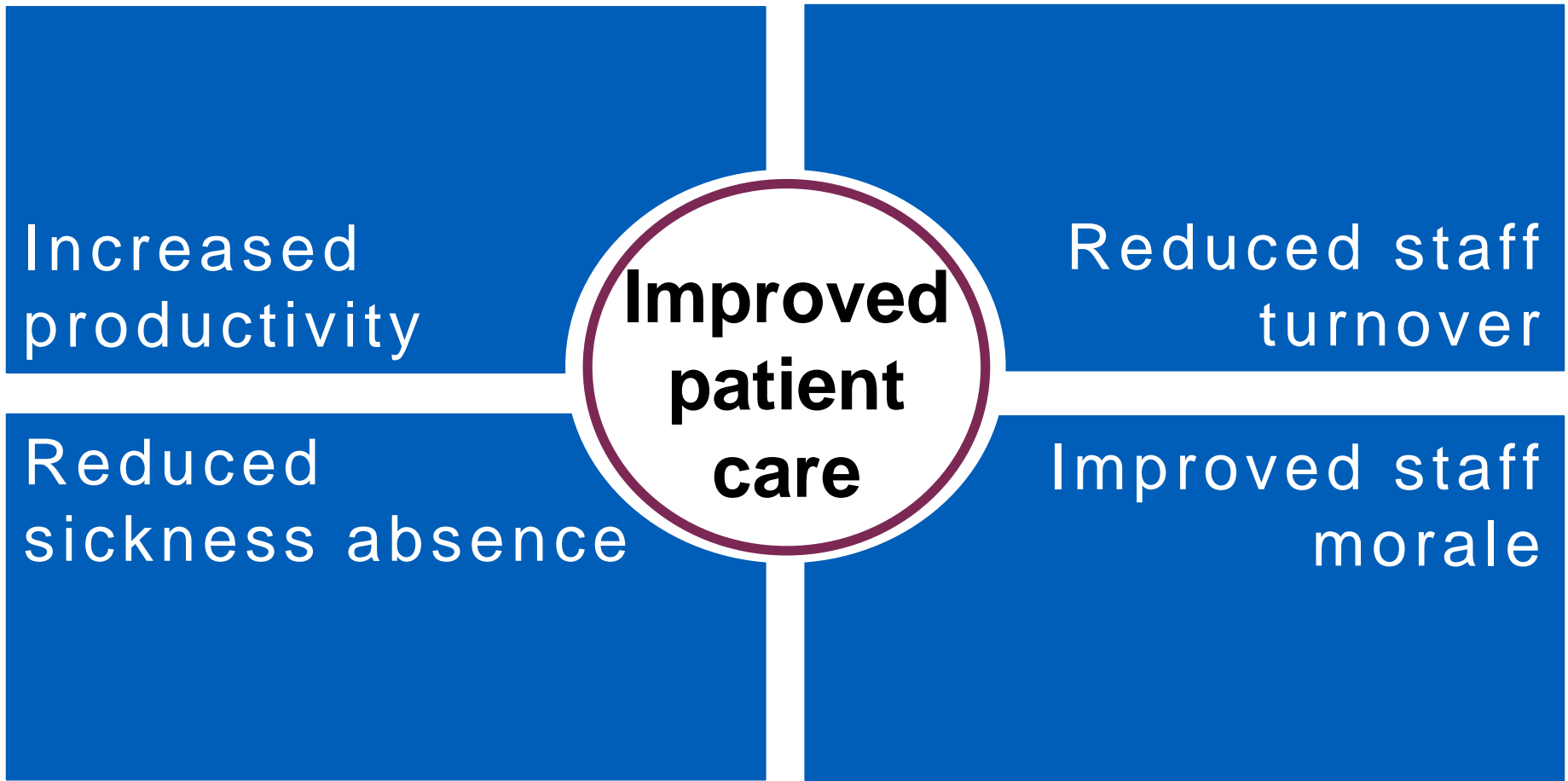
Update



Workforce

- In line with the commitment in the FYFV we want more people to access IAPT who need it – to do this we need more therapists working in IAPT
- The IAPT programme is working to increase the number of therapists working in IAPT (PWPs and HITs) by 4,500 by the end of 2021
- As new therapists start in IAPT we are also aiming to move 3,000 therapists to work alongside GP practices which will allow people to access care in one place, close to home

Workforce wellbeing



What is NHS England doing?



**Workforce wellbeing
senior project manager**



**Raising awareness and
understanding**



**Consistent and fair
approach to recruitment**



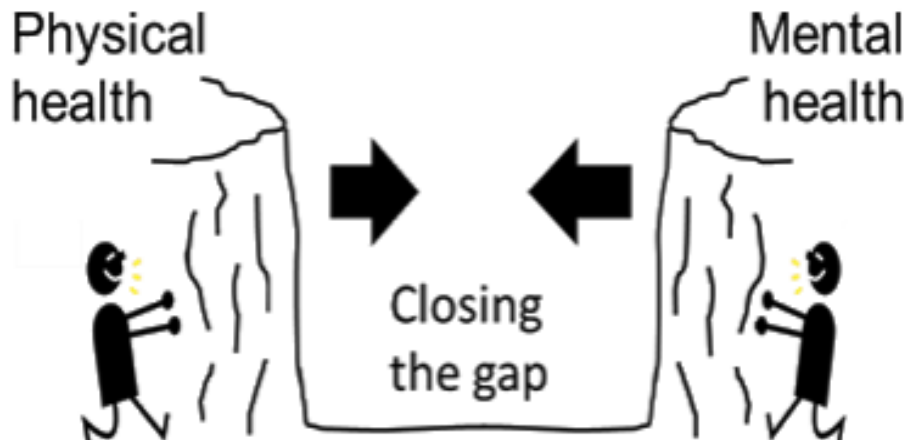
**Improving staff
retention**

IAPT-LTC



IAPT-LTC

Expand to reach 25% prevalence which means 1.5 million people in total entering treatment each year (600,000 additional people). A large proportion of this expansion will focus on people with long term conditions and medically unexplained symptoms, and is expected to occur in new IAPT services co-located in physical health services (IAPT-LTC services).



30% people with a long term physical health condition also have a co-morbid mental health problem, mostly anxiety and depression. In addition, up to 70% of people with Medically Unexplained Symptoms also have depression and/or anxiety disorders. **These common mental health disorders are detectable and treatable**

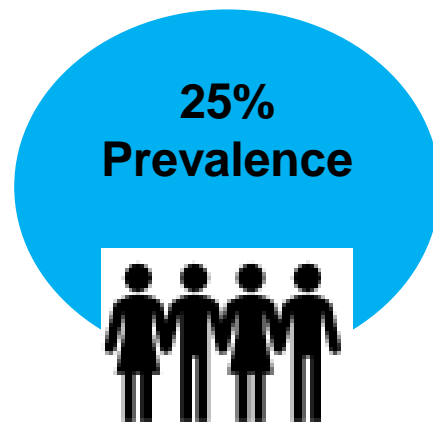
IAPT-LTC: National support

- National offer in place to support regional colleagues in undertaking scoping work at STP or CCG level to identify plans to implement IAPT-LTC for non early implementer sites, to support implementation, and to assist early implementer areas seeking to expand further.
- IAPT Pathway for People with Long-term Physical Health Conditions and Medically Unexplained Symptoms published
- Hosted IAPT-LTC webinars since April this year

Inequalities



Health inequalities are defined as preventable and unjust differences in health status experienced by certain population groups. They can cut across a range of social and demographic indicators including socio economic status, occupation, geographical location and the protected characteristics set out in the Equality Act 2010.



Inequalities

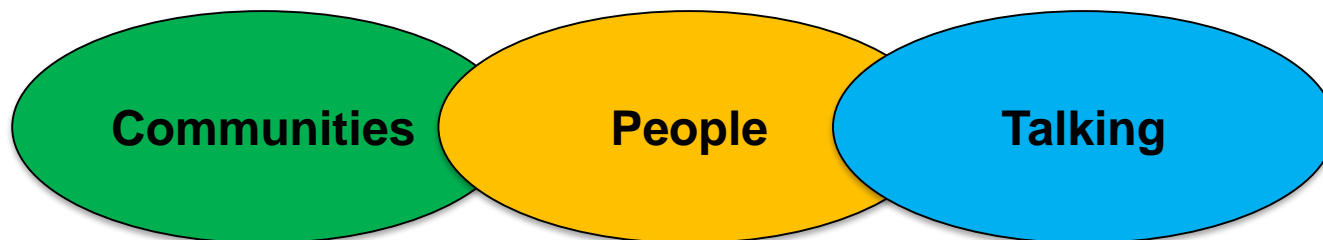
- Quality Premium 2017-2019 – Older People access and BAME outcomes
- Older adults, BAME and Perinatal action plan – with actions for providers, clinical networks and commissioners
- Collaboration between BIT, EHRC and NHS England looking at barriers to access for underrepresented groups in IAPT. The report focused particularly on Older Adults and BAME groups
- Positive practice guides to be updated and re-published to provides best practice guidance to therapists and top tips on commissioning IAPT services for underrepresented groups
- Working with Regions and clinical networks to establish services that are demonstrating best practice around access and recovery for underrepresented groups – particularly Asian women (resulting from BIT report findings)
- Older adults awareness campaign in development with Age UK
- Conferences on Older Adults - Further collaborations between the networks are currently being planned to focus on areas of inequalities
- Blogs on Older Adults in IAPT on NHS England website
- Working with Universities UK to ensure equitable access to evidence based treatments

Inequalities

Challenges

- Understanding population demographic to enable best practice to be established
- Understanding barriers to access: *stigma, referral routes, awareness, deprivation*
- Understanding barriers to recovery: *language, location*

Solutions...



Patient and Public Voice in IAPT



Service User Engagement

“The NHS must be responsive to the needs and wishes of the public, all of whom will use its services at some point in their lives. We need to ensure that public, patient and carer voices are at the centre of our mental healthcare services, from planning to delivery”

Professor Alf Collins

Doctor, commissioner, researcher and national policy advisor in person-centred care



Engagement work

- IAPT-LTC wave 1 bids & IAPT-LTC pathway document
- Governance review
- Engagement events
- Sharing best practice

Thames Valley
A&D IAPT
Network

Lincolnshire
Steps2change

Islington
Peer-wellbeing
workers

“Any way that I can be used for the good of others, I would be most definitely be interested to assist,” Patient Forum member, Anxiety and

Depression IAPT Network, Thames Valley IAPT service

Thank you

Charlotte Wallis: IAPT Digital Project Manager charlotte.wallis@nhs.net

Mary Pappin: IAPT Business Manager mary.pappin@nhs.net

Resources 1.

- [IAPT Manual](#)
- [IAPT-LTC Pathway](#)
- [Best Practice Case Studies in Mental Health](#)
- A [competence framework](#) for psychological interventions with people with persistent physical health problems.
- A [map to show the locations of the wave one Integrated IAPT early implementers](#). These sites were launched in September 2016 and are supported by additional funding to develop mental health services within long term condition care pathways. Included in this wave are [services for people with diabetes, respiratory, cardiac and medically unexplained conditions](#).
- Descriptions of [early implementer sites projects](#)
- Announcement of [second wave of integrated IAPT sites](#)
- Statutory guidance for CCGs for involving people in their own care

Resources 2.

Digital IAPT assessment programme: more information

- For more information about the programme, [click here](#)
- Visit [NICE's dedicated webpage](#)
- View published IABs [here](#)

Workforce wellbeing: Best practice case studies

- [Managing staff wellbeing at Talking Therapies Service Brent](#)
- [Staff retention at Westminster Talking Therapies service](#)
- [Promoting wellbeing in the workforce: Yorkshire and the Humber Senior Psychological Wellbeing Practitioner Network](#)
- [Back on Track – Hammersmith & Fulham IAPT](#)
- [Promoting staff wellbeing at Sheffield Improving Access to Psychological Therapies \(IAPT\) service](#)
- [Embedding a culture of staff wellbeing at North Yorkshire IAPT](#)