APPTS
ACCREDITATION PROGRAMME FOR PSYCHOLOGICAL THERAPIES SERVICES
CCQI

Welcome
3rd Annual Forum for psychological therapies services

#APPTSForum

RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

The British Psychological Society
Promoting excellence in psychology

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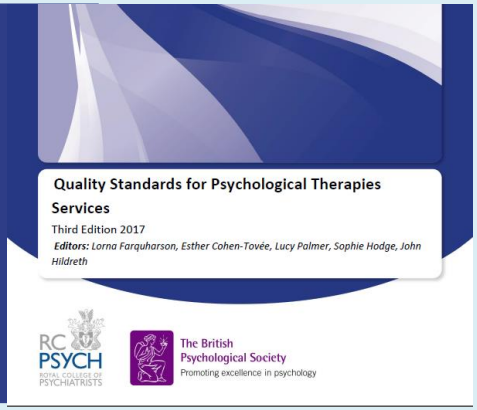
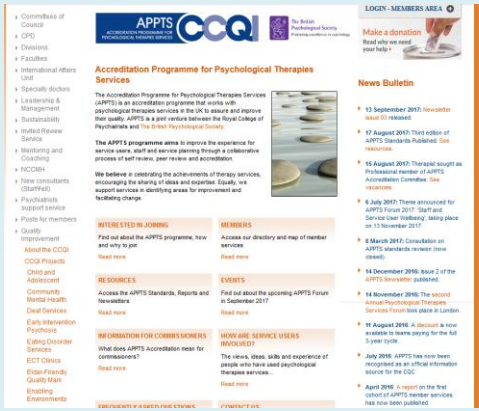
Welcome to your Forum

standards





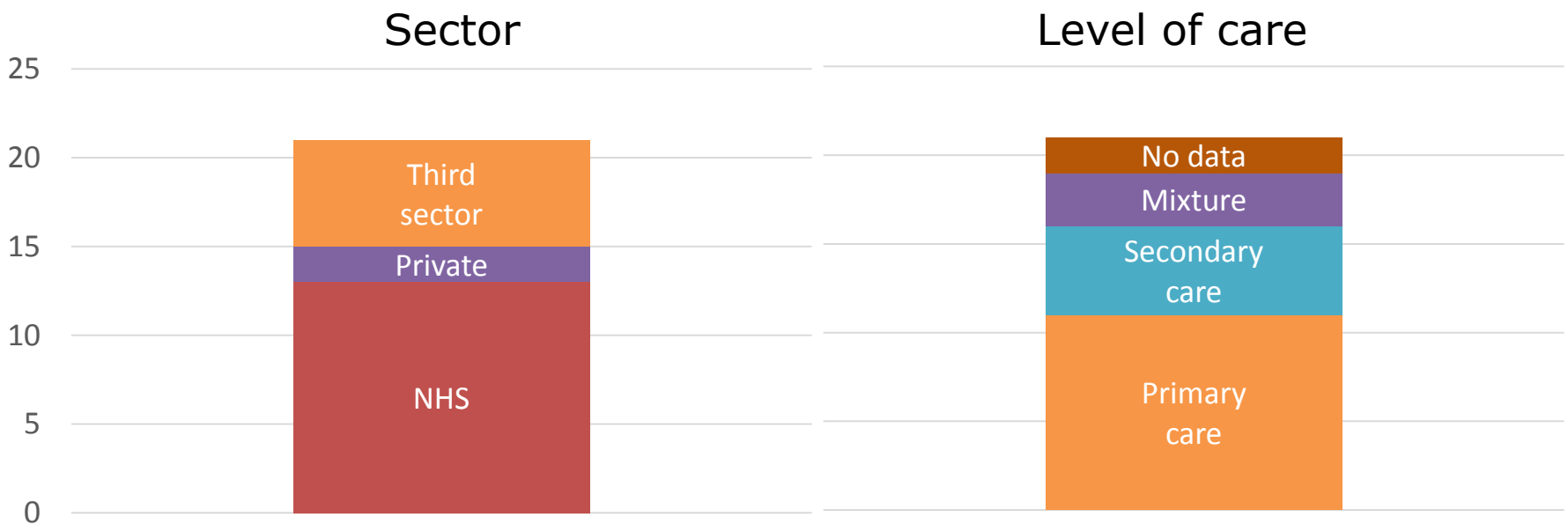
website

welcome

service user and carer event

Accreditation and Membership

21 member services



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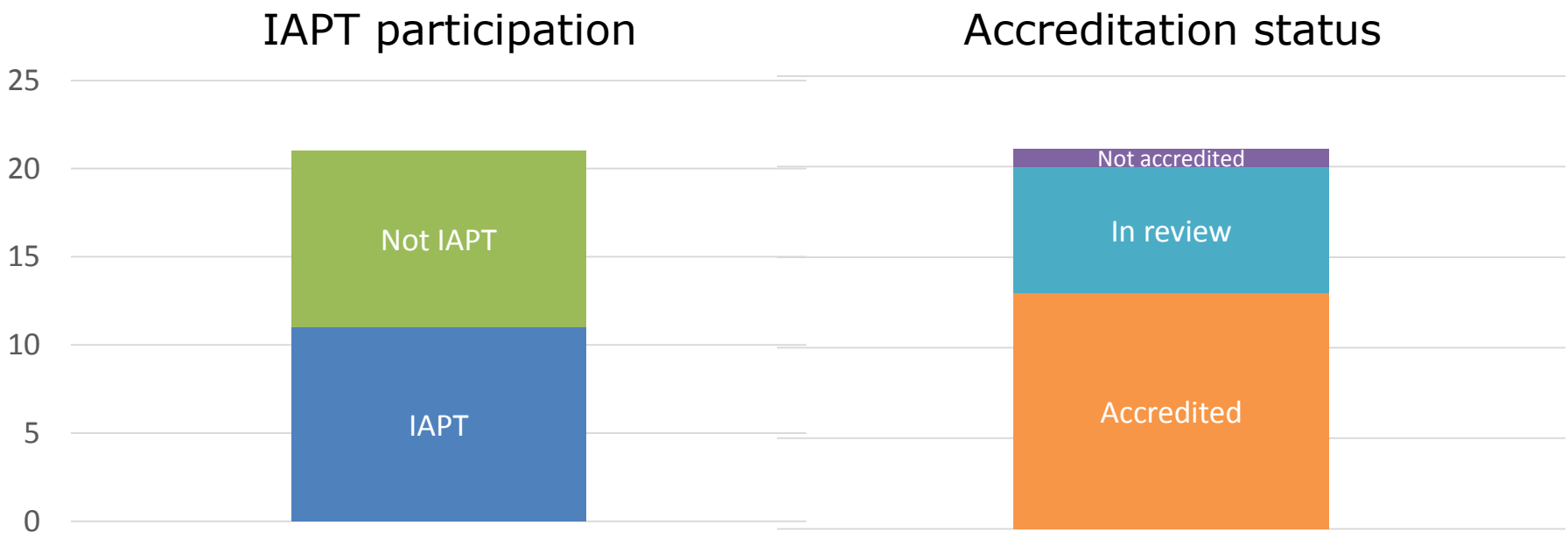
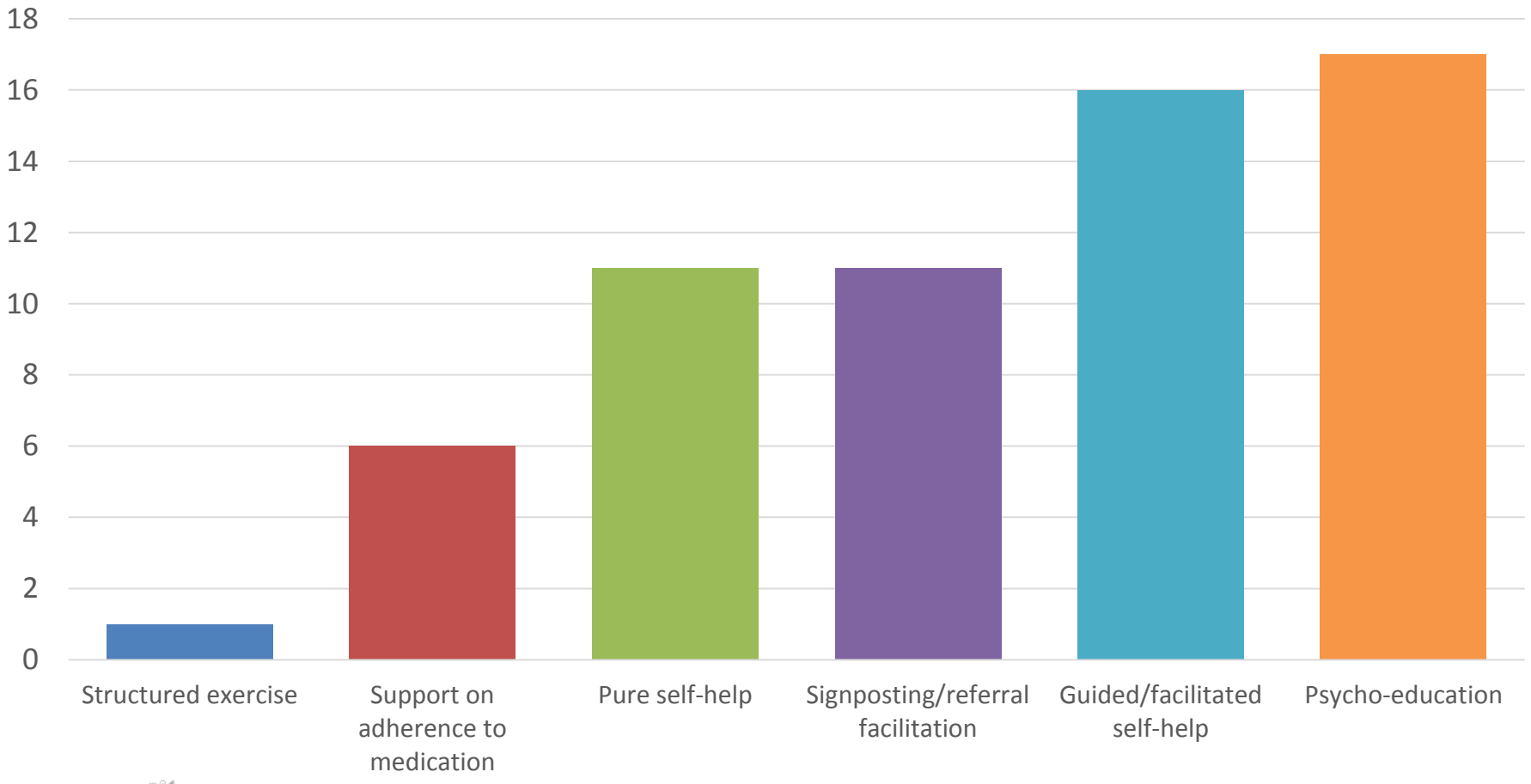
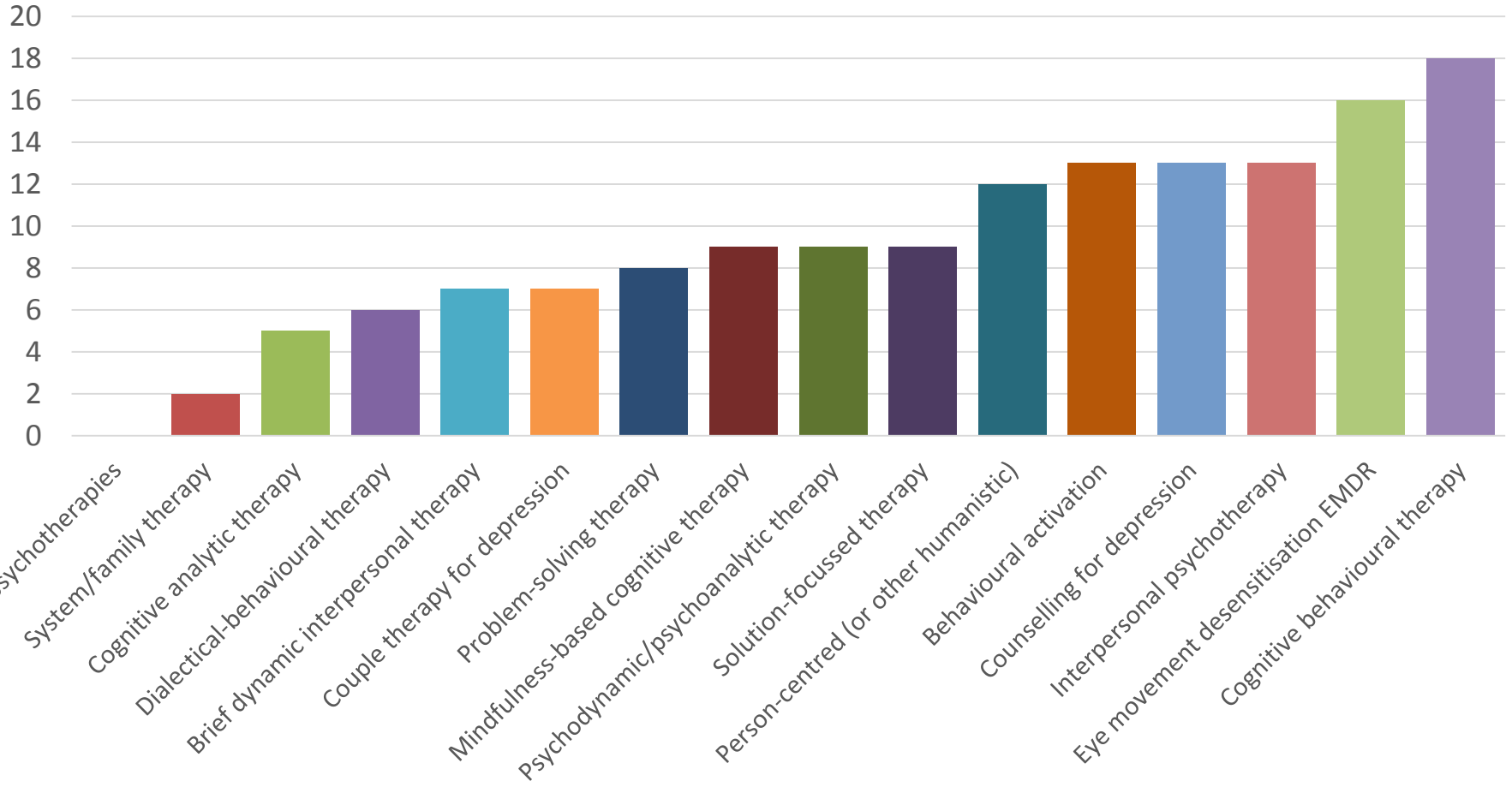


Low intensity therapies



High intensity therapies



APPTS in the next year

- Recruitment drive
- Reviews with new standards
- Peer reviewer training 15 March 2018
- Next APPTS Forum 14 November 2018 @ RCPsych

Overview

- Positive impact of services
- Staff wellbeing – The challenge
- Wellbeing – How are services responding?
- Wellbeing – What next?

Positive Impact – Good Practice examples

- Recovery Café

- 'Mini-teams'

Positive Impact – Service User Comments

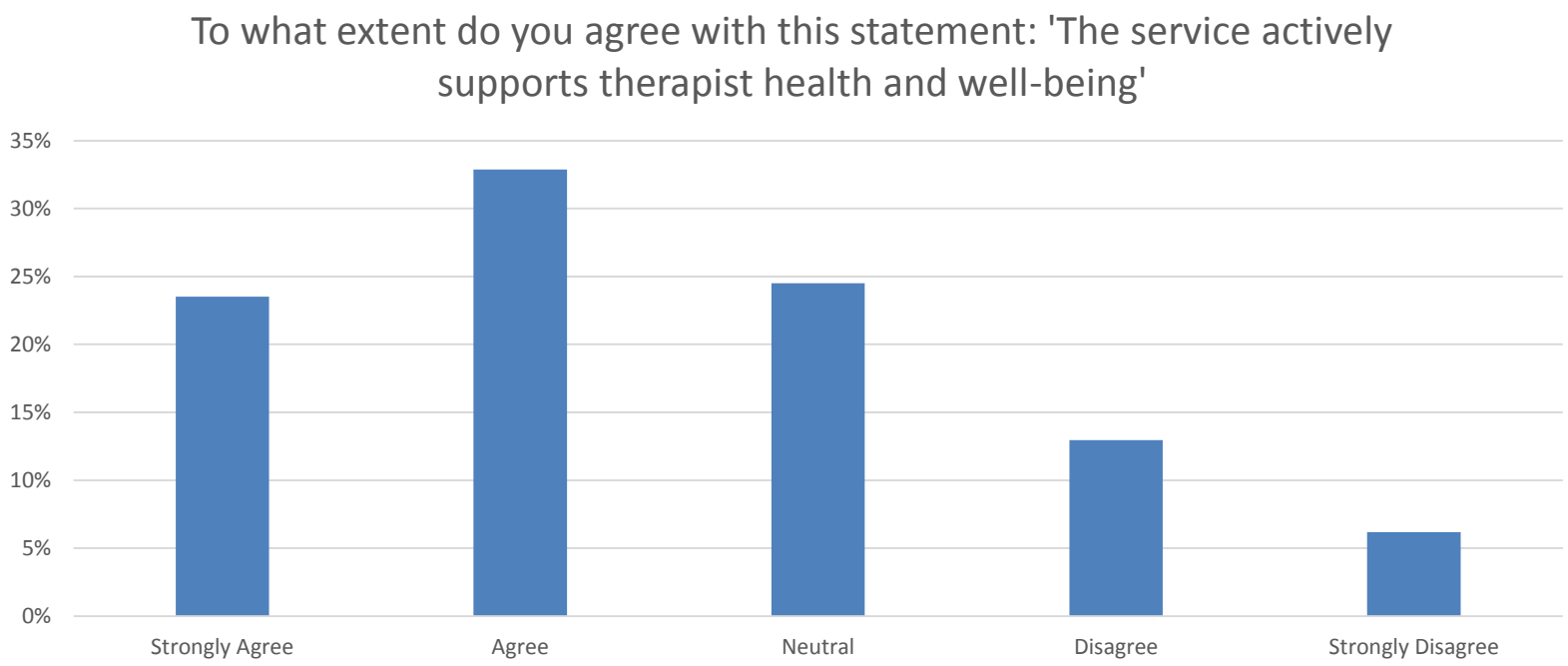
"Fantastic and invaluable service. I feel my psychologist has helped me tremendously in recognising my perspective on life"

"Fantastic people; trustworthy, professional, reliable". "Thank you for all your work, this has been life changing"

"[My therapist] was absolutely brilliant, with complete empathy, compassion, understanding and knowledge"

"[My therapist] was calm, patient, and at times I felt like she was doing some kind of magic! I am feeling much better which is a big relief and she has taught me skills I can take with me into the future.

Wellbeing – The challenge



Wellbeing - The challenge

"Staff turnover is high. Numerous therapists are off sick with stress due to the demands of the job"

"I feel that the PWP role is demanding in its work load which appears to be getting bigger but no regard for how this impacts on the wellbeing of the worker"

"Target driven environment does not factor individual needs and therapist wellbeing"

"I feel that if staff are not adequately supported then their ability to meet the requirements of the service will be severely impaired which will impact on the service users, therapists themselves & the service as a whole"

Staff Wellbeing – How are services responding?

Wellbeing initiatives

- Self-care principles discussed at staff induction
- Staff wellbeing as a standing item in management 1:1's
- Introduction of staff wellbeing Champions
- Reflective practice
- Mindfulness for staff
- Weekly random pick of a staff 'buddy'
- Takeaway Fridays!

Wellbeing - What Next?

- New APPTS standards to address service user and therapist wellbeing!

Wellbeing of:	Standard
Service Users	E3: Assessments include consideration of activities that promote social inclusion such as education, employment, volunteering and other occupations such as leisure activities and caring for dependants
Staff	L6.1 Line managers are aware of their important role in therapist wellbeing L6.2 Therapists report that their job targets and workload are reasonable and manageable

We look forward to sharing ideas and discussions today.

Questions?

Thank you!

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