Using IAPT to Facilitate Integration

**John Pimm**  
Consultant Clinical Psychologist  
Clinical & Professional Lead Psychological Therapies Pathway – Buckinghamshire  
Oxford Health NHS Foundation Trust

**Joanne Ryder**  
Consultant Counselling Psychologist  
Clinical & Professional Lead Psychological Therapies Pathway – Oxfordshire  
Oxford Health NHS Foundation Trust

Caring, safe and excellent
What we will cover....

• Two IAPT Services:
  
  TalkingSpace Plus - Oxfordshire
  Healthy Minds - Buckinghamshire

• Partnership working
• Wellbeing
• Employment
• Integrated physical & mental health
TalkingSpace Plus is a partnership between:

- **Oxford Health NHS Foundation Trust (OHFT)** is a community focused NHS organisation that provides physical health, mental health and social care aimed at improving the health and wellbeing of our patients and their families.

- **Oxfordshire Mind** is an independent charity and is also part of the network of Mind associations working for better mental health across England and Wales.

- **Principal Medical Limited (PML)** a GP-led ‘not for profit’ primary care organisation run by health professionals. PML has provided counselling within Oxfordshire primary care practices for many years.
Our Partnership....

• Shared vision and values
• Complementary of purpose
• Transparency and mutual accountability
• Clarity of roles and responsibilities
• Commitment to joint working and learning
Making our partnership work....

• Clear contracts and partnership agreements
• Leadership across Statutory / Voluntary divide
• Leadership across Clinical / Management divide

and......
• Working very hard together!
• Good relationships
• Being prepared to compromise
• Enjoying the successes together
Our Model

Step 3
Cluster 3
- Low Volume, High Intensity
- Up to 22 sessions
  - Group CBT or Individual CBT
  - Counselling for Depression
  - IPT
  - Behavioural Activation
  - DIT
  - Couples Therapy
  - Mindfulness Based CBT
  - EMDR

Step 2
Clusters 1, 2 and 3
- High Volume, Low Intensity
- Up to 6 sessions/6 weeks
  - Guided self-help via psycho-educational classes
  - Computerised CBT
  - Behavioural Activation

Wellbeing Services
Clusters 0 & 1
- Information
- Options
- Conversation
- Active monitoring
- Support to self-recovery
- Physical activity, housing support
- Debt Employment
- Smoking cessation
- Educational courses to cope & keep well

Single Point of Access
Screening
- 13,000 per year

Facilitated referral to other services, as necessary

9,100 entering treatment per year

1,200 per year

Positive Wellbeing & Recovery

Peer Support after Treatment

Self Referral

GP or other referral

TalkingSpace PLUS
Overcoming Anxiety & Depression Together
Our approach to Wellbeing

Five Ways to Wellbeing

Five simple steps that are known to improve mental health and wellbeing

1. Connect
2. Be active
3. Take notice
4. Keep learning
5. Give
What we offer...

• Information Service

• Education and Coping Skills Courses

• Peer support and volunteering
Pros and cons of our partnership

• Share experiences
• Inspire great ideas and creative processes
• Takes time to agree, implement and administer (ensuring we are meeting legal and governance requirements)
• Reach people that alone we may not have been able to reach
• Benefits for our commissioners – single contract, more cost effective
• Engage stakeholders that we may not have been able to engage
Buckinghamshire Healthy Minds

• An alternative model
• Healthy Minds provides local IAPT service

In addition, as prime contractor, with a range of sub-contractors to provide integrated services:

• Employment – Richmond Fellowship
• Couple, family and sex therapy – Relate
• Integrated physical and mental health for people with LTCs – Buckinghamshire Healthcare Trust
• Prevention and lifestyle change – Parkwood Healthcare. Oviva UK Ltd, Weight Watchers, ChangeTech
Employment

• Richmond Fellowship – national charity MH and employment

• RF Employment advisors embedded with IAPT team

• Joint working IAPT therapists and Employment Advice Service

• Working with local health, social and employment services
What Employment Advisors Offer

- Work retention
- Practical Information advice & guidance
- Recovery focussed support planning
- Confidential support
- Support accessing training or alternative employment
- Regaining work
- Work well groups
- Engaging local employers

Wave 1 Employment advisors in IAPT services initiative
30% of the population have one or more LTC
People with LTC/MUS are 2/3 times more likely to have MH problem
Mental health needs of people with LTC/MUS are often overlooked
People with LTC/MUS are under-represented in MH services
70% of money spent on health and social care
Co-morbid LTC and MH raise costs of health care by at least 45%
Recovery from both physical and mental health problems is closely linked
How can Psychological Intervention help?

- Facilitate adjustment to new diagnosis
- Treat anxiety or depression triggered by LTC
- Treat impact of pre-existing mental health problems on management of LTC
- Improve treatment adherence
- Reduce unhelpful behaviours that might impact on physical health
What does the research show us?

- Treating mental health problems reduces physical health care costs by around 20% and maybe pays for itself. (Layard & Clark, 2014)

- Best outcomes are achieved with adapted treatments that take into account the LTC and are embedded in its care pathway (LTC Pathfinder Results).

- Most common conditions to be seen in the new Integrated IAPT services; Diabetes, Cardiovascular disease (CHD), Chronic obstructive pulmonary disease (COPD), Medically Unexplained Symptoms, Musculoskeletal Problems, Chronic pain, IBS, CFS.

- RCT’s show Psychological Therapies (mainly CBT) are effective reducing distress, improving function, reducing costs.
Integrated IAPT Early Implementer Programme

• Five year forward view for mental health – commitment; expand IAPT to meet 25% of need by 2020-21
• Majority expansion integrated IAPT co-located and integrated with physical health services
• Focus people with anxiety/depression and LTC or MUS
• OHFT, BHT and CCG’s in Bucks successfully bid to be early implementer starting January 2017
What will Buckinghamshire Integrated IAPT mean for people with LTCs?

- Psychological therapy workforce embedded in Primary care, community and hospital services
- All GP practices, integrated community teams, diabetes, respiratory, cardiac and MSK teams access to Psychological Therapists working with people with LTC/MUS who are struggling to manage their condition
- Range of evidence based interventions (telephone, online, group and individual face to face)
- Consultation, supervision and training for Primary Care, BHT and OHFT Staff
Chronic Obstructive Pulmonary Disease (COPD)

- Common chronic lung condition
- A leading cause of disability and death
- Co-morbid Common Mental Health Disorders (CMHD) more common
- CMHD associated with increased exacerbations/inpatient usage
What We Did

- Integrated clinics in primary care
- Integrated pulmonary rehabilitation groups
- Integrated working with housebound patients (initial phase)

The COPD Breathlessness Manual

Breathe better, feel better with this five week manual designed to help you manage chronic obstructive pulmonary disease (COPD) and help you feel more in control of breathlessness.
Outcomes

PHQ-9 Pre and Post Scores
P=<.001 T=7.0 Effect Size = 0.4

GAD-7 Pre and Post Scores
P=<.001 T=6.8 Effect Size = 0.4

W&SAS Pre and Post Scores
P=<.001 T=3.9 Effect Size 0.2

CAT Pre and Post Scores
P=<.001 T=8.0 Effect Size = 0.4
Live Well Stay Well

Live Well Stay Well: A prevention model for Primary Care

**Step one**
Patient: Low-risk factors, motivated, access to and understanding of internet and/or local services – self support

**Step two**
Patient: medium risk factors, low in motivation and/or needs some support to identify/navigate local services or web based information

**Step three**
Patient: Complex condition/s, multiple risk factors and/or very low motivation

**Identification and Brief Interventions (MECC principles)**
- Healthy eating/weight
- Physical activity
- Alcohol
- Emotional wellbeing
- Stop smoking

**Referral/Signposting**
- Light touch, signposting, Web based information and support tools; Library services, Practice leaflets. Patient sets own goals.

**Mixed solutions but primarily groups or telephone based support. Lifestyle services, CBT based interventions, expert patient groups, digital follow up. Patient works with peers or others. (eg family/health coach) to set goals.**

**Primary care Principles**
- Parity of Esteem – equal attention to mental and physical health needs
- Staying healthy – a personal responsibility
- Self-care – supporting patients as required
- Strengthening community assets, including volunteers
- Co-design – expert by experience

**Direct referral to services**
Underpinned with revised workforce competencies and demand management tools.
Robust technology platform, real time data feedback, community needs and asset maps.