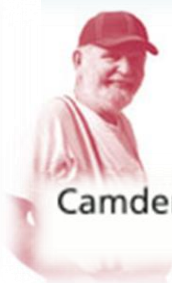


New Roles for IAPT Services

iCope: Islington Psychological Therapies and Well-Being Service

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Camden and Islington **NHS**
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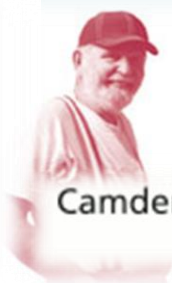


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New Roles? The Camden and Islington Model

- 2nd wave IAPT site established in 2009
- Densely populated inner London borough with high levels of deprivation.
- GP based IAPT services – each practice has an allocated HI and LI worker, where possible based in the practice.
- This facilitates close and collaborative working with GPs, and facilitates engagement for clients.
- Ability to offer consultation and advice to GPs.



Long Term Health Conditions

- Co-facilitate groups with physical health services, including pain management, hypertension, heart failure and pulmonary rehabilitation.
- Offer specific community based clinics for patients experiencing heart failure, COPD and diabetes.
- Provide training and consultation to physical health professionals around psychological approaches to managing LTHCs.



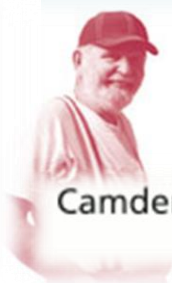
Long Term Health Conditions Islington

- Wave 2 Pilot site for integrated physical and mental health IAPT service.
- Joint venture with Islington and Haringey IAPT, Whittington Health and Tavistock (part of STP)
- Initially developing specific interventions for clients with COPD and diabetes experiencing common mental health problems.
- The rationale: treating common mental health problems can improve physical health and result in cost savings.



Unemployment

- Developed training and joint working with Job Centre Plus (PWP sessions in job centres)
- Trained JCP workers to identify people who would benefit from referral to iCope and facilitate this.
- Employment support workers co-located in iCope team bases.
- Run groups in conjunction with employment support services (eg; Reed)
- IPS (Individualised Placement Support) trial



BME

- Employ Bengali/Sylheti, Somali and Turkish speaking therapists (at PWP and HI level).
- Developed an adapted Feeling Good Group and psychoeducation materials for the Bengali community.
- Worked with local Bengali community groups to develop a video (shown in Camden GP practices).
- Run groups and workshops in conjunction with local community groups (Chinese community and Bengali and Somali elders).
- Work in partnership with a culturally specific counselling organisation.
- Active BME working group.



Young People

- Designated session to work with 18-25 year olds.
- Running workshops at local Colleges and Universities (mental health awareness, exam stress etc..)
- Transitions project – developing pathway from CAMHS to adult services for complex cases with joint meetings and case discussion.



Older Adults

- Specialist staff providing expertise on working with OA (at HI and PWP level) – although all staff work with OA's.
- Capacity for staff to offer home visits where necessary.
- Adapted groups and workshops run in community settings 'Living Positively in Later Life'.
- Partnership working with Age UK Camden.
- Joint project with NHSE and Age UK to make video to encourage OAs to access therapy.



New Roles in IAPT – Peer Well-Being Workers

- Service user involvement developed through Advisory Groups, recruitment training, surveys, service user experience stories etc...
- Development of Peer Well-Being Worker roles, recruitment and training.
- Peer Well-Being Workers using their lived experience to help qualified Mental Health workers co-facilitate groups.
- Early stages of evaluation show positive feedback from service users, staff and PWBWs.



Some more new developments!

- Skype therapy – to help increase access (eg for carers, parents of young children without childcare, people with LTCs, busy professionals)
- Increasing online options for therapy: Silvercloud, Sleepio.
- Working in partnership with Iseo (offer online therapy on chat based platform).



Any questions?



