New Roles for IAPT Services

iCope: Islington Psychological Therapies and Well-Being Service

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New Roles? The Camden and Islington Model

- 2\textsuperscript{nd} 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 (e.g., Reed)
- IPS (Individualised Placement Support) trial
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?