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- Improving Access to Psychological Therapies (IAPT) Service.
- IAPT began nationally in 2008 to transform treatment of adult anxiety disorders and depression, providing evidence-based psychological therapies.
- Nationally 900,000 people access support each year.
- Five Year Forward View committed to expanding services further – aim to provide access to 1.5 million adults per year by 2020/21.
- Focus on addressing the psychological needs of hard to reach or vulnerable groups of people; (Perinatal, Older people, Veterans, Carers, BME community, long term conditions and or medically unexplained symptoms).





Some facts:

- In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week.
- Anxiety/depression causes one fifth of days lost from work in Britain.
- Mental health problems in the UK workforce cost employers almost £35 billion in 2017.

- Let's Talk covers **Gloucestershire and Herefordshire**.
- Referral is via GP, health professionals or self-referral via telephone/online.
- Therapy based on Cognitive Behavioural Therapy provided by Psychological Wellbeing Practitioners (PWPs) and High Intensity Therapists.



- Guided self help
- Educational courses
- One to one
- Online, i.e. Silver Cloud



SilverCloud

Conditions treated include:

- Depression
- Generalised Anxiety Disorder
- Health anxiety
- Social anxiety
- Panic disorder
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Phobias
- Post Natal Depression



People who are at risk of harm to themselves/others, have significant drug/alcohol problems, are already receiving 2gether treatment or are under 18 are not suitable for this service.



Gloucestershire

Year	Referrals	Recovery	Access
14/15	9430	36%	10%
15/16	10300	39%	8%
16/17	10391	46%	8%
17/18	14524	50%	13%
18/19 - projected	15333	52%	16.5-17%



Herefordshire

Year	Referrals	Recovery	Access
14/15	2217	31%	11%
15/16	2400	32%	11%
16/17	2278	43%	8%
17/18	2729	49%	13%
18/19 - projected	2606	52%	14-15%



Priority – Long Term Health Conditions

- More than 15 million people in England (30% pop) have one or more long-term conditions (Department of Health, 2011)
- Research consistently demonstrates that people with long-term conditions are two to three times more likely to experience mental health problems than the general population.
- Comorbidity leads to significantly poorer health outcomes and reduced quality of life.
- Reduced life expectancy among people with the most severe forms of mental illness, largely attributable to poor physical health.
- Increasing the cost of their care by an average of 45% more than those without a mental health problem.
- Suggestion that 12 - 18 per cent of all NHS expenditure on long-term conditions is linked to poor mental health.

By integrating IAPT services with physical health services the NHS can provide better support to this group of people and achieve better outcomes. (NHS England, 2017).



How do we work with Long Term Health Conditions?

- Individual case formulation.
- COPD community rehab programme.
- Medically unexplained symptoms pilot – Bath University.
- Applied for funding to run a specialist service focusing on people with respiratory problems based in physical health.
- Specialist training of staff – LTC module - Exeter University.
- Closer links with colleagues who work in Physical Health.



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Thank you

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