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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.



[www.talk2gether.nhs.uk](http://www.talk2gether.nhs.uk)

**0800 073 2200**

**Thank you**

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