

# IAPT Pilot Project South Gloucestershire

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## Background

- Bristol and South Gloucestershire CCG's jointly commissioned their IAPT Services through AQP in 2012
- They have 13 Qualified Providers offering Step 2 and Step 3 interventions
- Avon and Wiltshire Mental Health Partnership Trust had a block contract to provide Assessments, Foundation Stress and Mood Management Courses

## Performance Outcomes

- The LIFT Psychology model, taken from Swindon, did not prove effective and is no longer used
- A lack of leadership due to AQP resulted in struggles for both CCGs
- There are two major providers of Step 2 and Step 3 in South Gloucestershire: AWP and Oasis Talk

## Service Review – Nov 2014

- The access target rate of 15% was exceeded
- The Recovery Rate was 32.8% at end September 2014 (this has now improved to 49% at end August 2015)
- Waiting lists are long

## 2015 – Commissioning

- S. Gloucestershire CCG decided to commission the IAPT service separately from Bristol
- They looked for help in addressing their recovery rates
- They valued having multi providers but had concerns as to how the service was managed overall

## Joint Working

- Work undertaken by The Centre for Psychological Therapies in Primary Care (CPTPC), University of Chester had researched the outcomes of AQP in S. Gloucestershire and Bristol, amongst others\*.
- Using this expertise to explore how to improve delivery was agreed

\* Mental Health's Market Experiment 'Commissioning Psychological Therapies Through Any Qualified Provider' Griffiths S et al. Report No 1, University of Chester 2013

# Pilot Project



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- The team from CTPPC led by Joan Foster, has worked with the CCG and Providers since February 2015 to set up a pilot project, incorporating best practice
- This project is a Learning Collaborative with an Evaluation Consortium to ensure all learning is incorporated into the pilot



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## Pilot Project – Outline Delivery Model

- The main change is to adopt the structure used in Bath and North East Somerset (BANES) IAPT Service of offering an initial, face-to-face assessment by a High Assessment worker
- This model has also been successful in the University of Cardiff, resulting in a much lower need for on-going interventions



## Pilot Project – 1 November 2015

- The plan is to begin the pilot in one of the six GP Clusters in S. Gloucestershire
- Oasis Talk, one of the two main providers will be running the pilot in this Cluster
- Training by the CPTPC team has already been provided and will be continued through the pilot
- It is hoped AWP will run a second pilot in a different GP cluster starting in January 2016



## IAPTus – Care Pathways

- We have worked closely with the IAPTus staff to ensure that the new Care Pathway is robust
- Completion of the Minimum Data Set is mandatory
- Further training is being provided for all relevant staff

## Patient Participation

- The CCG organised a patient workshop - 15.9.15
- 5 members of the public attended and provided very useful comments and feedback
- The key point was that they wanted GPs to be able to refer patients plus having self-referral
- Whilst this is possible through IAPTus, it has been the practice in S. Glos for GPs to give the patients the contact details and leave them to self-refer – in fact some GPs thought they was mandatory
- This was viewed as lacking parity of esteem

## Public Health Involvement

- There is data as to what other services are available but this is often out of date or too much to be easy to use
- The pilot project will be working with Public Health to provide more effective information for signposting

## GP Involvement

- Meetings have been held with the GPs in the pilot cluster
- Effective, easy to use information needs to be made available for GPs in their discussions with patients as to what options are available
- The service user feedback was that the initial meeting with the GP was critical in how successful any following interventions would be

## Dates and Duration

- The pilot is planned to run for a year from 1 November 2015
- It will start with Oasis Talk in Cluster 5 on 1 November 2015
- It is hoped that AWP will then start in another Cluster on 1 January 2016

## Questions/Comments

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