

Project Name: Tees - Improving Access to Psychological Therapies Project
Programme: Regional Improving Access to Psychological Therapies Programme
Product: Psychological Therapies service delivery within a community setting

Document Title:	Improving Access to Psychological Services in Tees – SOUTH of TEES Service Start Update
------------------------	--

Prepared By:

Document Owner(s)	Project/Organization Role
Dave Smith	Project Manager

Project Status Report Version Control

Version	Date	Author	Change Description
1.0	05-10-2009	Dave Smith	Document created

1.0 Improving Access to Psychological Services in Tees - Service Start Update

1.1. The Background to IAPT

- 1.1.1. People with depression and anxiety disorders are being offered more talking treatments, through significant Government investment in the Improving Access to Psychological Therapies (IAPT) programme.
- 1.1.2. The IAPT programme aims to ensure that NICE recommended interventions described in the stepped care model (see figure 1.) are available to the community and that regions are supported in developing a new workforce and career structure in mental health delivery.

Figure 1.

Step 3 High Intensity Service	Depression Mild, Moderate and Severe	CBT , IPT behavioural activation
	Depression Mild-Moderate	Counselling , couples therapy
	Panic Disorder	CBT
	Generalised anxiety disorder (GAD) mild- moderate	CBT
	Social Phobia	CBT ,
	Post Traumatic Stress Disorder (PTSD)	CBT , eye movement desensitisation and reprocessing (EMDR)
	Obsessive Compulsive Disorder (OCD)	CBT
Step 2 : Low Intensity Service	Depression Mild-Moderate	cCBT , guided self-help , behavioural activation , exercise
	Panic Disorder Mild -Moderate	cCBT , guided self-help , pure self help ,
	Generalised anxiety disorder (GAD) mild- moderate	cCBT , guided self-help , pure self help , psychoeducation groups
	OCD mild - moderate	Guided Self-Help
Step 1 : Primary Care/ IAPT Service	Recognition of Problem	Assessment / Watchful Waiting

- 1.1.3. Across Tees 7.4 million pounds of investment has been allocated to procure 2/3rds of an IAPT workforce that will join an existing previously contracted 1/3rd staff group.
- 1.1.4. Key to IAPT is access by self referral and, across Tees, proactively engaging deaf and veteran communities / individuals.

1.2. The TEES IAPT provision

- 1.2.1. The IAPT workforce in Tees will comprise 88 therapy staff, of which **46** will be delivering interventions to the population of Middlesbrough and Redcar & Cleveland in the **SOUTH of TEES** area (see figure 2).

Figure 2.

FULL IAPT WORKFORCE SEPTEMBER 2009	PCT AREA	Pop. Size ¹	Low Intensity Workers	High Intensity Workers	Total Workforce
	Hartlepool	91100	6	9	88
	Stockton	189100	11	16	
	Middlesbrough	138400	8	14	
	Redcar & Cleveland	139500	10	14	

1.3. Training and Education

- 1.3.1. The Strategic Health Authority has commissioned Teesside University to deliver a one year training programme to develop the new workforce into appropriately qualified and experienced professionals.
- 1.3.2. This programme delivers training to the nationally determined requirements described by the National Institute for Clinical Excellence.
- 1.3.3. Teesside University have been granted permission to run this accredited programme for 6 years providing a potential training infrastructure not only for this year but for individuals who wish to enter into the IAPT career structure.

1.4. The IAPT Procurement

- 1.4.1. A robust procurement process led by Procurement North East (PRONE) in collaboration with the local commissioner of each Tees locality has secured the delivery of the IAPT service across Tees from September 2009 to September 2012.
- 1.4.2. The service is being provided by a collaboration of organisations:
- Mental Health Matters
 - Alliance Psychological Services
 - Hartlepool MIND
 - Middlesbrough MIND
 - Tees, Esk and Wear Valleys NHS Foundation Trust

1.5. IAPT Delivery;

- 1.5.1. Access to the service through traditional routes such as General Practitioners as well as direct self referral by telephone or “drop-in” to IAPT bases
- 1.5.2. Access to Cognitive Behavioural Therapy in order to self manage low to moderate anxiety and depression

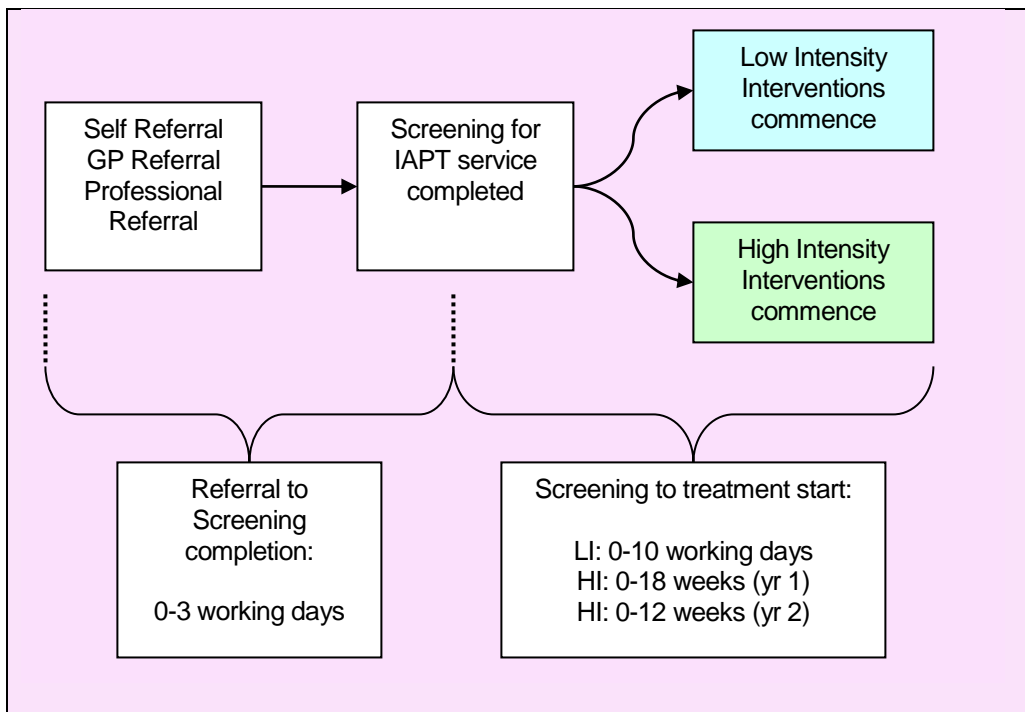
1.5.3. Cognitive Behavioural Therapy delivered through self help books and leaflets, guided self help, specially designed self help computer programmes and through one to one talking therapy sessions

1.5.4. IAPT will deliver these services to;

- The community of Teesside
- People aged 16+
- People experiencing, or diagnosed with, low to moderate anxiety and depression
- People who want to overcome the barriers anxiety and depression pose to them achieving their own goals and desired quality of life
- People who want to learn and develop self help skills
- People experiencing difficulty in work due to anxiety and depression
- People wanting to return to work through managing the impact of anxiety and depression

1.5.5. IAPT will reduce waiting times for talking therapies and improve a persons journey through the service (see figure 3)

Figure 3. – **The IAPT Pathway**



- 1.5.6. IAPT is to be delivered in community settings.
- 1.5.7. Across **SOUTH of TEES** the IAPT service bases will be;

Redcar & Cleveland
Loftus Coop (Community Development Trust) High Street
Loftus
Saltburn by the Sea
TS13 4HW

To make a referral drop in or call:

Tel **(01287) 643219**

Middlesbrough (temporary accommodation)
Royal Middlehaven House
2, Gosford Street
Middlesbrough
TS2 1BB

To make a referral drop in or call:

Tel **(01642) 219216**

Permanent accommodation (expected transfer of accommodation late October
2009) Former Co-op Building
251-255 Linthorpe Road
Middlesbrough
TS1 4AT

To make a referral drop in or call:

Tel **(01642) 219216**