

AGENDA ITEM:

HEALTH SCRUTINY PANEL

22 OCTOBER 2009

**IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES IN TEES
AN UPDATE**

PURPOSE OF THE REPORT

1. To introduce to the Panel the attached update report on Improving Access to Psychological Therapies (IAPT).

RECOMMENDATIONS

2. That the Panel notes the progress of the IAPT project.

CONSIDERATION OF REPORT

3. The Panel will recall that in 2008/9, the Panel completed a substantial piece of work on the topic of Emotional Wellbeing & Mental Health. A major element of that area of work was concerned with people with low level mental health problems having access to 'talking therapies', as an alternative to being prescribed anti depressants, for example.
4. The Panel heard that funding had been secured for the development of such talking therapies, which fall under the IAPT heading. As such, NHS Middlesbrough has supplied the attached report to update the Panel on progress with the IAPT project.
5. The attached report is for information and is self-explanatory. Should there be any questions or comments from the Panel, they will be fed back to NHS Middlesbrough.

BACKGROUND PAPERS

6. Please see attached *Improving Access Psychological Services in Tees – South of Tees Service Start Update*

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