iapt Improving Access to Psychological Therapies	NHS

What is IAPT? and what has it achieved?

Dr Alan Cohen FRCGP National Primary Care Advisor IAPT Programme

Relieving distress, transforming lives

What is IAPT?

- I Improving
- A Access to
- P Psychological
- T Therapies

A commissioner led, outcome focused programme to deliver improved access to psychological therapies

iapt

NHS

Improving Access to Psychological Therapies

This is the man responsible... iapt Improving Access to Psychological Therapies

The IAPT Programme

- 2004: 10 Downing Street seminar on worklessness
- 2005: Manifesto commitment to improving access
- 2005: 2 demonstration sites Doncaster and Newham
- 2007: 10 Pathfinder sites,
- Information from sites used to inform CSR



Improving Access to Psychological Therapies

The IAPT Programme

- 10th October 2007 World Mental Health Day
- New funding over three years:
 - £33m in 2008
 - £103m in 2009
 - £173m in 2010
- To deliver
 - Treatment for 900,000 people
 - 3,600 new therapists
 - Half the PCTs in England



Improving Access to Psychological Therapies

Characteristics of the IAPT service

- A team to manage people with common mental health problems

 - Low intensity therapistsHigh intensity therapists
 - GP champion/lead
 - Employment advisors
 - Others as needed
- A team per 250,000 people (about)

 - About 40 therapists
 Generally 60:40 ratio between high and low intensity therapists



Therapists

- · High Intensity
 - Usually 12 20 sessions
 - Face to face therapy
 - Skilled to deliver CBT
 - Skilled to deliver other evidence based interventions
- Low Intensity
 - Up to 4 5 sessions
 - Face to face, or telephone contacts
 - Skilled to deliver a variety of evidence based interventions
- Usually relates to Step 3 and Step 2





Improving Access to Psychological Therapies

Characteristics of the IAPT service

- · Commissioner led
 - MH Trusts are not necessarily the only provider
- · Commissioned against outcomes
 - Minimum Data Set for psychological therapies
 - Outcome questionnaires to be delivered at particular times in the care pathway
 - Shared database principles between service providers

iapt



Improving Access to Psychological Therapies

NICE Guidelines

- IAPT implements NICE guidelines for Depression and Anxiety Disorders
- Only evidence based approaches, included in NICE guidelines are intended to be implemented through the IAPT teams

apt



Stepped Care

- NICE guidelines recommend a "Stepped Care" approach
- Stepped Care means:
 - Matching the intervention offered to the severity of the disorder
 - Offering the patient the least invasive/intensive intervention appropriate
 - Having the ability to step up (or down) the intervention if appropriate to the patient

iapt



Improving Access to Psychological Therapies

Step 5: Inpatient care, crist teams Step 5: Impatient care, crist teams Step 4: Mental health specialists, including crist team Step 3: Primary care team primary care team

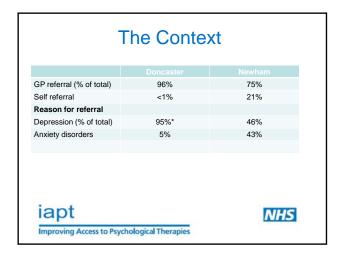
Some Results from Newham and Doncaster

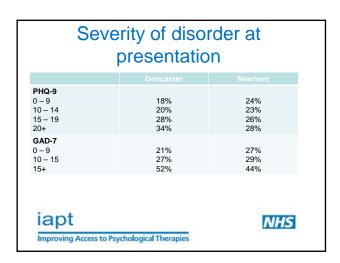
In 13 months...

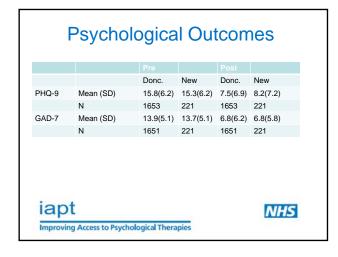
- Each site funded with £1.3 £1.5m
- 5,500 people referred by their GP
- 3,500 completed their treatment at the time of this analysis
- 99% of cases in Doncaster, and 88% of people in Newham had completed outcome data

iapt









Outcomes by duration

Prior Problem Duration			
	Doncaster	Newham	
6 months - 1 year	54%	67%	
1 – 2 years	54%	53%	
2 - 4 years	53%	60%	
4+ years	47%	49%	

iapt
Improving Access to Psychological Therapies

Current challenges

- Programme has moved from 2 demonstration sites to 36 wave 1 sites, to 81 wave 2 sites
- Covers 75% of the PCTs in England
- What happens to the 36 PCTs not providing any IAPT service
- Mainstreaming a mental health service in to general NHS care

iapt
Improving Access to Psychological Therapies



NHS

More information

- Alan Cohen: alan.cohen@dh.gsi.gov.uk
- www.iapt.nhs.uk

Thank you

iapt



		_	
		_	
iant	DUIG	_	
Improving Access to Psychological Therapies	NHS		