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Improving Access to Psychological Therapies

NHS

What is IAPT?
and what has it achieved?

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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

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This is the man responsible...



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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

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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

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Characteristics of the IAPT service

- A team to manage people with common mental health problems
 - Low intensity therapists
 - High 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

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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

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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

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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

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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

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Stepped Care

Who is responsible for care?	What is the focus?	What do they do?
Step 5: Inpatient care, crisis teams	Risk to life, severe self-neglect	Medication, combined treatments, ECT
Step 4: Mental health specialists, including crisis teams	Treatment-resistant, recurrent, atypical and psychotic depression, and those at significant risk	Medication, complex psychological interventions, combined treatments
Step 3: Primary care team, primary care mental health worker	Moderate or severe depression	Medication, psychological interventions, social support
Step 2: Primary care team, primary care mental health worker	Mild depression	Watchful waiting, guided self-help, computerised CBT, exercise, brief psychological interventions
Step 1: GP, practice nurse	Recognition	Assessment

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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

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The Context

	Doncaster	Newham
GP referral (% of total)	96%	75%
Self referral	<1%	21%
Reason for referral		
Depression (% of total)	95%*	46%
Anxiety disorders	5%	43%

Severity of disorder at presentation

	Doncaster	Newham
PHQ-9		
0 – 9	18%	24%
10 – 14	20%	23%
15 – 19	28%	26%
20+	34%	28%
GAD-7		
0 – 9	21%	27%
10 – 15	27%	29%
15+	52%	44%

Psychological Outcomes

		Pre		Post	
		Donc.	New	Donc.	New
PHQ-9	Mean (SD)	15.8(6.2)	15.3(6.2)	7.5(6.9)	8.2(7.2)
	N	1653	221	1653	221
GAD-7	Mean (SD)	13.9(5.1)	13.7(5.1)	6.8(6.2)	6.8(5.8)
	N	1651	221	1651	221

Outcomes by duration

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

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

More information

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- www.iapt.nhs.uk

Thank you


