

The proposed talking therapy services for mild to moderate need model

Service description

22 December 2010

Members of the general public are welcome to read this service description but should be aware that they are not written with them in mind.

We want a community based talking therapy service for people presenting at their GP with mild to moderate anxiety or depression.

To do this we will develop a centralised service that receives referrals from primary care and book people into the most appropriate service.

Locally we want:

- Our talking therapies service to be available to more people
- To meet people's needs when they are still mild to moderate
- A service that provides for patients that have been assessed in primary care
- Assessments to take place within a range of community locations for identified equalities groups who can find GP surgeries difficult to access
- A range of high quality therapists to choose from, including some with a specialist focus, such as non-CBT therapy, person-centered / humanistic counselling
- Patients to be able to make some choices about where and when they are seen, including choosing evening and weekend appointments, or outside of a GP surgery setting
- GPs to receive regular demand information so they can be flexible with the range and type of therapies available in the service dependent on need
- A broad range of provision which matches the equalities profile of the city and is delivered in a targeted way to meet the identified needs of these groups

The service needs to be for any patients that are identified by their GP as needing a brief intervention of therapy. It will be available for adults that are registered with a Brighton and Hove GP. The therapies will meet the guidelines as identified in the IAPT programme; however will also provide some of the specialist services as identified by GP commissioners.

To manage the pathway from primary care to the therapy service, NHS Brighton and Hove is procuring a single hub that will act as the Choose and Book system for the patient and also the management of the service.

It is possible that providers of the therapies will be sub-contracted through the hub.

Specific aims for

- To provide the choose and book service for all referrals from GPs to the therapies service

this service	<ul style="list-style-type: none"> • To provide the administration of the therapists approved to accept referrals • To provide demand and performance information reports
Target population	Adults (18+) who meet the criteria for access to the talking therapies service
Pathway for people using the service	Primary care mental health service
Service features	<ul style="list-style-type: none"> • Be the Choose and Book service to therapy services as set out in the contract • Develop and maintain a website of approved therapists • Hold the accreditation detail of the approved therapists • Activity based reports to commissioners • Monthly reports and minimum dataset as set in the contract • Undertake quality audits
Success criteria	<ul style="list-style-type: none"> • Improved waiting time for access to therapy • Improved outcomes for patients from the interventions offered • Increased value for money and unit costs • Improved quality of referrals to talking therapies • Reduced number of assessments for individual patients • Positive patient satisfaction ratings and improved patient-rated health / wellbeing outcomes • increased numbers of patients self-managing conditions and being less dependent on provision • Flexibility in the types of specialisms provided • Improved patient experience • Patient choice on location and type of therapy • Referrer experience

The therapies accessed through the hub will be the following: (based on NUCVE guidance and the IAPT programme of interventions)

Clinical/therapeutic/educative interventions: 1:1 and group (mild/ moderate Step 2/ 3 – NICE compliant):

- 1:1 Step 2/ 3 CBT interventions
- 1:1 Step 2/ 3 Non-CBT NICE approved interventions for Depression:
- Interpersonal psychotherapy (IPT)
- Brief psychodynamic therapy (BPT)
- Counselling for depression
- Behavioural couples therapy (BCT)
- Person-centred counselling

In the specification, there will be a number of communities identified as requiring alternative ways in which to access this service and some key conditions and needs will be identified and targeted based on public health information.