



Factfile 7

Ensuring greater access to Talking Therapies

'Improving Access to Psychological Therapies: providing NICE approved, evidence based treatments for mild to moderate depression and anxiety disorders'

THE GOVERNMENT HAS COMMITTED TO:

“Ensure greater access to talking therapies to reduce long-term costs for the NHS.”

– *The Coalition: our programme for government*

To support the NHS in delivering sustainable, effective, outcomes focused services, a range of key guidance is available for commissioners and providers.

- Realising the Benefits: IAPT at Full Roll Out
- IAPT Data Handbook

From September 2010 the following documents will be available at www.iapt.nhs.uk :

- The IAPT Year One Data Review
- IAPT Commissioning Guidance
- Talking Therapies: Reducing Long Term Costs in the NHS
- IAPT Equalities Review

All available at www.iapt.nhs.uk

If you are unsure about progress in your local IAPT programme, contact your IAPT Regional Leads to discuss how your services should link with them:

Yorkshire and Humber	Karen.Lynch@yorksandhumber.nhs.uk
West Midlands	jenny.dalloway@wmrhc.org.uk
South East Coast	paul.johanson@southeastcoast.nhs.uk
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Over the past two years, NICE compliant psychological therapy services have begun to be rolled out across England. By the end of 2010/11, we expect to see nearly every PCT to have begun to deliver these services, with access being available to approximately 60% of the population. The following PCTs will commencing services over the coming months. Engage now with your PCT to plan for an effective relationship from the start of the service.

LUTON	HOWNSLOW	CENTRAL LANCASHIRE
WEST ESSEX	KENSINGTON & CHELSEA	HALTON & ST HELENS
BASSETLAW	KINGSTON	MANCHESTER
BARKING & DAGENHAM	REDBRIDGE	OLDHAM
BARNET	RICHMOND & TWICKENHAM	SEFTON
BEXLEY	WALTHAM FOREST	WARRINGTON
BRENT	COUNTY DURHAM	WIRRAL
BROMLEY	DARLINGTON	HAMPSHIRE
CROYDON	NEWCASTLE	HEREFORDSHIRE
ENFIELD	SUNDERLAND	SANDWELL
HARROW	BLACKPOOL	SOUTH STAFFORDSHIRE
HAVERING		WALSALL
HILLINGDON		WORCESTERSHIRE

Talking therapy services are already delivering:

- Improved mental health and wellbeing - over a 320,000 have now accessed IAPT services and 42% of those who have completed treatment have moved to recovery.
- Positive impact on employment and absenteeism – by combining therapy with access to employment support as an integral part of the service IAPT is helping people to stay in and return to work.
- Reduced health resource utilisation – as well as more effective prescribing practices, evidence is emerging to show that people with a long term health condition (such as diabetes, CHD or COPD) use fewer resources in terms of out patient appointments, in-patient stays and diagnostics, if they receive a talking therapy.

To find out more about how you can identify how these benefits can be achieved in your area, contact your regional IAPT Lead or your local service direct.



National Mental Health
Development Unit

The National Mental Health Development Unit (NMH DU) is the agency charged with supporting the implementation of mental health policy in England by the Department of Health in collaboration with the NHS, Local Authorities and other major stakeholders.

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