



vita
health group

BNSSG IAPT Service

13/08/2019

Introduction – Who is VHG?



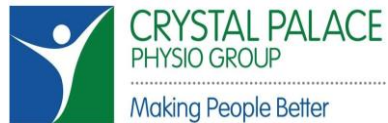
Vita Health Group is a leading healthcare provider in the UK with a proven track record in Mental and Physical healthcare. With over 30 years' experience, we are a clinician lead organisation from Executive Team through to frontline delivery. Outstanding Clinical quality is at the core of what we provide.



RehabWorks (mental & physical health provider; established 1987)



Workplace Wellness (mental health provider; established 1989)



Crystal Palace Physio Group (physical health provider; established 1998)





VitaMinds

IAPT - What is it?



The Improving Access to Psychological Therapies (IAPT) programme began in 2008 and has transformed treatment of adult anxiety disorders and depression in England.

Evidenced based psychological therapies: with the therapy delivered by fully trained and accredited practitioners, matched to the mental health problem (Depression and Anxiety) and its intensity and duration designed to optimize outcomes.

Routine outcome monitoring: so that the person having therapy and the clinician offering it have up-to-date information on an individual's progress. This supports the development of a positive and shared approach to the goals of therapy and as this data is anonymized and published this promotes transparency in service performance encouraging improvement.

Regular and outcomes focused supervision: so practitioners are supported to continuously improve and deliver high quality care.

BNSSG IAPT Service



- ✔ New provider of the BNSSG IAPT service – Service Name **VitaMinds**
- ✔ Go live from 1st September 2019
- ✔ Self, GP or HCP referral
- ✔ 24/7 access live from go live
- ✔ Website created with engagement feedback ready from go live
- ✔ Ready to receive referrals via phone/email from go live
- ✔ Online referrals ready to be received by mid September
- ✔ 8am-8pm and Saturday working
- ✔ Launch pack delivered w/c 26th Aug (posters, referral cards and service overviews)
- ✔ 60+ locations across the BNSSG area



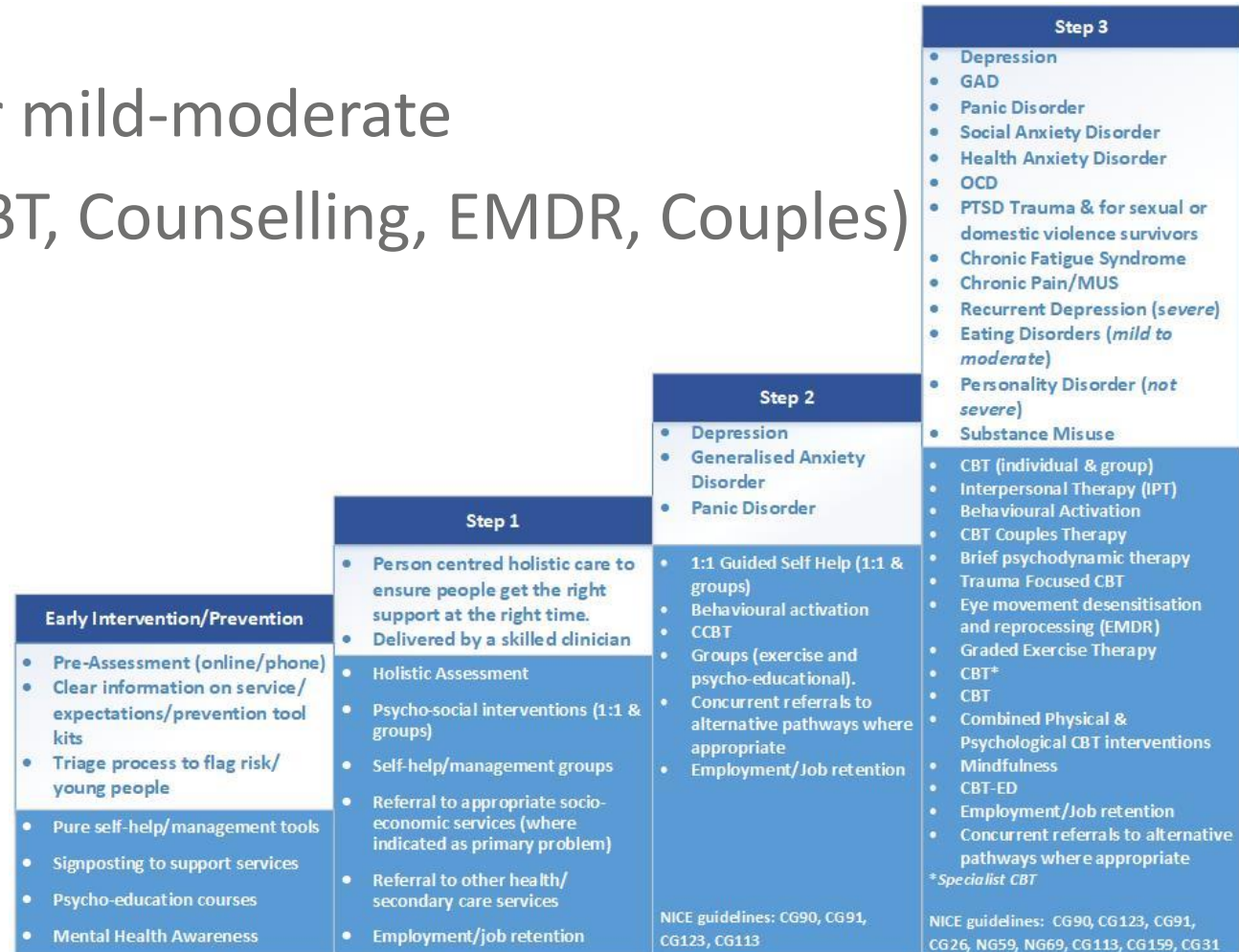
New Model of Care
BNSSG

- Social Determinants
- Population Health
- Access
- IAPT
- NON-IAPT
- LTC

Treatment - Stepped Care



- 🌱 Holistic assessment (Step 1)
- 🌱 Step 2: Low Intensity treatment for mild-moderate
- 🌱 Step 3: High Intensity treatment (CBT, Counselling, EMDR, Couples)
- 🌱 Computerised CBT (Step 2)
- 🌱 Group delivery (Step 2 & 3)
- 🌱 1:1 face to face (Step 2 & 3)
- 🌱 Phone/Video 1:1 (Step 2 & 3)
- 🌱 MDT working (Step 4)



How to contact us:



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