

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.

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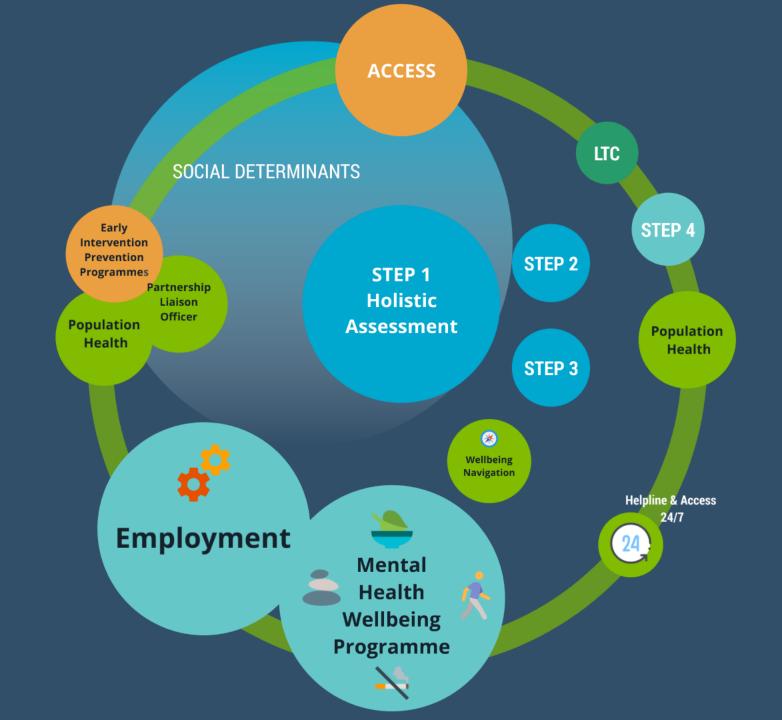


- ✓ New provider of the BNSSG IAPT service Service Name VitaMinds
- Go live from 1st September 2019
- Self, GP or HCP referral
- ✓ 24/7 access live from go live
- Website created with engagement feedback ready from go live
- Ready to receive referrals via phone/email from go live
- Online referrals ready 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)

Step 2 Depression

- Generalised Anxiety Disorder
- Panic Disorder

Early Intervention/Prevention

- Pre-Assessment (online/phone) Clear information on service/ expectations/prevention tool
- Triage process to flag risk/ young people
- Pure self-help/management tools
- Signposting to support services
- Psycho-education courses
- Mental Health Awareness

Person centred holistic care to ensure people get the right support at the right time.

- Referral to appropriate socioeconomic services (where indicated as primary problem)
- Employment/job retention

1:1 Guided Self Help (1:1 &

- groups) Behavioural activation
- Groups (exercise and psycho-educational).
- appropriate
- Employment/Job retention

NICE guidelines: CG90, CG91, CG123, CG113

Step 3

- Depression
- GAD
- Panic Disorder
- Social Anxiety Disorder
- Health Anxiety Disorder
- PTSD Trauma & for sexual or domestic violence survivors
- Chronic Fatigue Syndrome
- Chronic Pain/MUS
- Recurrent Depression (severe)
- Eating Disorders (mild to moderate)
- Personality Disorder (not severe
- Substance Misuse
- CBT (individual & group)
- Interpersonal Therapy (IPT)
- **Behavioural Activation**
- **CBT** Couples Therapy
- Brief psychodynamic therapy
- Trauma Focused CBT
- Eye movement desensitisation and reprocessing (EMDR)
- · Graded Exercise Therapy

- Combined Physical & Psychological CBT interventions
- Mindfulness
- CBT-ED
- Employment/Job retention
- Concurrent referrals to alternative pathways where appropriate

NICE guidelines: CG90, CG123, CG91, CG26, NG59, NG69, CG113, CG159, CG31

Step 1

- Delivered by a skilled clinician
- Holistic Assessment
- Psycho-social interventions (1:1 &
- Self-help/management groups
- Referral to other health/ secondary care services

How to contact us:



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