

Bristol Health Partners

Improvement and Innovation in Psychological Therapies in Primary Care (InPsyTe)

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*Avon and Wiltshire Mental Health Partnership NHS Trust
Bristol Clinical Commissioning Group
North Bristol NHS Trust
North Somerset Clinical Commissioning Group
South Gloucestershire Clinical Commissioning Group
University Hospitals Bristol NHS Foundation Trust*

Focus of HIT

- Improving uptake of, access to, and outcomes of, psychological therapies for common mental health problems (anxiety/depression)
- **Why anxiety/depression?**
 - Burden of disease (WHO)
 - Leading cause of disability in high income countries by 2030
 - Only HIV/AIDS and perinatal conditions rank higher for LMI countries
- **Why are psychological therapies important?**
 - Patient preference
 - Investment in IAPT


Achievements to date

- Benchmarking : BNNSG psychological services cf. Comparator Cities ↑
 - Engagement with service
 - Recovery rates
- Quality improvement
- Informing decision making
 - Short film for patients, GPs and providers
 - <http://www.bristolhealthpartners.org.uk/latest-news/2016/08/04/inpsyte-hit-video-on-patient-experiences-of-cognitive-behavioural-therapy/681>

Achievements to date

- Informing re-commissioning of services ↑
 - implementing evidence from previous studies
 - REEACT2, REEACT3
- Silvercloud implementation and evaluation
 - Due to start Feb 2017
 - Focus on increasing access to CBT using supported online delivery of therapy
- NIHR Programme Grant – 6 years funding – develop an integrated approach to delivering CBT
 - Increase access to CBT
 - Improved patient outcomes
 - Cost savings/Increased cost-effectiveness

Prioritisation Exercise

- Application in process 
- Set-up information sessions for people from BME community
 - Signposting people to relevant agencies and services
 - Offering psychoeducation
- Link with partner agencies - Wellspring Healthy Living Centre, Nilaari and SARI, The Haven

Questions?