

Stepped care workshop - Equity

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Workshop brief

Stepped care pathways to achieve

Equity of access and quality for

Groups who have been disadvantaged

Key groups

Black and minority ethnic groups

Older people

People of lower SES

People who are housebound

Non-English speakers

Young men

NICE Depression Guideline steps

1. GP/primary care assessment
2. Watchful waiting, GSH, CCBT, exercise, brief psychological therapy
3. Medication, standard psychological therapy
4. Medication, complex psychological therapy

Steps in implementation of stepped care systems study

1. Brief interventions: GSH, CCBT, psychoeducational groups
2. Psychological therapy

Access systems

- GP/professional referral only vs self-referral
- Service user initiated only vs outreach

Stepped vs titrated pathways

First contact with low intensity worker who assesses and steps up as needed (pure stepped care model)

VS

Initial triage by mental health professional who allocates to an appropriate step (titrated model)

Nature and choice of low-intensity intervention

- Availability of choice of worker - gender, ethnicity, language
(differs between centralised v devolved/sector/GP practice based systems)
- Culturally appropriate self-help material / CCBT