

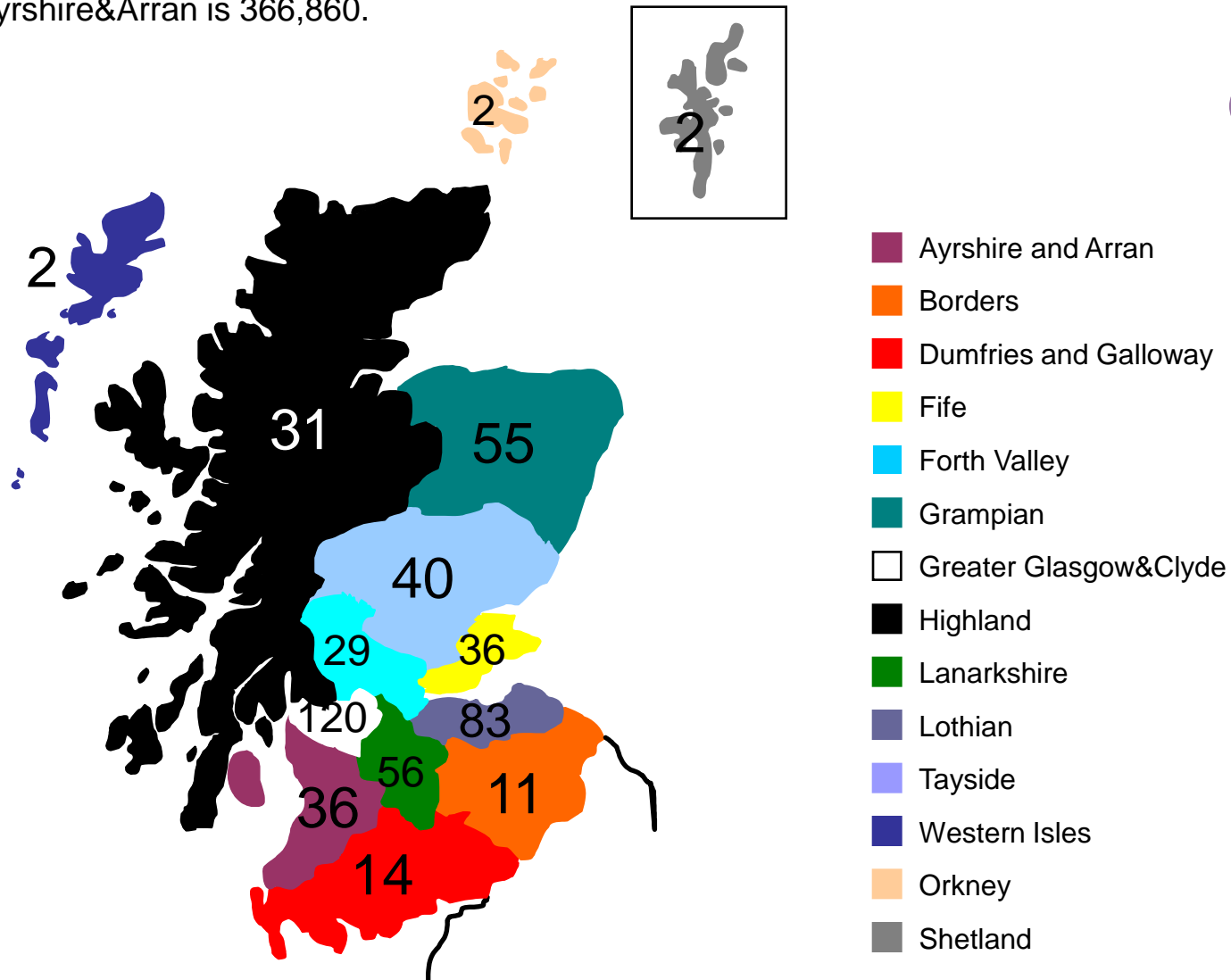
Commissioning Training in Evidence-Based Psychological Therapies

The Scottish Perspective

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Scotland Population x10,000 by NHS Board area.

eg Ayrshire&Arran is 366,860.



Population as at mid 2010.

<http://www.gro-scotland.gov.uk/statistics/>

Things are different in Scotland



The Political Landscape

Cabinet Secretary - Speech to the NHS confederation

- ‘We are determined to use this opportunity for the benefit of Scotland. To work in conjunction with our neighbours wherever we can, but not to shirk from taking our own decisions, from going down our own path, wherever and whenever this is in the best interests of Scotland’
- ‘And we oppose the use of public money to help the private sector compete with the NHS.....Public services should be delivered by public servants’

Key Differences

No NHS Reform / GP Commissioning

SO

Retain Government responsibility for service

No IAPT investment

SO

No new services set up

Increase in access will primarily be achieved through re-design of current services , and by increasing the capability of the current staff to deliver evidence-based interventions

Psychological Therapies-Driver

The Health Efficiency and Access Targets (HEAT)

Set by Government.

Met by Boards.

Monitored through monthly data submissions to ISD

Performance management and support

‘Deliver faster access to mental health services by delivering 18 weeks referral to treatment for Psychological Therapies by December 2014’

- Mental illness or disorder
- No exclusions-across the age range; inpatient as well as community settings; physical as well as mental health settings; includes LD and Forensic.

How is training commissioned?

Centrally (free to Boards at point of access)

- NHS Education for Scotland
- Central Government Initiatives

Locally

- NHS Boards: HEAT target is the most important driver.
- Individual services

Psychological Therapies Training

NHS Education for Scotland (NES)

NES is a national Special Health Board. We support NHS services to the people of Scotland through the development and delivery of education and training for all those who work in NHSScotland.

We work in partnership with local Health Boards, education providers and other bodies to ensure that all members of NHSScotland staff are equipped with the skills and knowledge to provide excellent care to the people of Scotland

To achieve the HEAT target we need...

Effective interventions

delivered by

Effective workforce

Effective Interventions.....

.....as laid out in

‘The Matrix: A Guide to the Delivery of Evidence-based Psychological Therapies in Scotland’

*[www.nes.scot.nhs.uk/education-and-training/
by-discipline/psychology/matrix.aspx](http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/matrix.aspx)*

NES/Scottish Government 2011

Mental Health in Scotland

A Guide to delivering evidence-based Psychological Therapies in Scotland

The Matrix 2011



The Scottish
Government

Effective workforce.....

- Delivering therapy with a strong evidence base as defined in The Matrix
- Trained to recognised standards
- Properly supervised

NES-Strategic approach to Psychological Therapies training

- Building an educational infrastructure to support PTs education and training
- Clarifying the evidence base
- Establishing competence frameworks to standardise training
- Supporting NHS Boards to establish the supervision capacity necessary to support training
- Commissioning and delivering PTs training
- Developing e-learning resources to help disseminate key ideas, and to supplement blended learning approaches

NES: Strategic approach to Psychological Therapies Training

Infrastructure and Support

- Educational Infrastructure-Psychological Therapies Training Coordinators (PTTCs) in each Health Board.
- PTs Supervision Training

NES Psychological Therapies Training

Therapeutic Modalities

- CBT; IPT; Mindfulness; Mentalisation; BFT etc etc

SGHD priority areas

- **Psychological Interventions Team:** Older People; Trauma; Alcohol and Substance Misuse; Forensic; ‘Low Intensity’ interventions
- Complex and enduring; Dementia; ASD

NES Psychological Therapies Training

Challenges:

- NHS Boards releasing staff to attend training
- Staff trained but little protected time to deliver
- Aligning training to service re-design in disparate areas

The future.....

- In partnership with SGHD, national **Psychological Therapies Workforce Survey** to guide commissioning at national and local level
- Clarifying **training pathways** for a wide range of evidence-based interventions
- Commissioning PTs training which incorporates credible **assessment of competence**
- **Maximising impact of training** on service delivery and patient outcomes.

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