

Psychological Therapies in the NHS

Re-thinking Psychological Therapies in the new NHS

Thursday 28 and Friday 29 November 2013
Mermaid Conference Centre, London

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The New Savoy Partnership

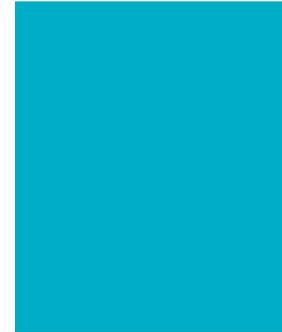


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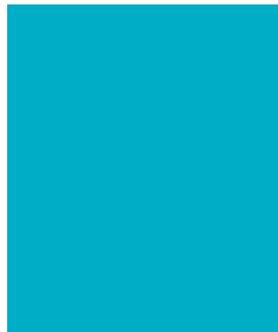
Making parity a reality:

Geraldine Strathdee, National Clinical Director of Mental Health, NHS England



November 29th 2013

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Moving to action for parity



Parity: what it means & how we need your help to make it happen

Who is working to deliver parity and what are they doing to start the journey to deliver it

My NCD 'ask' from this leadership group & your key challenges

Are you able to give some of your expertise & leadership time for specific projects

In tough times how do we work towards parity



To achieve parity we need:

- Leaders with the core competencies to make it happen in reality, rather than just write or talk about it
- Hard, objective information and facts gathered routinely and skillfully presented to the decision makers
- Clear compelling examples of what ‘good looks like’ that delivers personal, clinical, social, and economic outcomes
- **Communication and narrative, where side by side**
 - Service users and practitioners stand talking about success
 - Service users and teams stand side by side talking about how to improve
 - The mental health world puts its energies into talking about successes

Parity and equalities: the facts

There is a disparity in the number of people with mental illness in contact with services, compared to physical health, yet it is a major cause of premature death & lives lived in distress and misery

26% of adults with mental illness receive care

92% of people with diabetes receive care

Mental health problems are estimated to be the commonest cause of premature death

By condition....	% in any form of treatment
Anxiety and depression	24
PTSD	28
Psychosis	80
ADHD	34
Eating disorders	25
Alcohol dependence	23
Drug dependence	14

Largest proportion of the disease burden in the UK (22.8%), larger than cardiovascular disease (16.2%) or cancer (15.9%)

People with schizophrenia die 15-25 years earlier

Depression associated with 50% increased mortality from all disease

Government and our society: who can tackle and reduce the causes of Depression

Elderly
isolated &
people with
dementia

Victims of
domestic
violence

Key life cycle:
• Divorce
• Retirement
• Redundancy
• Menopause

Isolated
women with
small children

Dyslexia, Dysprexia
ADHD, Autism,
Asperger's and
Learning Disabilities

Long term
physically ill

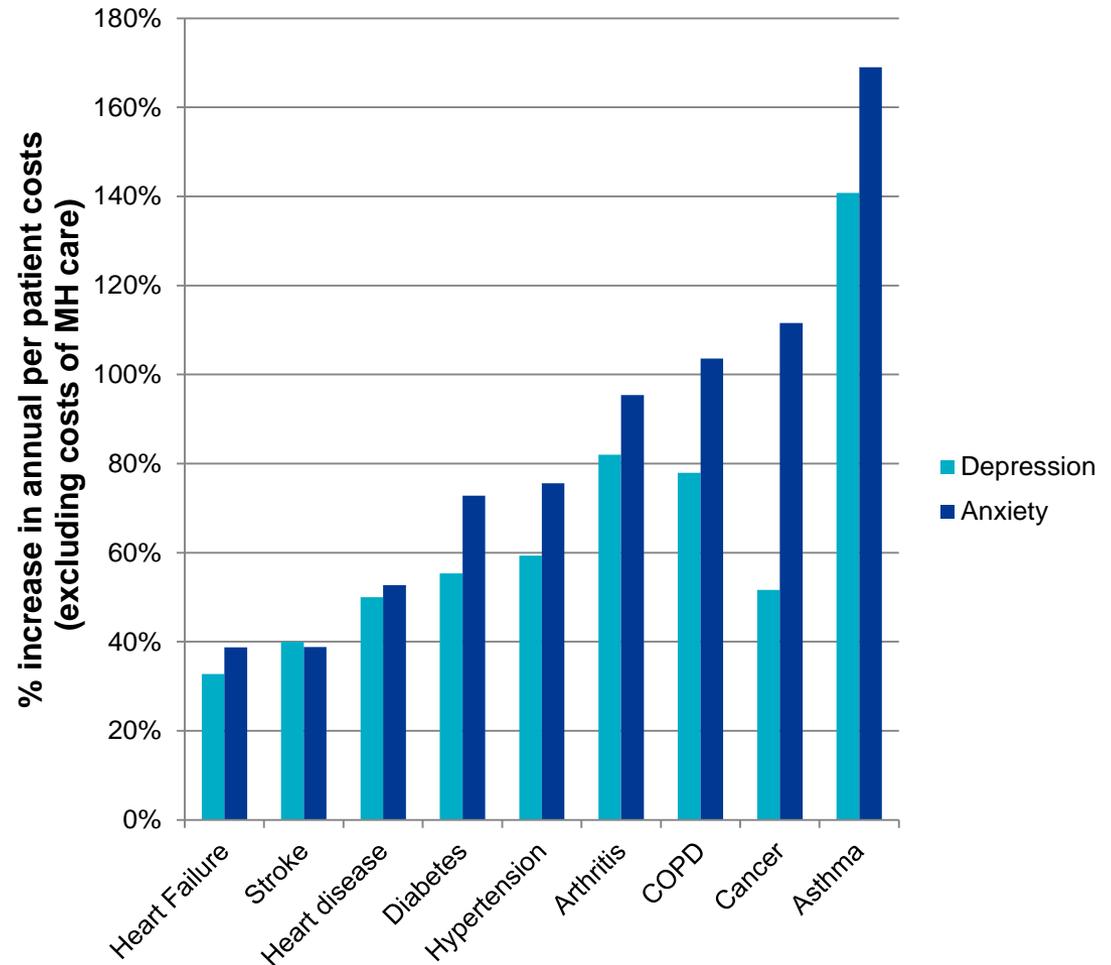
People with
schizophrenia
and sight and
hearing
problems

Victims of school
and employment
stress and
bullying

Alcohol and
drug addictions

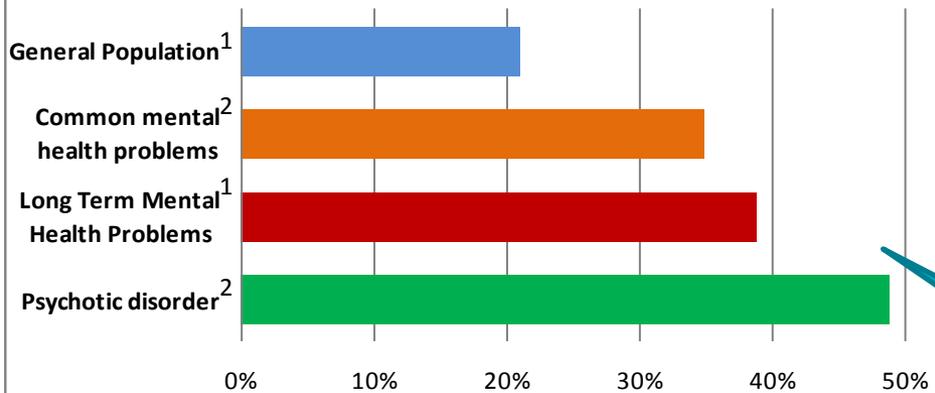
Depression and anxiety are the commonest healthcare comorbidities, & have major impact on loss of life, disability and Costs
so not treating them in acute care, in community providers, in primary care, does not make economic sense Chris Naylor, Kings fund

- International research finds that **co-morbid MH problems are associated with a 45-75% increase in service costs per patient** (after controlling for severity of physical illness)
- Between 12% and 18% of all expenditure on long-term conditions is linked to poor mental health and wellbeing – at least **£1 in every £8** spent on long-term conditions.

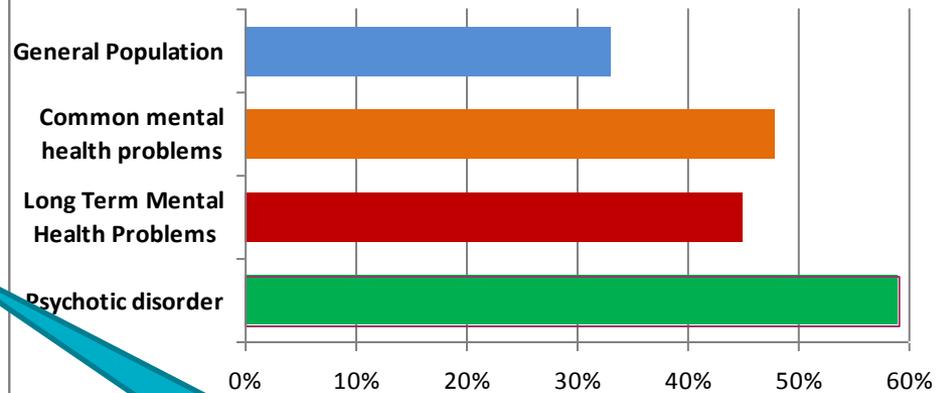


PHE: parity in our mental health services in every sector : do turf wars help the people who come to us for help ?

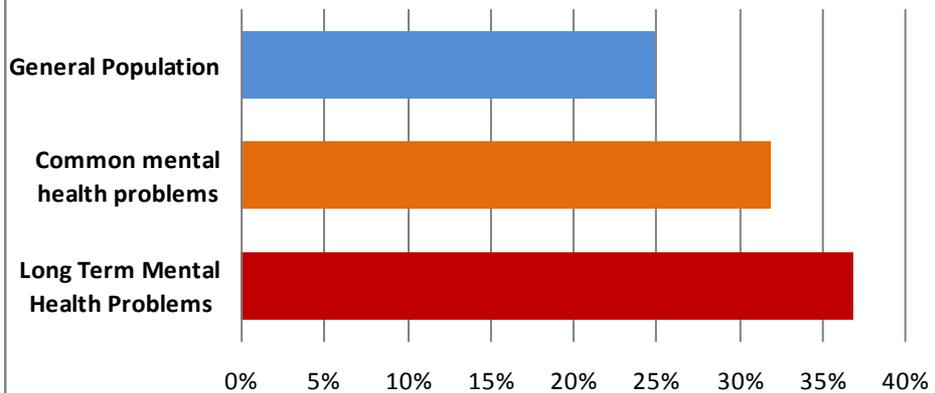
Smoking³



Alcohol misuse⁴



Obesity⁵



6

This used to be the prevalence in general population 30 years ago!

1. Source: Health Survey for England (2010), those with common mental health problems are identified by scoring 4 or more on the GHQ12 questionnaire; 2. Source: Adult Psychiatric Morbidity Survey (2007). Note that those with psychotic disorders are also likely to be included among those with Long term mental health problems and those with severe depression may be included among those with Common mental health problems and those with Long term mental health problems. 3. Answers positively to "Whether smokes cigarettes nowadays?" question; 4. Weekly alcohol consumption >21 units (men), >14 units (women); 5. Body Mass Index >30; 6. Weekly physical exercise does not exceed 30 minutes on five days.

Economic remodeling :

Local government & local Commissioning

Case examples Newham, Northamptonshire, S London, UCLP,
Imperial academic health science centres

**Prevention and Early intervention (Knapp et al, 2011)
highly effective treatments: major economic benefit**

**For every one pound spent by commissioners, by CCGs
the savings are:**

Parenting interventions for families with conduct disorder : **£8**

Early diagnosis and treatment of depression at work: **£5** in year

Early intervention of psychosis **£18 in** year 1

Screening & brief interventions in primary care for alcohol misuse **£12** Yr 1

Employment support for those recovering from mental illness: Individual Placement Support for people with severe mental illness results in annual savings of **£6,000 per client**

Housing support services for men with enduring mental illness: annual savings: **£11,000–
£20,000 per client**

Commissioning healthcare for Parity :

NHS Mandate: what does it mean in practice in a GP's surgery

- I was struck the other day when I saw a patient - who has been off work for 3 months waiting for CBT. He is depressed and was just told to go on sick leave- no medication, just a referral for CBT in the distant future.
- When I saw him , what upset me most was that if he had broken his leg, he would have been treated asap, given rehab, told to go to work on crutches and would not have just been abandoned.
- I want to make it impossible for mental health problems to be treated as second class illnesses - with patients with treatable conditions languishing on waiting lists or worst still with no treatment at all

Clare Gerrada, president of the Royal College of GPs

GPs are trying to do everything for everyone, too much of 21st Century care is being provided through 19th century organisational models.....

Professor Michael Porter is a world authority on strategy in business, & has spent the past decade working in healthcare systems in dozens of countries.

High impact partnership programmes

1. 211 CCG Commissioning leaders, & new commissioning supports

2. Mental health informatics and intelligence

3. Primary care mental health

4. Emergency response & suicide prevention

5. Integrated care and acute care

6. Industrializing improvement in psychosis care

7. Outcome measurement and care packages

8. Maternity & Child and young people mental health

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