

Improving Mental Health in Scotland – From Policy to Delivery

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Access to Psychological Therapies

A bit about Scotland



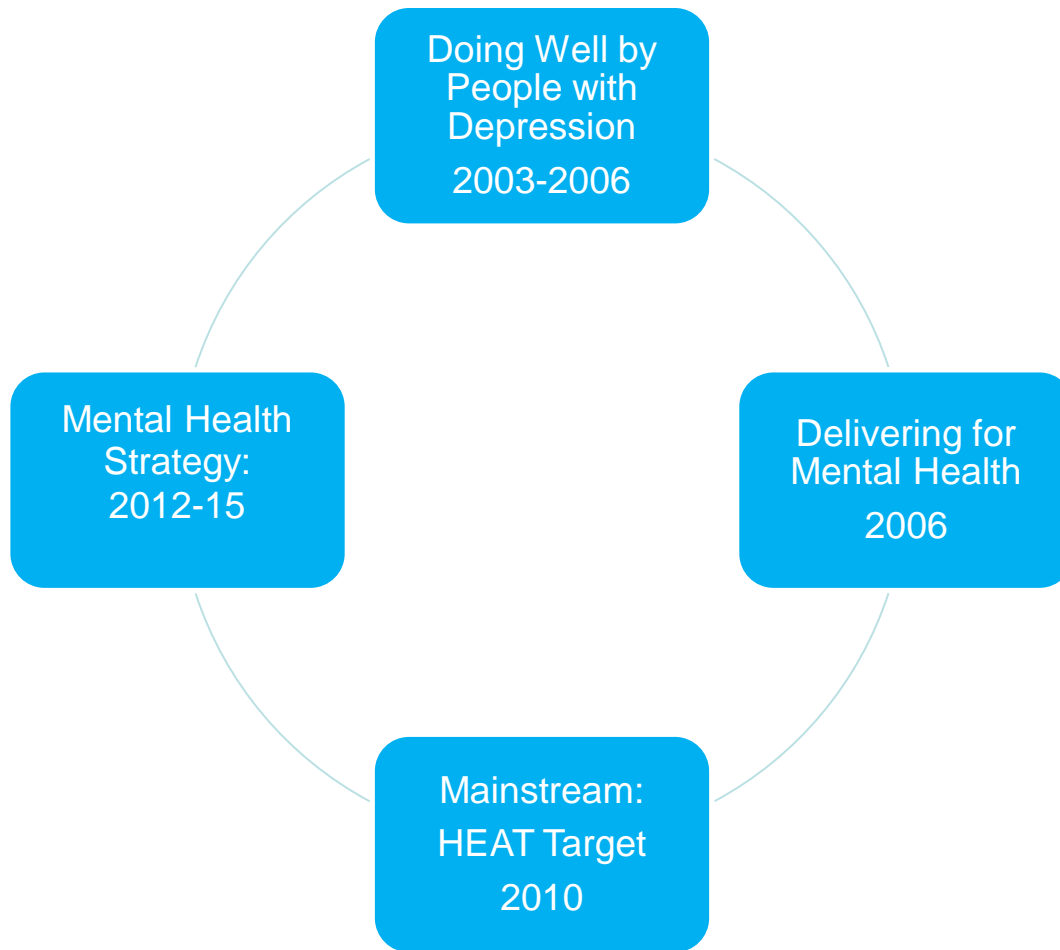
Delivery of Services

- Population – about 5.3 million
- Health Services – 14 “territorial” NHS Boards
- Social services – 32 local authorities
- Many third sector and independent service providers

Developing Consensus

- Service users
- Clinicians
- Political

Building on direction of travel



Delivering for Mental Health

- Target 1: Reduce the annual rate of increase of defined daily dose per capita of anti-depressants to zero by 2009/10.
- Commitment 4: We will increase the availability of evidence-based psychological therapies for all age groups in a range of settings and through a range of providers.

What we learned

- Antidepressant prescribing continued to increase
 - People more likely to go to their GP
 - GPs more likely to diagnose and offer treatment
 - Improving adherence to clinical good practice
 - longer prescription and higher dose.

HEAT Target

- Deliver faster access to mental health services by delivering 18 weeks referral to treatment for Psychological therapies from December 2014

What we wanted from the target – the top line

- Shorter waiting times
- More people able to access evidence-based treatment

...the next line

- Better information systems to manage patient pathways – efficiency
- Raise the profile of mental health services – this is core work for NHS Boards
- Psychological therapies as **part of** a well-functioning mental health service

Bottom Line

- Better outcomes – clinical, social, personal
– for people

National Support

- Mental Health Delivery Team
- National Delivery Partners
 - Information Services Division
 - NHS Education for Scotland
 - Quality Efficiency Support Team
- Psychological Therapies Implementation and Monitoring Group

Local Engagement

- Psychological therapies HEAT leads:
 - Overall lead
 - Clinical lead
 - Information systems lead
- Mental Health Implementation Review Visits

Development Data

- Local systems development
- National data collection
 - What we need nationally
 - We local areas need to assist improvement
- Analysis data and performance management
- Risk self-assessment

Quality – which therapies?



- The Matrix A Guide to delivering evidence-based Psychological Therapies in Scotland

Quality – Trained and Supervised Workforce

- NHS Education Scotland – Psychological Interventions Team
 - Psychological approach - awareness
 - Local Training Coordinators
 - Priority areas
- Workforce Survey
 - Who delivers therapies, what supervision, what qualifications?

Quality - Outcomes

- Embedding routine clinical outcome measurement and use
 - Effective safer care
 - Efficient services
- Systems to support analysis of outcomes data

Efficient – Service Design

- Demand, Capacity and Queue:
 - Early Implementer Sites – NHS Lothian
 - Resources – DCAQ Toolkit
- Analysis of national data
- Support to local areas

Next Steps

- Sustainable delivery
- eHealth – supporting patient pathways
- Integrated Health and Social Care Partnerships
- Workforce – more focus on individual therapies



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