

TRAFFORD COUNCIL

Report to: Health Scrutiny Committee
Date: 26 September 2019
Report for: Information
Report of: Ric Taylor, Lead Commissioner Mental Health & Learning Disability, NHS Trafford CCG

Report Title

PSYCHOLOGICAL THERAPIES FOR MENTAL HEALTH CONDITIONS – SPOTLIGHT ON PROVISION IN TRAFFORD

Summary

Trafford's Health Scrutiny Committee has requested a report explaining how psychological therapy services are provided in Trafford, a request contextualised by the Committee's understanding that Trafford's *Joint Strategic Needs Assessment* (JSNA) for December 2017 showed only 1 in 10 of patients who had anxiety or depression received a psychological therapy (talking therapy). This rate was noted as being lower than the English average and the lowest amongst a group of similar CCGs.

This performance has now significantly improved and all national targets have been achieved or exceeded in subsequent years.

This report has been prepared collaboratively by NHS Trafford CCG's Lead Commissioner for Mental Health & Learning Disability and Dr Dale Huey, Consultant Clinical Psychologist and Strategic Lead for the Primary Care Psychological Therapy Division of Greater Manchester Mental Health NHS Foundation Trust (GMMH). GMMH is Trafford's lead provider of psychological therapy services.

Psychological therapy services for common mental health problems are generally known as *Improving Access to Psychological Therapy Services* (IAPT).

In October 2014, NHS England and the Department of Health jointly published *Achieving Better Access to Mental Health Services by 2020*. This document outlined a first set of mental health access and waiting time standards including IAPT services, for introduction during 2015/16. These commitments were reaffirmed in the Government's mandate to NHS England for 2016-17 and included as one of nine 'must dos' for the NHS in the NHS Shared Planning Guidance for 2016/17-2020/21. This mandate became known as the *Five Year Forward View for Mental Health* (FYFVMH).

NHS Trafford CCG is committed to delivering the FYFVMH in full by 2020/2021. As of 2016/17, year on year stretch targets have been required of Trafford which are performance managed by NHS England via the Greater Manchester Health & Care Partnership.

These targets demand the following access targets¹ be achieved for Trafford's adult population²:

- 2016/17 15.8%
- 2017/18 16.8%
- 2018/19 19%
- 2019/20 22%
- 2020/21 25%.

(No access targets are currently in place for under 18 year olds).

Access percentages are calculated as a percentage of the estimated prevalence of anxiety and depression within the adult population; commonly understood as being 1:4 or approximately 25% at any one time.

The expansion of IAPT services will continue across the NHS Long Term Plan (2019 – 2023/24) to reach an access rate of approximately 31% by 2024.

NHS Trafford CCG commissions a mixed economy for the delivery of its IAPT services; from *Self Help Services* (SHS) a VCSE sector organisation and from GMMH. SHS delivers 2.67% of the overall access target with GMMH responsible for the remainder, GMMH acts as pathway and clinical lead for Trafford's IAPT services.

Other than 2017/18 when Trafford failed to achieve its access targets (only 13% was achieved), the Trafford IAPT service has met all access targets.

The following is a summary of performance up to May 2019.

- **Access**

More people in Trafford are accessing psychological therapy. In 2018-19, a total of 6,500 people accessed therapy, which represented 21% of adults estimated to have a common mental health condition, achieving the national target of 19%. This is also an improvement compared to the 2017-18 achievement of 13%.

The latest published rolling data for March through May 2019 shows that a total of 1600 adults accessed therapy, which equates to an access rate of

¹ Targets are also applied to ensure the quality and effectiveness of the service. These cover waiting times and recovery rates.

² **Children and Young People's Services:** There are no access targets for children accessing psychological therapy services. However at least 32% of CYP with a diagnosable MH condition are required to be able to access treatment from an NHS-funded community Mental Health service. According to the Mental Health Single Data Set Trafford was below target at 26.5%, however this was due to issues with 3rd sector providers and Community Pediatrics within Pennine Care being unable to flow data to the MHSDS. In June / July 2019 NHS England conducted a manual data collection to the SDCS as this is a common problem across the country. Under the manual collection, Trafford's position was improved to show an access rate for 18/19 of 37.3% and therefore above target.

5%. The national target is to ensure 22% of people with a common mental health condition access treatment during the final quarter of 2019-20. Commissioners and providers are working together to ensure the 2019/20 access target of 22% will be achieved.

- **Waiting times**

8 out of 10 people referred for therapy are seen within 6 weeks and almost everyone is seen within 18 weeks.

The latest national published data shows that 80% of people, who completed therapy between March and May 2019, waited less than 6 weeks to start treatment (target 75%) and 93% waited less than 18 weeks (target 95%).

However local data shows that the 18 week standard is consistently above the 95% requirement. Greater Manchester Mental Health Trust who is the main provider of IAPT services has reported data recording issues with the submission of their activity to the national dataset, resulting in a discrepancy between national and local performance. The data recording issues are expected to be resolved over the coming months.

- **Recovery**

Recovery rates continue to perform well. Between March and May 2019, 61% of people who completed treatment showed significant improvements to their condition to be classified as recovered, above the national standard of 50%.

A comprehensive presentation, prepared by GMMH's clinical lead for psychological therapy services will be presented to the Committee at the meeting which it is hoped will answer the Committee's more detailed questions in full.

The presentation is included as Appendix 1

Recommendation(s)

That the Committee note the contents of this report.

Contact person for access to background papers and further information:

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1. Key Issues for Health Scrutiny to Consider

Ensuring this paper provides assurance that there is appropriate levels of access to talking therapies in Trafford

2. Key Questions for Health Scrutiny to Consider

The committee may want to consider if it now feels adequately briefed on how talking therapies are delivered in Trafford.

3. Links to Corporate Priorities

Trafford's IAPT services underpin the prevention of mental ill health and support the health and wellbeing of our residents. As such the service is important to the strategic direction set within Trafford's *Corporate Plan 2018-2022*.

Trafford's seven strategic priorities are:

- **Building Quality, Affordable and Social Housing**, so that Trafford has a choice of quality homes that people can afford
- **Health and Wellbeing**, so that Trafford has improved health and wellbeing, and reduced health inequalities
- **Successful and Thriving Places**, so that Trafford has successful and thriving town centers and communities
- **Children and Young People**, so that all children and young people in Trafford will have a fair start
- **Pride in Our Area**, so that people in Trafford will take pride in their local area
- **Green and Connected**, so that Trafford can maximise its green spaces, transport and digital connectivity
- **Targeted Support**, so that people in Trafford will get support when they need it most.

4. Consultation

NA

5. Appendices

PowerPoint