

Psychological Therapies in the NHS

Wednesday 11 - Thursday 12 February 2015
Millennium Conference Centre, London



Chair and Speakers include:

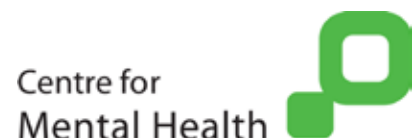
Jeremy Clarke CBE, Chair, The New Savoy Conference
Rt Hon Norman Lamb MP, Minister for Care and Support
James Morris, MP, All-Party Parliamentary Group for Mental Health
Luciana Berger, MP, Shadow Spokesperson for Public Health
Rt Hon Paul Burstow MP
Simon Stevens, Chief Executive, NHS England
Professor Sir Simon Wessely, President, The Royal College of Psychiatrists
Paul Farmer, Chief Executive, MIND
Professor Barbara Milrod, Professor of Psychiatry at Weill Cornell Medical College, USA
Mark Easton, Home Editor, BBC
Dr Clare Gerada MBE, Past President, The Royal College of General Practitioners



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Welcome to the 8th annual Psychological Therapies in the NHS conference.

The recent announcement of an additional £120 million for mental health services through to 2015/2016 came as much-needed relief for a sector that has suffered under NHS England's 'efficiency regime'. We have invited the Care and Support Minister to tell us what has been earmarked for investment. More significantly, in an interview at the end of October Norman Lamb said that new waiting times targets for talking therapies and mental health were a "watershed moment" and would "drive where the money goes" over the next 5 years. In Achieving Better Access the Department of Health and NHS England have set out some of the detail (6 weeks from referral to treatment, 2 weeks for psychosis services) but delegates to the conference will want to ask whether these standards apply equally to all NICE-approved therapies, and whether patients will be entitled to choose alternative providers if their local IAPT service still only offers CBT? The devil remains to be seen in the detail of how money will follow patient preference.

In a candid moment Norman Lamb spoke of frustration under the arms-length structures - "at times you want to be able to say 'just do the right thing!'" - but then conceded that for Ministers this was a thing of the past, and probably rightly so. For all the promises from policy makers it is now only the NHS Chief Executive who can pull the right levers in the right kind of way to make things happen and be held accountable if they don't. On the day after Lamb's interview, Simon Stevens published his 5 Year Forward View. Whether it preempts the NHS becoming a political football in next year's election is unlikely. But either way it is time now for the profession to speak up for clinicians on the frontline. If we are to carry responsibility for delivering on waiting times we will need more than 6% of the mental health budget to be spent on talking therapies.

A remarkable press release, issued this September, warned of a: "bullying and coercive environment that our members are describing to us. This kind of management culture was heavily criticised in the Francis Report. Based on what our members are telling us, the conclusions of this report are being significantly ignored in mental health services." Who issued this? The British Association for Behavioural and Cognitive Psychotherapies (BABCP), prime beneficiaries of the IAPT program and mental health policy in the last decade. If NHS managers lose the confidence of BABCP who represent thousands of frontline clinicians then something serious is going wrong. The theme for day one this year is: A bean counter's Bill? Will waiting times targets allow managers to take over the asylum? The conference brings together an unrivalled line-up of researchers, politicians, clinical and professional leaders and service user representatives to discuss the challenge and opportunity of this 'watershed moment' for NHS talking therapies.

Regular delegates to the conference will know we have closely tracked the impact of welfare reform on benefit claimants with mental illness. Unless policy makers find a way to deliver joined up therapy and employment support services both the economic and, just as important, the social cost of welfare cuts will harm the mental health of millions of vulnerable people. Why is this still so hard to do? In Simon Stevens' 5 Year Plan he commits the NHS to "test a win-win opportunity of improving access to NHS services for at-risk individuals ... if money can be reinvested across programs". Make no mistake: pooled public spending savings to reinvest in talking therapy services for welfare claimants is a moment we can glimpse a society where the Down-and-Out need not "always be with us". As Norman Lamb observed: 'The rich will protect themselves ...'. But must it follow that '... the poor must shift for themselves'? On day two our theme is: Joining up is hard to do: how do we integrate mental health and welfare? Bringing together practitioners, commissioners and policy makers at the cutting edge of new thinking and innovative new pilots my fervent hope is that we can offer politicians of all stripes some timely, better solutions than those we have tried to date.

We never shy away from tackling complex issues or difficult discussions where necessary. I look forward to welcoming you to the Millennium Conference Centre.

Jeremy Clarke CBE Chair New Savoy Conference

10.00 Welcome and introduction: Introducing the Voices of Mind and Rethink Ambassadors

Jeremy Clarke CBE *Chair New Savoy Conference* & Paul Farmer *Chief Executive Mind*

10.15 Keynote Opening Address: From the ask to the offer: How psychological insight can drive public service transformation

Chair: Paul Farmer *Chief Executive Mind & Chair, We Need to Talk Coalition*

Keynote Matthew Taylor

Chief Executive
RSA

Respondent Jen Hyatt

Chief Executive
Big White Wall



11.15 Questions & answers followed by coffee and exhibition

12.00 Question Time: The mental health gap today What must the next government do to pick up the talking therapies baton?

Chair: Mark Easton *Home Editor BBC*

Opening Speech

Rt Hon Norman Lamb MP

Minister for Care and Support

Respondent

Luciana Berger MP

Shadow Spokesperson for Public Health

Respondent

James Morris MP

All-Party Parliamentary Group for Mental Health

- what was achieved in IAPT and were the National Audit findings acted on?
- is a CBT stepped care model the right model going forwards?
- why did the Coalition's £400M fail to provide choice? How can new investment offer choice?

12.45 Questions & answers followed by lunch and exhibition at 13.00

14.00 Dynamic therapy versus CBT for panic disorder in a large-scale randomised controlled trial: Who will win?

Chair: Professor Mary Target *Professor of Psychoanalysis, UCL and Anna Freud Centre*

Keynote: Professor Barbara Milrod *Professor of Psychiatry Weill Cornell Medical College USA*

15.00 Questions & answers followed by tea and exhibition

15.30 Conference Splits into Facilitated Workshops

Stream 1: IAPT early intervention services for psychosis

Alison Brabban *National Advisor for Severe Mental Illness (IAPT)*
with Sarah Khan *Mental Health Senior Programme Lead*
NHS England

Stream 2: Enhancing IAPT Outcomes 1: How to substantially improve recovery and reliable improvement rates through reflective service review

Professor David Clark *National Clinical Advisor for IAPT*
Dr John Pimm *Bucks IAPT service*

Stream 3: Development of a charter for staff wellbeing in talking therapies 1: The Survey

Dr Neelam Dosanjh, Dr Amra Rao, Dr Gita Bhutani, & Sanjivan Parhar
BPS Division of Clinical Psychology, Leadership and Management Faculty

Stream 4: Data driven IAPT - how can data help improve efficiency and outcomes?

Chris May Mayden

Stream 5: Outcome tracking and feedback: state-of- the art science and technology to improve recovery

Byron George *University of York*

PCMis Team

Dr Jaime Delgadillo

BABCP accredited cognitive behavioural psychotherapist
Leeds IAPT Partnership



Stream 6: The future of locally led commissioning A local IAPT payment example

IAPT Payment by Results Team with Monitor, NHS England

Stream 7: Offering choice in IAPT 1: use of IAPT's Patient Experience Questionnaire at assessment – results

Action for Choice team (ACT) with Mind service user representatives

Stream 8: Offering choice in IAPT 2: Use of digital service pathways

The Future is Digital team with the Collaborative on Health and
Technology

16.40 Return to main auditorium for closing debate

17.00 Closing Debate Session: The mental health gap in the next 5 years What can we do to close it and where will it widen if we don't ?

Chair: Rt Hon Paul Burstow MP

Opening Speech: Simon Stevens *Chief Executive NHS England*

Respondents: Dr Matthew Patrick *Chief Executive South London and Maudsley NHS Foundation Trust*

Dr Clare Gerada MBE *Past President The Royal College of GPs*

Professor Sir Simon Wessely *President The Royal College of Psychiatrists*

Sarah Brennan *Chief Executive YoungMinds*

09.30 Welcome and introduction

Jeremy Clarke CBE *Chair New Savoy Conference*

09.50 Opening Keynote: Down-and-Out in the UK and beyond: How can we help people on benefits with depression stop falling through the gaps in public services?

Chair: Gregor Henderson

Director of Wellbeing and Mental Health Public Health England

Samuel Nguyen

*Principal Advisor, Head of Labour Market & Economic Growth
Cabinet Office Behavioural Insights Unit*

Jude Stansfield

*Consultant in Public Health
Wellbeing and Mental Health
Health and Wellbeing Directorate
Public Health England*

Tom Pollard

Policy and Campaigns Manager (Social Inclusion and Rights) MIND

- what must Public Health England do in the next 5 years to reduce health inequalities for people with mental illness?
- what action is needed to reduce the prevalence of suicide, sexual abuse and alienation amongst the vulnerable and excluded?
- how can people who are out-of-work because of mental health problems be supported to move towards employment?
- what is the role of health services and professionals in supporting people with mental health problems with employment issues?

10.50 Questions and answers, followed by coffee and exhibition at 11.10

11.40 Any Questions? Will further welfare cuts risk further harm to those who are Down-and-Out?

Chair: Mark Easton *Home Editor BBC*

Dave Simmonds OBE

*Chief Executive
Centre for Social & Economic Inclusion*

Jonathan Portes

*Director
National Institute of
Economic and Social Research*

- why are joined-up welfare support & mental health services hard to do?
- what must we do now to prevent harm to the vulnerable Down-and-Out?
- which are the most promising new pilot models for increased investment?

13.00 Lunch and exhibition

14.00 Conference Splits into Facilitated Workshops

Stream 9: Thrive! A new paradigm for organising children and young peoples' mental health

Professor Peter Fonagy, National Clinical Adviser, CYP-IAPT & Anna Freud Centre with Dr Miranda Wolpert, Director Evidence Based Practice Unit (CAMHS) & Anna Freud Centre

Stream 10: Enhancing IAPT outcomes 2: Helping services make the most of the data available from HSCIC and Public Health England

Professor David Clark, National Clinical Adviser, IAPT with James Seward (Public Health England)

Stream 11: From IAPT to IQPT – a new peer-led service accreditation scheme: the first wave

CCQI team (APPTS), Royal College of Psychiatrists in partnership with the British Psychological Society

Stream 12: From IAPT to IPS-in-IAPT a new integrated model testing Individual Placement & Support in IAPT: early findings

Jan Hutchinson Director of Programmes and Performance
Martin Dominy, Donna Johnson and Donna Swinden
Centre for Mental Health

Stream 13: Development of a charter for staff wellbeing in talking therapies 2 the making of the charter – a focus group

Dr Neelam Dosanjh, Dr Amra Rao, Dr Gita Bhutani
& Sanjivan Parhar
BPS Division of Clinical Psychology

Stream 14: The Government's Psychological Wellbeing and Work Pilots: Progress to date and lessons for commissioners. A roundtable discussion (*invite only*)

RAND Europe with New Economy, Greater Manchester and IAPT
NHS England participating pilots

Stream 15: The Future is Digital. A roundtable (*invite-only*) to discuss mental health apps

Tim Kelsey, National Director for Patients and Information, NHS England

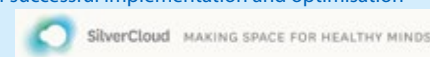
Stream 16: We Need to Talk about NICE. A roundtable (*invite only*) with policy leads, evaluation experts and experts by experience

Nick Cowen, Kings College London with Policy Insight, London School of Economics & Centre for Humanities Engaging Science & Society Durham University

Stream 17: Access and Outcomes – Integrating and optimising online solutions

The talk will present on the implementation science that is a growing area in the integration of online psychological solutions so as to optimise access and outcomes. Case study material will support the talk and address such questions as why we would blend online with other interventions in service delivery? Where and why should online be implemented into the care pathways of patients and what does a model of successful implementation and optimisation look like and its associated clinical benefits.

Dr. Derek Richards Director of Clinical Research & Innovation



15.15 Short Tea Break and return to main auditorium for closing plenary

15.30 Closing Plenary: The making of a psychological therapist who wants to make a difference How can we re-inspire an evidence based workforce?

Chair: Malcolm Allen

*Former Dean of Postgraduate Studies
Tavistock & Portman NHS Foundation Trust*

- rebalancing the skills mix in IAPT
- removing professional hierarchies that prevent parity of esteem
- regenerating our profession-wide commitment to making a difference

Dr Andrew Reeves

*Chair
British Association
for Counselling and
Psychotherapy (BACP)*

Dr Richard Pemberton

*Chair, Division of Clinical Psychology
& Member
Health Education England Advisory
Group (Mental Health)*

Dr Geraldine Strathdee

*National Clinical Director for
Mental Health
NHS England*

Dr Jacqueline Cornish, OBE

*FRCP(Lond) HoN FRCPC DSc(Hon)
National Clinical Director Children, Young
People and Transition to Adulthood, Medical
Directorate NHS England*

16.30 Close

Psychological Therapies 2015

Conference Registration

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Surname

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Department

Organisation

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Postcode

Telephone

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Email

Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box, ☐
Please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements

This form must be signed by the delegate or an authorised person before we can accept the booking

(By signing this form you are accepting the terms and conditions below)

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Date

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Signature

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Promotional Code

Evening Drinks Reception

Please indicate here if you wish to attend the evening drinks reception on Wednesday 11 February 2015. ☐

Stream Choice

Please indicate which Streams you would like to attend
Day 1 Day 2

Venue

Millennium Gloucester Hotel and Conference Centre
4-18 Harrington Gardens London SW7 4LH. A map of the venue will be sent with confirmation of your booking.

Date

Wednesday 11 - Thursday 12 February 2015

Conference Fee

- ☐ £450 plus VAT for NHS Delegates
☐ 10% discount for NSP Members (£415 plus vat)
☐ £595 plus vat for commercial organisations

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

Terms & Conditions

A refund, less a 20% administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the conference. We regret that any cancellation after this cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome at any time.

Discounts are mutually exclusive: the largest discount will be applied but two discounts cannot be applied together.

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Accommodation

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If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk

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