

Twelfth Annual New Savoy Conference

Psychological Therapies 2019 National Assembly

Brexit, what Brexit?

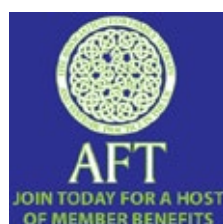
Friday 22 March 2019

De Vere West One Conference Centre, London

Speakers & Keynote Chairs include:

- Paul Farmer CBE, Chief Executive Mind & Chair, oversight group for the Five Year Forward View for mental health
- Claire Murdoch CBE, National Director for Mental Health, NHS England
- Edward Davie, Lambeth Labour Councillor, Cabinet Member for Health & Adult Social Care Mental Health Foundation Communities Lead
- Mark Easton, BBC Home Affairs Correspondent
- Jonny Benjamin MBE, Mental Health Campaigner
- Dr Paul Lelliott, Deputy Chief Inspector and Mental Health Lead, Care Quality Commission
- Claire Tyler, Member, All Party Parliamentary Group for Mental Health
- Jeremy Clarke CBE, Chair, New Savoy Conference
- Amra Rao, Chair, Leadership and Management Faculty British Psychological Society
- Dr Gita Bhutani, Chair, North West Psychological Professionals Network
- Professor Gillian Hardy, Programme Director Clinical Psychology Unit, University of Sheffield

Supporting Organisations



Psychological Therapies National Assembly

Friday 22 March 2019

De Vere West One Conference Centre, London

Welcome to the 12th Annual Psychological Therapies in the NHS conference.

It does not require specialist mental health expertise to diagnose our current political trajectory as a collective act of unprecedented self-harm. There is also something rather Alice-in-NHS-England-like about publishing a long-term plan for the NHS, just before we plunge it into a period of chaos from whatever outcome to our Brexit saga we end up with. With perfect timing Channel 4 aired its drama Brexit: The Uncivil War to coincide with the launch of the NHS 10 year plan. This year's one-day national assembly, in a departure from our previous events, will try to bring together key leaders in mental health and key stakeholders from across a range of expertise and experience who we need to help us chart a sane way forward from Brexit, what Brexit?

What would it mean to 'take back control of NHS talking therapies?' In a small but significant way we saw an example of what it cannot continue to mean in 2019. The NICE Depression guideline had been due to launch at our New Savoy event last year. But a coalition of researchers, service users, prominent clinicians and professional bodies, and some influential MPs and members of the House of Lords, said it wasn't fit for purpose. The scope has now been expanded to include the most recent evidence and a focus on patient choice. NICE have committed to co-produce an event with NSP in 2020 on implementing the guideline. Improved quality – about which the 10 year plan, mercifully, stays silent, will not be achieved by a NICE/IAPT axis aimed at 'command and control'. Our National Assembly will offer a space to revisit what improved quality means to us.

Undoubtedly the most significant work undertaken during 2018 has been the Wessely review of the Mental Health Act. Its final report states: we may be welcoming the start of the kind of transformation that created the talking therapies programme. It echoes a need for consensus and shared decision making around treatment preference that campaigners felt NICE and IAPT were paying lip service to in principle, but deaf towards in practice:

- The clinician considers what treatment is clinically appropriate, taking into account the evidence base (e.g. though NICE guidelines).
- If the patient indicates a preference for a treatment that may not be the best evidenced but is still clinically appropriate, the clinician should adhere to the patient's preference where possible.

Likewise, the All Party Parliamentary Group for Mental Health's report on progress of the 5 Year Forward View recommended: It is vital that someone seeking mental health treatment is offered the therapy that will be most effective, not just the therapy that is available. Teams should have the right skills mix: to ensure all NICE recommended talking therapies are available. IAPT's 2018 report shows that 60% of patients drop out. It is no use offering record numbers access to talking therapies if it's the wrong therapy.

Our annual NSP/BPS staff wellbeing survey has proven a key barometer for whether improving access to evidence-based therapies is being implemented safely and sustainably. Two years ago, former mental health Minister, Rt. Hon. Alistair Burt MP said: 'I can't be standing on platforms day in, day out, talking about a world-leading service, if I'm standing on something that's rusting away beneath me'. But last year's results were no better. Former Minister Rt. Hon. Norman Lamb MP put it bluntly: 'If three quarters of doctors said they couldn't operate safely and effectively there would be a public outcry and immediate action from the Government'. This year's survey for NHS talking therapists will be even more important. Whatever your discipline, please complete it. Our survey team, who are independent, will be on hand at the National Assembly. And we will have a safe, supportive space to discuss staff wellbeing issues in talking therapies.

The fundamental issue, of course, will be austerity. In 2008 we promised to help those with chronic depression and incapacity, and all those who were most vulnerable to the impact of the financial crash. But when you look at areas that voted for Brexit, rising anti-depressant usage, and the pattern of service provision for their under-resourced talking therapies, it is clear we failed. Tim Kendall, national clinical lead, and Claire Murdoch CBE, national director for mental health, have both said the NHS cannot solve these problems on its own. Nor will the long-term plan for mental health be able to succeed unless our different disciplines and expertise can come together and support it. How do we re-engage our diverse disciplines and experts by experience with the real-life stories of social injustice, working lives beset by insecurity, with communities and people who feel left behind, unwanted? How do we make good on respect for human rights and dignity following the MHA Review? Our National Assembly will revisit these questions.

Launching the long-term plan this week, the Prime Minister promised that 350,000 more children and young people will have access to mental health services. School counsellors, teaching assistants, teachers, headteachers and parents, will all need to work together to deliver lasting benefit to those young people, as well as access.

Will this offset the cost of Brexit, what Brexit? We must wait and see.

Jeremy Clarke CBE, Chair, New Savoy Conferences

10.00 Welcome and introduction

Jeremy Clarke CBE *Chair New Savoy Conference*

10.15 Opening Panel: Brexit, what Brexit?

Chair: Mark Easton *Home Affairs Correspondent BBC*

Claire Tyler *Member All Party Parliamentary Group for Mental Health*

Dr Paul Lelliott *Deputy Chief Inspector and Mental Health Lead
Care Quality Commission*

- how can we address the causes of the burning injustice of mental health, as well as the burning injustice of mental health itself?
- how do we mitigate the impact of Brexit, what Brexit on mental health?

11.15 Questions and answers, followed by coffee and exhibition at 11.30

12.00 Conference Splits into Workshops

Workshop 1: Workforce wellbeing in psychological therapies Analysis of trends, improving our measure and taking forward the Charter

Chair: Amra Rao *Chair, Leadership & Management Faculty, British Psychological Society*

Presenters: Dr Gita Bhutani *Clinical Psychologist & Chair
North West Psychological Professions Network*

Elizabeth Summers *Survey Lead*

Workshop 2: Innovative Research: Improving quality of telephone based psychological interventions, including initial triage

Chair: Professor Gillian Hardy, *Programme Director Clinical Psychology Unit
University of Sheffield*

Presenter: Professor Pete Bower
University of Manchester

Workshop 3: Innovative Models Digitalised DIT (dynamic interpersonal therapy) a new first line treatment

Presenter: Professor Patrick Luyten
UCL & University of Leuven

13.00 Lunch and exhibition

14.00 Afternoon Panel: The end of austerity for mental health?

Panel Members include:

Edward Davie *Lambeth Labour councillor, Cabinet Member
for Health & Adult Social Care, Mental Health Foundation
Communities Lead*

- is it time to end conditionality for people with mental health issues?
- why are we failing people with depression on social security benefits?
- how and when will we know austerity is at an end for mental health?

15.00 Roundtable discussions: Access and choice, workforce development and commissioning

Chair:

Paul Farmer CBE *Chair, Five Year Forward View & CEO MIND*

Chair: Claire Murdoch CBE

*National Director for Mental Health
NHS England*

- access without choice is no access. How do we embed choice into the 10 year plan for talking therapies?
- evidence based practice without training and supervision to deliver it is not evidence based. How do we embed improved access to training?
- commissioning local services only to national access targets is setting them up to fail. How do we embed user-led, clinically-informed targets also into the 10 year plan?

16.00 Tea and exhibition

16.30 Closing Keynote "our healthcare must shift more to the emotional ... and so our mental health services must be less about the medicinal and the pills and more about people as people" Yes, Minister – but how? What is your vision for how we take forward the 10 Year Plan?

Feedback from Roundtable Discussions on Access and choice, workforce development & commissioning

With Jonny Benjamin MBE *mental health campaigner*

17.30 Close

17.40 Launch of Consensus Statement on Welfare Sanctions

Psychological Therapies 2019

Friday 22nd March 2019 De Vere W1 Conference Centre London

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Workshop Choice

Please indicate which Workshop you would like to attend

Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date

Friday 22 March 2019

Conference Fee

- ☐ £250 plus VAT (£300) for NHS Delegates
☐ £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.

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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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Charter for psychological staff wellbeing and resilience

Findings from the British Psychological Society and New Savoy staff wellbeing surveys in 2014 and 2015 have shown that psychological professionals are working under stress. They are reporting burnout, low morale and worrying levels of depression. We need to take action to improve the wellbeing and resilience of our psychological staff.

We know good work promotes good wellbeing. We know good psychological therapy services promote good wellbeing. Psychological professionals who are delivering frontline services should expect to be well supported in their important work. We need clinical leaders, managers & commissioners who understand the nature of this work, who value the dedication and sense of vocation of staff, and who support their staff wellbeing and work-life balance.

This charter aims to re-set the balance in the drive to improve access to psychological therapies. It calls for a greater focus on support for their staff wellbeing to sustain the impact that we know these services can have when delivered effectively. Services with good staff wellbeing are more sustainable and will make the most difference to the lives of those they are helping.

We commit to promoting effective services through models of good staff wellbeing at work. We will do this by engaging in reflective and generative discussions with colleagues, other leaders, and frontline staff to co-create compassionate workplaces and sustainable services. The organizations that support this charter will monitor and improve the wellbeing of our own staff. We will share this learning with the Charter Network. We commit to a collaborative effort and shared responsibility to fulfill the aims of the Charter.

