

Psychological Therapies for Severe & Prolonged Mental Illness

*Will Necessity be the Mother of Invention
or will it Pave the Road to Ruin?*

Tuesday 5 July 2016
ICO Conference Centre, London

Chair and Speakers include:

- Jeremy Clarke CBE, Chair, New Savoy Conferences
- Luciana Berger MP, Shadow Minister for Mental Health
- Norman Lamb MP, Liberal Democrat Spokesperson for Health & Chair
West Midlands Commission on Mental Health
- Dr Alex Stirzaker, National Advisor for Severe Mental Illness (IAPT), NHS England
- Karen Turner, Director of Mental Health, NHS England
- Professor Peter Kinderman, President, British Psychological Society
- Professor Richard Bentall, Professor of Clinical Psychology, University of Liverpool
- Dr Adrian James, Registrar, Royal College of Psychiatrists
- James Morris MP, Chair of All Party Parliamentary Group for Mental Health
- Thomas Kierney, Associate Director of Commissioning, Swindon CCG & Executive Director
of Policy, NAPICU (National Association of Intensive Care and Low secure Units)



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Albert Einstein was meant to have said the definition of insanity is “doing the same thing over and over again, but expecting different results”. What would he have made of the stark fact repeated in the the Mental Health Task Force report: “people with severe and prolonged mental illness are at risk of dying on average 15 to 20 years earlier than other people”? Two former National Clinical Directors have told us the system doesn’t work. Is it because of a lack of money? Or is it a lack of alternatives or, more specifically, a lack of evidence for NICE to recommend alternatives to the medication-first approach that has prevailed in the past 50 years? Neither, in the analysis of Professor Louis Appleby and Dr Geraldine Strathdee. It is structural and systemic failure to reform. New waiting time targets are intended to address this: “People experiencing a first episode of psychosis should have access to a NICE-approved care package within 2 weeks of referral.” (Mental Health Taskforce Strategy, February, 2016).

Waiting times in mental health may prove to be a powerful driver. But waiting for what exactly? In 2010 we promised access to psychological therapies. Karen Turner, Director of Mental Health at NHS England, and Dr Alex Stirzaker, National Clinical Lead will launch the next stage transformation for IAPT for SMI. But if 6 years on we are still at the stage of reporting pilots and waiting for a national implementation plan they can expect a critical reception. The systemic failure here is a workforce that is not yet equipped to deliver real change.

So is it lack of money for workforce transformation that is the barrier? If so, could necessity be the driver that forces commissioners into realising they cannot afford to carry on doing the same thing over and over? If they needed telling, the Taskforce spelt out what they must stop doing: “Out of area placements for acute care should be reduced and eliminated as quickly as possible”. Incoming National Clinical Director, Professor Tim Kendall, has achieved this in Sheffield. As a moving force behind NICE will his reforming zeal succeed where others failed? We have invited Professor Peter Kinderman, Dr Adrian James and (that rare beast – a clinically-informed mental health commissioner) Thomas Kearney to consider the nettle that Kendall must grasp for a cultural as well as institutional transformation in the relationships between psychiatry, psychology and NHS commissioning to succeed. Do our influential speakers have a compelling vision for achieving what patients tell us they want: a therapy-first approach? Does Kendall? Does anyone? Because unless these key disciplines want to deliver NICE-recommended evidence-based therapies “the planners may plan and the administrators may administer, but the face of the map will not be changed” (Enoch Powell, as the Health Secretary who ended the era of asylums).

Professor Richard Bentall can offer, if anyone can, a rigorous scientific case for change, which must be the starting point for our vision for the 21st C. Dr Candy Whittome will also tell us about the exciting approach taken at Genius Within, which we got a glimpse of in a recent television series. They are putting into practice another Taskforce recommendation: “employment is vital to health and should be recognised as a health outcome”. Health Education England are in the spotlight for our final session. They are asked by the Taskforce to: “develop a costed, multi-disciplinary workforce strategy for the future shape and skill mix of the workforce required to deliver both this strategy and the workforce recommendations set out in Future in Mind. This must report by no later than 2016.” Dr Neil Ralph, National programme lead at Health Education England will tell us how far they have got and a panel of leading voices will be holding his feet to the fire. Oh, and just in case you are worried we are already on the road to ruin, we have invited three leading politicians to help put us back on the right track.

10.00 Chairman's Welcome and Introduction

Jeremy Clarke CBE

Chair

New Savoy Conferences

10.05 Opening Address: Why are we failing people with severe and prolonged mental illness who need therapy?

Luciana Berger MP

Shadow Cabinet Minister for Mental Health

Labour and Co-operative MP for Liverpool Wavertree

10.25 Launch of the next stage transformation for IAPT for SMI

Jeremy Clarke CBE

Chair New Savoy Conferences

Karen Turner

Director of Mental Health NHS England

Dr Alex Stirzaker

National Clinical Lead for IAPT for Severe Mental Illness NHS England

Thomas Kearney

Associate Director of Commissioning - Urgent Care Lead

Swindon Clinical Commissioning Group

- the policy context for expanding psychological therapies for SMI in a climate of austerity
- analysis of the findings from the pilots and launch of the next stage transformation
- high impact potential from a therapy-first approach – what targets would we like to see?
- learning from the experience of IAPT for common mental illness: how to deliver sustainable staff team transformation so morale is properly valued (supporting the NSP/BPS Charter)

11.10 Questions and answers, followed by coffee and exhibition

11.40 Reframing severe mental illness for a therapy-first approach in the 21st Century: A Psychiatrist, a Clinical Psychologist and a Commissioner discuss

Professor Peter Kinderman

President

British Psychological Society

Dr Adrian James

Registrar

Royal College of Psychiatrists

Thomas Kearney

Associate Director of Commissioning - Urgent Care Lead

Swindon Clinical Commissioning Group

- why a risk-first approach failed to meet the needs of people with severe mental illness
- what psychiatrists, psychologists and commissioners need to do for a therapy-first approach
- can we work together to bring about lasting change for the better in mental health?

13.00 Question and answers, followed by lunch and exhibition

14.00 Who's afraid of psychosis? Reducing stigma, understanding the science behind a therapy-first, work-centred approach

Professor Richard Bentall

Professor of Clinical Psychology

University of Liverpool

Dr Candy Whittome

Occupational Psychologist

Genius Within Employment Support

- what do we know about the prevalence and nature of disabling psychotic and other severe mental and neurological experiences?
- do our theories about therapeutic mechanisms of change stand up to real-world evaluation?
- what are the necessary components for training a workforce fit for a therapy-first, work-centred approach?

15.00 Question and answers, followed by Tea

15.30 Closing Session: Developments from the West Midlands Commission on Mental Health

Norman Lamb MP

MP for North Norfolk and Liberal Democrat spokesperson for health & Chair West Midland Commission on Mental Health

16.00 Panel Discussion: Health Education England's plan for the future mental health workforce

Chair: James Morris MP

Chair, All Party Parliamentary Group for Mental Health

Conservative MP for Halesowen and Rowley Regis

Dr Neil Ralph

National Programme Manager for Mental Health & Learning Disability Health Education England

Professor Tony Lavender

Pro-Vice Chancellor Canterbury Christ Church University

Heather Stewart

Chair Association of Child Psychotherapists

Professor Jamie Hacker Hughes

Vice President British Psychological Society and

Member, National Steering Group Charter for Psychological Staff

Wellbeing & Resilience

- funding cuts at Health Education England and implications for the mental health workforce
- how will practitioners who work with severe and complex mental illness gain access to training?
- what role does Health Education England have in supporting the NSP/BPS Charter?

16.40 Questions to the Panel and then Close

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Date Tuesday 5th July 2016

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