

Psychological Therapies in the NHS

Wednesday 3 - Thursday 4 February 2016
Millennium Conference Centre, London

Chair and Speakers include:

Professor David Healy, Psychiatrist, Cardiff University
Professor David Haslam CBE, Chair, NICE
Professor Sir Simon Wessely, President, The Royal College of Psychiatrists
Jacqui Dyer, Vice Chair, Mental Health Task Force
Paul Farmer, Chair, Mental Health Task Force
Mark Easton, Home Editor, BBC
Rt Hon Alistair Burt MP, Minister for Community and Social Care
Jeremy Clarke CBE, Chair, The New Savoy Conference
Professor Jamie Hacker Hughes, President, British Psychological Society
Professor Peter Fonagy OBE, National Clinical Lead, CYP-IAPT, NHS England
Professor David Clark CBE, National Clinical Lead, Adult IAPT, NHS England

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Welcome to the 9th annual Psychological Therapies in the NHS conference.

The theme for this year's conference is how evidence based therapy and welfare support will fare in a climate of austerity. As ever our line up of keynote speakers is unrivalled. We are also set for a fascinating discussion about the place of evidence based guidelines and the role of NICE, in particular, in the run up to a new Depression guideline in the making. Professor David Healy, a leading scientist in depression research, as well as a severe critic of the influence of the pharmaceutical lobby, will deliver the closing keynote on day 1, offering a radical critique of NICE's evidence based guidelines. Professor David Haslam, Chair of NICE, will deliver our opening keynote on day 2, defending the vital importance of an independent body for quality standards, without which health inequalities would worsen.

"We need to find ways to operate the benign ratchet of government policy to build on what we achieved under the Coalition" Rt. Hon. Alistair Burt MP, Minister for Community and Social Care 12.10.15.

In his first public statement on mental health priorities the new Minister singled out IAPT as one of the success stories he had inherited from Norman Lamb. Somewhat unusually he paid tribute to his predecessor for his personal commitment to mental health and for introducing waiting times in mental health as an example of what Burt calls 'the benign ratchet'. By this he means policy levers that can continue to expand and improve provision of mental health services. Delegates to this year's conference will be able to hear more detail about government plans directly. The BBC's Mark Easton will be primed to interrogate the Minister on the outcome of the Comprehensive Spending Review. Will we see an upwards shift in the budget for mental health overall? Will the benign ratchet see an increased proportion allocated to talking therapies, and who will benefit from this? Will the new government take a fresh look at where there are gaps in provision, for example, or will it be left to whoever has pushed their way to the front of the queue?

It so happened that sitting next to me in the Committee Room in Parliament at that event was a journalist. He told me he was receiving treatment for depression in an IAPT service. How long had he had to wait? Six months. Had he been offered a choice of therapy? No, he was told he needed CBT. Had he been told what the other NICE-approved options were so he could be involved in that decision? No. He was just grateful to be offered any therapy. Given we had the Minister in front of us it was a good opportunity to use his own example. What happens when an IAPT service provider is not meeting the waiting times target (6 weeks) – will the patient or their GP be able to choose an alternative provider who can? What happens if an IAPT service provider is not able to offer the patient's preferred choice? Everyone welcomes the fact that three million people have been able to access IAPT since it started but the equally compelling fact remains that two million people did not recover. When Lord Layard set out the case for IAPT originally it was based on meeting unmet need. So who will meet the needs of those two million people who still need help? The Minister gave a cautious answer: yes, he acknowledged, the system may not be working for everyone as well as we would want, and he wouldn't just rely on what the statistics were saying e.g. on waiting times; he wanted to talk to patients and therapists directly. We can expect him to have formed a view about how the benign ratchet for IAPT should work by the time of the next conference.

One thing for sure is that this government intend to make welfare savings, and that this will have a major impact on people with mental health issues in receipt of welfare benefits. Whatever happens to IAPT, if help and support fails to reach people now at risk of benefit sanctions we have all failed in our task – across the whole of mental health and social care. Two years ago the Minister for Welfare Reform, Lord Freud, spoke at the conference and announced a series of pilots into different ways of offering access to talking therapies for the population on welfare benefits and this year he returns to tell us their results. He will also set out a strategy that will require joined up working between the two Departments, Health and Work and Pensions, overseen by a new Joint Health and Work Unit. Equally, the leadership and practitioners in mental health and social care will need to look outside their own silos if we are going to provide an integrated offer of support to those most in need. If you think following an evidence-based protocol is all you need to do, think again!

Jeremy Clarke CBE Chair New Savoy Conference

Day 1 Wednesday 3 February 2016:

Evidence based therapy in a climate of austerity

10.00 Welcome and introduction

Jeremy Clarke CBE *Chair New Savoy Conference*

10.15 Opening Keynote: The roadmap to compassionate mental health care

Opening Keynote: Professor Simon Wessely
President The Royal College of Psychiatrists

Keynote:

Paul Farmer & Jacqui Dyer
*Chair and Vice Chair
Mental Health Taskforce*

Respondents:

Dame Sue Bailey (invited)
*Mental Health Workforce Lead
Health Education England*

Karen Tuner
*Director of Mental Health
NHS England*

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

12.00 Question Time: The Government plan for psychological therapies: Turning the benign ratchet towards choice

Chair: Mark Easton *Home Editor BBC*

Opening Speech

Rt Hon Alistair Burt MP
Minister for Community and Social Care

Respondents:

Jacqui Dyer
Vice Chair Mental Health Taskforce
Dr Amra Rao
*Leadership and Management Faculty
British Psychological Society
DCP Leadership & Management Faculty*

- why is IAPT not helping more people to recover?
- if the local waiting time to access IAPT is more than 18 weeks, what should someone wanting help do?
- why are so many IAPT staff reporting depression and anxiety themselves, and what are we doing to support them?

12.45 Questions & answers followed by Lunch and exhibition at 13.00

14.00 Leading the world in evidence based therapies: the next phase of the IAPT revolution

Chair: Professor Jamie Hacker Hughes
President British Psychological Society

Keynote

Professor Peter Fonagy
National Clinical Lead, CYP-IAPT

Kathryn Pugh
CYP-Mental Health Programme Lead
and Prof David Clark
*National Clinical Lead, Adult IAPT
NHS England*

- the access versus recovery conundrum: does translational science help us solve it or must we rely on managerial targets to drive outcomes?
- expanding CYP-IAPT over the next 4 years: what will be the offer?

15.00 Questions & answers followed by tea and exhibition at 15.30

16.00 Conference Splits into Facilitated Workshops

Stream 1: A Staff Charter for Wellbeing

Facilitated by BPS/NSP Working Party
New Standards for Supporting staff and psychological therapy teams within the NHS

Stream 3: Predicting patient recovery A new multi-site trial

Facilitated by Prof Simon Gilbody, Dr Jaime Delgadillo, Dean McMillan and the Northern IAPT Practitioner Research Network

Stream 2: Choosing Wisely

Facilitated by:
Professor Simon Wessely
President, The Royal College of Psychiatrists
& The Academy of Medical Royal Colleges
Are we over-treating people with mental health treatments?

Stream 4: Providing high intensity therapy via the internet - an evaluation of 2,000 cases

Facilitated by Dr Sarah Bateup, Clinical Lead IESO
Sponsored by IESO

17.00 Closing Debate Session: Some questions the experts at NICE should be asking about the evidence on depression (but probably won't)

Keynote:

Professor David Healy
Psychiatrist & Director of the North Wales Department of Psychological Medicine Cardiff University

Chair:

Rt Hon Norman Lamb MP *Former Minister for Mental Health*

18.00 Close

18.10 Evening Reception

Evening Drinks Reception including Special Guests

09.30 Welcome and introduction

Jeremy Clarke CBE *Chair New Savoy Conference*

09.50 *Opening Keynote: Defending quality so that vulnerable people don't lose out
NICE's independent role*

Keynote:

Professor David Haslam CBE

Chair National Institute for Health and Care Excellence

Chair:

Paul Burstow

Chair Tavistock & Portman NHS Foundation Trust

- will the new Depression guideline be looking at what the data from IAPT shows is working in the real world?
- how can NICE guidelines make a difference to improving the wellbeing of the poor and the vulnerable?

10.30 *Questions & answers followed by coffee and exhibition at 11.00*

11.40 *Any Questions? The Government plan to provide evidence based welfare support to those with mental health issues*

Chair: Mark Easton *Home Editor BBC*

Opening Speech

Minister from the Department for Work and Pensions

- which are the most promising models of accessing therapy for further investment from the Health and Work Unit?
- what are we doing to provide a better join-up between welfare and mental health services?
- what will our measure of success be for 2020?

12.40 *Questions & answers followed by lunch and exhibition at 13.00*

14.00 *Conference Splits into Facilitated Workshops*

Stream 5: Evidence Review: Offering effective support to families and children

Facilitated by Professor Gordon Harold, University of Sussex
What do we know about reducing inter-generational transmission of poor mental health by better understanding the impact of inter-parental relationship conflicts?

Stream 7: Roundtable forum:
Taking the Staff Wellbeing Charter forward

Facilitated by the British Psychological Society Leadership and Management Faculty and Division of Clinical Psychology

Stream 6: Evaluation Report: findings from the pilots on supporting people with depression back to work

Facilitated by officials from the Joint Departmental Health and Work Unit

Stream 8: Research Forum: factoring in the socio-economic deprivation and its impact on recovery rates in IAPT

Facilitated by the Northern IAPT Practitioner Research Network

15.15 *Tea and Coffee*

15.40 *Closing Debate Session: Workforce planning and leadership in psychological therapies
What are the priorities for investment*

Opening Speech: Health Education England (invited)

Respondents:

Clare Baguley

*Programme Manager, Psychological Professions Network
Health Education North West*

Susanna Abse

Chief Executive

Tavistock Centre for Couples and Relationships

- rebalancing the skills mix in IAPT
- training for leadership in psychological therapies
- developing a strategy for workforce planning in psychological therapies

16.40 *Questions, Answers and Close*

Psychological Therapies 2016

Conference Registration

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Evening Drinks Reception

Please indicate here if you wish to attend the evening drinks reception on Wednesday 3 February 2016. ☐

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 3 - Thursday 4 February 2016

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.

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