

## Understanding the Recommendations of the Consultation on the Review of Tier 4 Psychological Therapies

### **Background**

The 3 month formal consultation on the review of psychological therapies has now been completed. A full report on the consultation and the recommendations was heard at the PCT Board in April 2012

The full report was compiled after listening to the views of many people including; service receivers, clinicians, GPs and the public.

This brief paper has been written for service receivers and the public to explain the recommendations and how these may affect service receivers now and in the future.

### **Feedback from service receivers (and their families and carers)**

The main message from service receivers was that they were very anxious about losing therapies that they had benefitted from. They told us that they had waited several months or years to get help and that other therapies they had tried had failed.

### **Feedback from GPs**

GPs told us that they wanted service receivers to be able to get to the right therapy, quickly, regardless of where they lived, and complained that services were not equally available to patients across the whole of Derbyshire.

## Feedback from the therapists

The therapists working in the psychodynamic psychotherapy services were concerned about reducing availability of psychodynamic approaches and did not agree with the new service model that was proposed. We did not get views from all therapists working in Tier 4 services.

There was a very strong feeling from people who responded that funding should not be taken out of services or that services be reduced

## Recommendations

- To design a service that is available to ALL people who need them across Derbyshire and one that the 4 Clinical Commissioning Groups (CCG) will want to commission (purchase) for their patients (*CCGs are the emerging groups that will replace the PCT in future and who will be responsible for commissioning services on behalf of patients*)
- To develop a service model/pathway with clinicians, service providers, and CCGs that will enable patients to receive therapies that have the best evidence

This means that the aim is that services are available to all people who need them regardless of where they live and that CCGs will want to have provided for patients. The aim is to plan services with key partners such as service receivers and clinicians as well as CCGs.

## What does this mean for existing service receivers?

There should be no changes to therapy for current service receivers as a result of the consultation and no decisions about the future of services have been made as yet. However, there is the possibility that, in the day to day running of any service, circumstances may change, e.g. a member of staff may leave the service, and so there is always a chance that this may have an impact on services. This will be discussed with service receivers as soon as known and options and alternatives discussed.

## **What does this mean for service receivers in future?**

The development of new service pathway/s may mean that for new patients the services offered may look different to what they are now. The aim is that services will be accessed by the right people at the right time. This means that we want to make sure that we have clear pathways into services for those who need them the most and as soon as possible. We also want to make sure that when patients do leave services there is support available to maintain psychological well-being.

## **What is happening now?**

The PCT has formed a group to take the recommendations forward. The group consists of CCG /PCT commissioners, therapists, service managers and service receiver representation and support from an organisation called Derbyshire Voice.

The purpose of the group is not to cut costs but to follow the recommendations and produce a workable service that CCGs will want to purchase in future. We do not think that there will be an increase in funding but we also know that all needs are not being met and this will need to change.

As part of the work, the group will plan event/s that will include a larger range of interested groups and organisations. When the work is completed we will be asking the Overview and Scrutiny Committee of the local authority if it thinks that the requirements of the consultation have been met including consideration of the views of those consulted. We will also be asking the CCGs to look at the work that the group has carried out and decide if it meets the needs of their populations.