

# Psychological Therapies Review

## SUMMARY

- 1.1 A decision to stop a public consultation on psychodynamic psychotherapy was agreed by the CCG Governing Body in December 2018 following feedback from service users, staff members, and Unite the Union
- 1.2 In response, a decision was made to conduct a review of all psychological therapy provision rather than focusing on one methodology
- 1.3 This will be achieved through Joined Up Care Derbyshire /STP governance and be a separate work stream as part of the Mental Health STP
- 1.4 It has been established that this will require an independent clinical lead to take this work forward which will be sourced via MHSDB – skills required will depend on scope and ToR

## RECOMMENDATION

- 2.1 To complete the review in a phased approach  
Phase 1 – Specialist mental health psychological therapies  
Phase 2 – Psychological therapies for patients with long term conditions
- 2.2 To develop revised service specifications that make optimum use of existing resource
- 2.3 To establish gaps and areas for improvement.

## REASONS FOR RECOMMENDATION

- 3.1 Require an understanding of what can be achieved within available resource as accessibility is variable and service delivery models span across providers and processes are not always fully aligned.
- 3.2 Phasing will make the work more achievable and requires the right level and mix of resource for each area
- 3.3 The Mental Health Delivery Board will finalise the TOR and there needs to be joint approach and consider the need to understand the interface with younger people's mental health services

- 3.4 There will be a need to understand that Place development is included within the ToR and any new developments of how such services are accessed.
- 3.5 The review will help develop a better understanding across a wide pathway of care delivery

#### **SUPPORTING INFORMATION**

- 4.1 The current draft Terms of Reference are being updated to reflect the phased approach and also the arrangements for the independent clinician and will be circulated once these are finalised.
- 4.2 As this is systemwide the MHSDB will develop and hold overview of the progress of this work.

#### **OTHER OPTIONS CONSIDERED**

- 5.1 Single service modality- this option has been ceased
- 5.2 Separate CAMHS review- this needs to be considered in line with adult delivery. MHSDB need to endorse scope / layering and phasing to ensure the process is achievable.