What is IAPT?
and what has it achieved?

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National Primary Care Advisor
IAPT Programme

What is IAPT?

I - Improving
A - Access to
P - Psychological
T - Therapies

A commissioner led, outcome focused programme to deliver improved access to psychological therapies

This is the man responsible...
The IAPT Programme

- 2004: 10 Downing Street seminar on worklessness
- 2005: Manifesto commitment to improving access
- 2005: 2 demonstration sites Doncaster and Newham
- 2007: 10 Pathfinder sites,
  Information from sites used to inform CSR

The IAPT Programme

- 10th October 2007 - World Mental Health Day
- New funding over three years:
  - £33m in 2008
  - £103m in 2009
  - £173m in 2010
- To deliver
  - Treatment for 900,000 people
  - 3,600 new therapists
  - Half the PCTs in England

Characteristics of the IAPT service

- A team to manage people with common mental health problems
  - Low intensity therapists
  - High intensity therapists
  - GP champion/lead
  - Employment advisors
  - Others as needed
- A team per 250,000 people (about)
  - About 40 therapists
  - Generally 60:40 ratio between high and low intensity therapists
Therapists

- High Intensity
  - Usually 12 – 20 sessions
  - Face to face therapy
  - Skilled to deliver CBT
  - Skilled to deliver other evidence based interventions
- Low Intensity
  - Up to 4 – 5 sessions
  - Face to face, or telephone contacts
  - Skilled to deliver a variety of evidence based interventions
- Usually relates to Step 3 and Step 2

Characteristics of the IAPT service

- Commissioner led
  - MH Trusts are not necessarily the only provider
- Commissioned against outcomes
  - Minimum Data Set for psychological therapies
  - Outcome questionnaires to be delivered at particular times in the care pathway
  - Shared database principles between service providers

NICE Guidelines

- IAPT implements NICE guidelines for Depression and Anxiety Disorders
- Only evidence based approaches, included in NICE guidelines are intended to be implemented through the IAPT teams
Stepped Care

• NICE guidelines recommend a “Stepped Care” approach
• Stepped Care means:
  – Matching the intervention offered to the severity of the disorder
  – Offering the patient the least invasive/intensive intervention appropriate
  – Having the ability to step up (or down) the intervention if appropriate to the patient

Some Results from Newham and Doncaster

In 13 months…
• Each site funded with £1.3 - £1.5m
• 5,500 people referred by their GP
• 3,500 completed their treatment at the time of this analysis
• 99% of cases in Doncaster, and 88% of people in Newham had completed outcome data
The Context

<table>
<thead>
<tr>
<th>GP referral (% of total)</th>
<th>Doncaster</th>
<th>Newham</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1%</td>
<td>96%</td>
<td>75%</td>
</tr>
<tr>
<td>Self referral</td>
<td>&lt;1%</td>
<td>21%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Reason for referral</th>
<th>Doncaster</th>
<th>Newham</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression (% of total)</td>
<td>95%*</td>
<td>46%</td>
</tr>
<tr>
<td>Anxiety disorders</td>
<td>5%</td>
<td>43%</td>
</tr>
</tbody>
</table>

Severity of disorder at presentation

<table>
<thead>
<tr>
<th></th>
<th>Doncaster</th>
<th>Newham</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHQ-9 0 – 9</td>
<td>18%</td>
<td>24%</td>
</tr>
<tr>
<td>10 – 14</td>
<td>20%</td>
<td>23%</td>
</tr>
<tr>
<td>15 – 19</td>
<td>28%</td>
<td>26%</td>
</tr>
<tr>
<td>20+</td>
<td>34%</td>
<td>28%</td>
</tr>
<tr>
<td>GAD-7 0 – 9</td>
<td>21%</td>
<td>27%</td>
</tr>
<tr>
<td>10 – 15</td>
<td>27%</td>
<td>29%</td>
</tr>
<tr>
<td>15+</td>
<td>52%</td>
<td>44%</td>
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</tbody>
</table>

Psychological Outcomes

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Donc.</td>
<td>New</td>
</tr>
<tr>
<td>PHQ-9 Mean (SD)</td>
<td>15.8(6.2)</td>
<td>15.3(6.2)</td>
</tr>
<tr>
<td>N</td>
<td>1653</td>
<td>221</td>
</tr>
<tr>
<td>GAD-7 Mean (SD)</td>
<td>13.8(5.1)</td>
<td>13.7(5.1)</td>
</tr>
<tr>
<td>N</td>
<td>1651</td>
<td>221</td>
</tr>
</tbody>
</table>
Outcomes by duration

<table>
<thead>
<tr>
<th>Prior Problem Duration</th>
<th>% recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Doncaster</td>
</tr>
<tr>
<td>6 months – 1 year</td>
<td>54%</td>
</tr>
<tr>
<td>1 – 2 years</td>
<td>54%</td>
</tr>
<tr>
<td>2 – 4 years</td>
<td>53%</td>
</tr>
<tr>
<td>4+ years</td>
<td>47%</td>
</tr>
</tbody>
</table>

Current challenges

- Programme has moved from 2 demonstration sites to 36 wave 1 sites, to 81 wave 2 sites
- Covers 75% of the PCTs in England
- What happens to the 36 PCTs not providing any IAPT service
- Mainstreaming a mental health service in to general NHS care

More information

- Alan Cohen: alan.cohen@dh.gsi.gov.uk
- www.iapt.nhs.uk

Thank you