

BNSSG 8d Divisional Head of Psychological Therapies (secondment) 0.4

This key leadership post in AWP gives a senior experienced psychological professional the opportunity to shape the future provision of psychological services both in AWP and across the BNSSG system.

This post will lead the scoping of the provision of NICE recommended psychological therapies and psychologically informed interventions across the BNSSG division (community and inpatient) for people with serious mental health problems.

You will work with similar leadership roles in the third sector and local IAPT services to develop a model to improve access to evidence based psychological interventions/ therapies across the footprint of BNSSG for service users with serious mental illness and complex mental health needs.

You will work collaboratively with system partners to develop a more standardised and equitable model for the provision of psychological therapies/ interventions, including expansion of supervision capacity. In particular you will focus on AWP provision across the BNSSG division.

You will lead the co-ordination of NHSE funded training programmes in BNSSG including demand scoping and training place allocation, excluding Personality Disorder Training

BNSSG's Community Mental Health Programme seeks to support people with severe mental illness and complex mental health needs – wherever they live in BNSSG and whatever their background – to quickly access high quality and personalised care, close to home, for improved experience and outcomes.

Improving access to high quality, evidence-based care is a priority, and within this improving access to evidence-based psychological informed interventions. The national Community Mental Health Framework¹ states that new models of care need to include access to psychological therapies and for *“the provision of NICE-recommended psychological therapies to be seen as critical in ensuring that adults and older adults with severe mental illnesses can access evidence-based care in a timely manner within this new community-based mental health offer, to give them the best chance to get better and to stay well”*.

Through redesigning BNSSG's model of community mental health care and introducing Integrated Mental Health Teams, people should receive joined-up, personalised care, and access to the right support at the right time. Through people having fewer assessments and through their needs being better met, more quickly, this should free up time to deliver evidence-based care, including psychological therapies.

However, key challenges have been identified, alongside recommendations to address these issues:

System-wide coordination: Inequity and gaps in psychological interventions

¹ NHS England (2019) [The Community Mental Health Framework for Adults and Older Adults](#)

- Psychologically informed interventions are offered across a range of partners in BNSSG (e.g. Vita Minds, AWP and VCSE) with different levels of provision available across Bristol, North Somerset and South Gloucestershire. In addition, statutory and VCSE provision is not currently well aligned.
- There are gaps in psychological therapy provision across BNSSG, particularly for people who have 'complex' trauma presentations and require longer term support.
- A system-wide approach is required to increase access to psychologically informed interventions across BNSSG. This will:
 - Build a comprehensive picture of existing provision across BNSSG.
 - Scope models of care in other geographical areas/ best practice.
 - Review training and supervision – identify and listing existing practice and benchmarking against recommended best practice for this.
 - Review what is happening in different agencies, areas of excellent practice and development with regards to Psychologically Informed Practice/ Trauma and culturally informed work.
 - Describe how therapies meet the needs of the local population so that all people benefit, including those from minoritised communities and those with protected characteristics.
 - Work with partners to develop and agree a new model of care to increase people's access to psychologically informed interventions across BNSSG.
 - Outline and recommend options around evidence-based provision and how best to configure a pathway to address this gap. This will maximise impact of available resource through alignment and integration of existing services and support structures.
 - Build relationships and structures to support collaboration between VCSE and statutory providers.
 - Develop and embed approaches to support the ongoing sustainability and accessibility of services across BNSSG.

Action to date:

- Non-recurrent funding has been allocated to Vita and Womankind to support this.
 - Womankind (on behalf of the VCSE Alliance) has recruited a Project Coordinator who is undertaking face-to-face interviews and gathering written responses from VCSE partners providing psychological therapy interventions (12 gathered so far) to understand current provision and gaps. In tandem, a secondary group of the region's relevant organisations (circa 10+ so far) have also been approached. A report will be shared in June.
 - Vita Minds is recruiting a project lead (fixed term for 1 Year) with a Clinical background in Counselling Psychology/accredited Psychotherapist with a good knowledge of psychotherapy/ counselling service provision across the BNSSG area and across statutory/ VCSE provision. They will:
 - Assess capacity/ distribution provision and how the referral pathways are working and how they might be improved.
 - Identify main gaps in provision and liaise with providers (including the ICB) to consider how gaps might be filled.
 - Offer some clinical interventions/ supervision/ training advice across the system as appropriate and take a lead on implementing psychologically/ trauma informed approaches across the IMHTs.
 - Help co-design and trial innovative ideas and interventions to help address the gap.
 - No funding has been provided for AWP to support this system-wide project.

Recommendation 1:

As part of BNSSG-wide project to increase offer of psychologically informed interventions (with investment in Vita / VCSE), funding is required to support AWP's involvement in reviewing and redesigning provision. It is proposed that time of a senior psychologist is funded for 12 months (c£40,000, AWP, non-recurrent) through 2023-24 Community Mental health underspend.

Recommendation 2:

Establish a BNSSG Psychological Therapies Steering Group to improve coordination of this work to increase provision of psychologically informed interventions. This will report to BNSSG's Community Mental Health Programme Board.