

TRIGGERS TEMPLATE*

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Trigger	Please comment as applicable
Reasons for the change; Reconfiguration of adult community psychological therapy services.	
What change is being proposed?	<p>We propose to develop a single integrated psychological therapy service in Southwark to replace the existing three services; Maudsley Psychotherapy, Traumatic Stress Service and the Coordinated Psychological Therapy Service (CPTS)</p> <p>This model is also proposed to be implemented in Lambeth and Lewisham.</p> <p>The new team will have a single point of referral and a single assessment. This will replace a confusing range of services that have developed historically rather than for clear clinical care reasons. It will also replace the need for service users to attend repeated assessments.</p> <p>The new team will be closely linked to the Community Mental Health Teams allowing people who may not require therapy to be diverted to a range of other community services, including primary care therapy (IAPT)</p> <p>A peer support / group coordinator will be developed to provide care to people who do not require therapy or who may be required to wait.</p> <p>The restructure, agreed with commissioners, will deliver a 22% reduction in the cost of the service in line with Quality, Innovation, Productivity (QIPP) Requirements.</p> <p>The efficiencies of the new model allow the reduction in activity to be minimised to 10%</p>
Why is this being proposed?	The proposal will improve the therapy services we are able to offer to residents of

	<p>Southwark and will allow greater clarity about how to access services.</p> <p>The service will be more efficient through the development of a single point of entry, reduction in duplicate assessments and closer working with local community mental health teams.</p> <p>We are proposing a full restructure to avoid the need to make annual revisions to services which would not lead to improvements and would be disruptive to service users, partners and staff.</p>
What stage is the proposal at and what is the planned timescale for the change(s)?	<p>A revised proposal has been developed taking account of the feedback we have received so far. This proposal will be further reviewed following our user public involvement session on 8th March.</p> <p>Staff interviews will take place 12th – 20th March 2012. Appointments will not be confirmed until the model has been agreed.</p> <p>We would like to implement the changes as soon as possible to minimise disruption to service users and staff.</p>
Are you planning to consult on this?	<p>Care pathway development and planning events were held with staff and service users as part of developing the proposal; 28th February, 28th March, 23rd May 2011</p> <p>Service user discussion / briefing session 21st November 2011</p> <p>Staff briefing session (attended by 70 staff) 14th November 2011</p> <p>Staff consultation 9th December – 16th January 2012</p> <p>Service User and Public involvement session planned in partnership with Southwark LiNKS 8th March 2012</p>
<p>Are changes proposed to the accessibility to services? Briefly describe:</p>	
Changes in opening times for a service	<p>The service will continue to operate to core hours of 09.00 – 17.00 Monday to Friday. Some evening appointments will also continue to be offered.</p>
Withdrawal of in-patient, out-patient, day patient or diagnostic facilities for one or more speciality from the same location	
Relocating an existing service	<p>The single team will initially be based on the Maudsley site pending further review of</p>

	available buildings.
Changing methods of accessing a service such as the appointment system etc.	The service will continue to be accessed via referral from GPs or from other mental health services. Routes for new referrals will be simplified through having a central point of referral rather than three, as currently configured.
Impact on health inequalities - reduced or improved access to all sections of the community e.g. older people; people with learning difficulties/physical and sensory disabilities/mental health needs; black and ethnic minority communities; lone parents.	<p>An equality impact screening assessment has not indicated any differential impact on vulnerable groups. Indeed, while people from Black and Minority Ethnic (BME) communities have historically been under represented in their use of secondary psychological therapy services, it is expected that by bringing the process of referral to all psychological therapies into a single pathway, the more representative levels of access currently achieved by CMHTs and by IAPT (primary care psychological therapy) services will be delivered throughout the secondary care service.</p> <p>We are aware of the potential impact on residents in each borough of the current economic down turn which may lead to a greater need for mental health support. We do not expect this to increase demand for the psychological therapies delivered by these teams to a significant degree as most people treated in these services have long standing difficulties with mood and relationships, commonly related to early traumatic experiences, rather than triggered by recent or short term social stressors. Demand for treatments related to short term anxiety and depression in response to stressors is provided largely by the Increased Access to Psychological Therapy teams (IAPT), which are well developed in the borough.</p>
What patients will be affected?	Briefly describe:
Changes that affect a local or the whole population, or a particular area in the borough.	There will be a 10% reduction in service provided. This will equate an approximate reduction in assessments from 498 to 448 per year.
Changes that affect a group of patients accessing a specialised service	We aim to continue providing a full range of different psychological therapies in line with assessed need.
Changes that affect particular communities or groups	The service will remain available to all groups and communities requiring psychological therapy.

Are changes proposed to the methods of service delivery? Briefly describe:	
Moving a service into a community setting rather than being hospital based or vice versa	The service will remain community based and will be closely integrated with the community mental health teams.
Delivering care using new technology	The service will continue to provide psychological therapy in line with National Institute of Clinical Evidence (NICE) guidance
Reorganising services at a strategic level	
What impact is foreseeable on the wider community? Briefly describe:	
Impact on other services (e.g. children's / adult social care)	We do not envisage any impact on other services.

* Revised by Lambeth and Southwark scrutiny officers from the West Sussex Health Overview and Scrutiny original.