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**By email only**

Cllr Mark Williams  
Southwark Council, 160 Tooley Street, London SE1 2TZ  
Cllr Ed Davie  
Lambeth Town Hall, Brixton Hill, London SW2 1RW

Dear Cllr Mark Williams and Cllr Ed Davie

**Changes to Psychological Therapy Services – Progress Update**

Further to your letter dated 27<sup>th</sup> June 2012, I am pleased to set out below a progress update on the recommendations and queries that you requested for 3<sup>rd</sup> September 2012, about the service changes to psychological therapy services in Lambeth and Southwark.

**1. Evaluation Framework**

The development of the evaluation framework has started and is near completion. A workshop took place on 31<sup>st</sup> July 2012, which was well attended by interested stakeholders and both LINKs to look at three specific areas of the framework, these being:

- Outcomes - both in terms of evidence based clinical outcomes as well as patient reported outcomes
- productivity - which includes activity levels, waiting times, clinical work plans
- patient experience – which includes monitoring levels of communication and information etc

Two working groups have been organised by our PPI lead initially meeting on the 12<sup>th</sup> and 14<sup>th</sup> of September 2012 to look further at the patient experience and information needs. This information will be used to finalise the framework ready to use in October, with a review of the new services to take place in April 2013. All of this is being closely monitored by the MAP service user Advisory Board that meets monthly.

## **2. Building links with the Council**

Effective links are continuing to be built between the council services and the psychological therapy services. Community mental health services in Lambeth and Southwark currently are fully integrated health and social care services with social workers and psychiatric nurses, medics and other clinicians such as psychological therapist working within the same community system. Indeed it is our responsibility to ensure that the Personalisation agenda is realised and becomes a great success with community mental health services and we are committed to the idea of a continuation of this integrated model. In terms of housing, it has been recognised that further work is needed in improving communication between us. The new head of social care in Southwark has made a commitment to support improved communication between mental health services and housing and we are currently exploring how this can be facilitated in Lambeth.

## **3. Access and information to service users**

The previously mentioned information sub group has been set up to look at information needs and our communication standards for people accessing therapy, which will include information about waiting times and access to other support systems such as developing peer support networks etc. We have now developed the Single Point of Access meetings that take place on a weekly basis, where referrals from community teams or Improving Access to Psychological Therapy Teams will be discussed by senior clinicians representing each clinical area and plans will be agreed across the system. We believe this transparency will improve access for hard to reach patients in community mental health teams.

## **4. Honorary Therapists**

There are currently 246 honorary therapists within the new IPTTs, of these:

- 63 are supervised to deliver CAT
- 9 are supervised to deliver family / systemic therapy
- 13 are supervised to deliver group therapy
- 35 are supervised to deliver CBT
- 126 are supervised to deliver psychodynamic therapy

They are currently seeing 341 patients, 297 individually and 44 in a group setting and providing 360 hours of therapy a week.

It would be difficult to have an accurate figure for the number of therapeutic hours honorary therapists have provided over the last two years as the number fluctuates in response to the number of people needing training places for their courses. This data was also not systematically collected by the various services involved in the past nor has the process of engaging and supervising honoraries been consistently managed or subject to Trust Management oversight. However, we are confident that the number of honorary therapists has remained relatively stable over the last two years and therefore believe that the number of therapeutic hours provided is in the region of 29,000 hours.

Our clinicians have worked hard to ensure continuity and our honorary therapists have been reassigned to our existing qualified supervisors as part of the restructure. We will closely monitor both the numbers of therapists and their supervision arrangements as part of the evaluation framework.

All supervisors of honorary therapists are accredited with the British Psychoanalytical Council (BPC) or the United Kingdom Council for Psychotherapy (UKCP) and are clear about the standards and expectations of a supervisor as set out in the UKCP Supervision Policy 2012 and the BPC code of Ethics and CPD policy.

#### **5. Unequal provision between Southwark and Lambeth**

Historically, commissioning of psychological therapies has always been higher in Lambeth than in Southwark and continues to be so with the new configuration. As part of the restructure we have ensured that all modalities are provided in both boroughs and are working across boroughs to look at how colleagues can support each other and provide reciprocal and / or joint arrangements for supervision, especially when developing group programmes.

I hope you have found this progress update informative and I am of course happy to clarify further if that would be helpful.

Yours Sincerely

Zoe Reed  
Executive Director Strategy and Business Development

Cc Julie Timbrell; Elaine Carter  
Steve Davidson