



Trent CBT

Cognitive Behavioural Therapy



Derby PTS

Psychological Therapies Service

Working in partnership with **NHS** Derby City

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Trent CBT Services Ltd.

- Established 2002
- Registered Ltd Company 2004
- Provider of Psychological Therapy Services
- High Quality and Experienced Workforce
- Established Proven Track Record of Delivery

Aims of the New Service

- Develop a first class Primary Care Psychological Therapies Service for the population of Derby City, with a focus on hard to reach groups (e.g. BME, Unemployed, Older Adults)
- Improve the health and well being of the local population and achieve excellent clinical outcomes for the population we serve
- Provide better choice and access for patients to clinically affective evidence based services
- Help people to remain in employment and be assist them to effectively participate in activities of daily living
- Achieve high levels of patient satisfaction with the service received

Aims of the New Service

The service will be delivered using a Stepped Care model in a variety of formats:

- Group Treatments – modular groups will be offered to provide a series of stand alone treatment modules
- Short term, evidence based cognitive behavioural guidance and Assisted Self Help
- Computerised Cognitive Therapy – Beating the Blues and The Fear Fighter Programme
- Individual time limited Counselling, Cognitive Behavioural Therapy and Person Centred Therapy
- Gateway Service to support transfer to Secondary Care

Clinical Workforce

11 CBT Therapists

18 Counsellors

Recruitment:

5 Low Intensity Trainees (4 Required)

8 High Intensity Trainees (6 Required)

4 CBT Therapists

2 Clinical Psychologist

2 Gateway Workers (Primary Care CPN's)

Care Pathway

Service user perspective:

- Single point access
- Designated case manager
- Collaborative contract
- Extensive range of options
- Seamless transitions between elements and steps

Care Pathway

Referral Types:

- Written
- Telephone
- Secure Fax
- Secure Server/Via Web Site

Care Pathway

- Single Point/Intake Team
- Call Centre Based
- Referrals Logged Electronically
- Allocated/Transferred to Intake therapist

Care Pathway

- Telephone Screening for those with contact details
- Opt-in letter sent to those without contact details or not able to contact

Care Pathway

Options – Step 1

- Sign Posting
- Advice
- Brief Monitoring

Care Pathway

Options - Step 2:

- Guidance/Advice
- Assisted Self Help
- CCBT
- Brief Counselling
- Medication Review

Care Pathway

Options - Step 3:

- Individual CBT (6-12 Sessions 8+4)
- Individual Counselling (6-12 Sessions 8+4)
- Brief Psychotherapy (Psychodynamic, Systemic, etc)

Care Pathway

Options - Steps 2/3:

- Group Treatment (Depression, Anxiety, Confidence/Self Esteem, etc.)
- CMP (Health Related Benefit Claimants)
- Flexible Health Support Service (JSA Claimants)
- Supportive Sessions during secondary care transitions

Care Pathway

Single Point across Primary and Secondary Care needs to be integrated into a single intake team in order to provide seamless transitions. We would hope to negotiate with the Mental Health Trust a single referral process.

Hard to Reach Communities

Trent CBT Services Ltd has a proven track record of working with “Hard to Reach Communities”

Policies and Procedures reflect our Service Ethos of Social Inclusion

Care Pathway

Additional Services Available

- Debt Management
- Job Brokerage
- Skills Coaching
- Work Psychology
- Training

BME – IAPT

- 28% of referrals to our service for the IAPT Pathfinder Project are from BME Communities.
- Good dialogue and liaison with GP Surgeries serving BME population
- Good liaison with support services, e.g. Hadhari Nari Project, etc.

Engagement

Service Users/Carer Groups:

- Service User Forums
- Carer Forums
- Involvement in Service Planning
- Participation in Service Delivery

Engagement

Employment Agencies:

- We have direct liaison with all JobCentre Plus offices and actively refer to Job Brokers, Training Agencies, Skills Coaches, Connexions offices, employment forums, etc. through our work within CMP and the Flexible Health Support Service.

Case Management and Supervision

All clinical staff have 2 levels of case management.

All clinical staff receive regular clinical supervision:

- Administrative case management
- Clinical case management
- Clinical supervision