MENTAL HEALTH AND WELL-BEING

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SCALE OF THE PROBLEM

6 million adults, of whom ¼ in treatment.

NICE requires offer of therapy to most.

26 out of 28 US studies have shown that CBT reduces subsequent healthcare costs by more than the cost of the CBT.

IMPROVING ACCESS TO PSYCHOLOGICAL THERAPY (IAPT)

Began 2008 – complete coverage of NICE Guidelines by 2014.

Requires treatment of at least 15% of those in need = 900,000 a year.

Requires at least 40 therapists for a population of ¼ million.

To get there: training programme <u>plus</u> service upgrading.

Session-by-session monitoring.

Objective: 50% recovery rate. Should be public knowledge.

IAPT PERFORMANCE

So far 3,600 trained; need another 800 per year.

Services in most PCTs, but many rudimentary.

From now on every PCT must satisfy the NHS Operating Framework.

HOW THE £400 MILLION MIGHT BE SPENT (£million)

	11/12	12/13	13/14	14/15
CHILDREN	8	8	8	8
TRAINING (MPET)	32	32	32	12
PCTS	11	50	90	110
PCTS INCLUDING 10/11 BASELINE	182	223	263	283

CHILDREN

1 million children of whom ¼ in treatment.

Problems: high hurdle
too little evidence-based treatment

Solution: IAPT process of training +
service upgrading

£8m a year ring-fenced.

ACTION FOR HAPPINESS

www.actionforhappiness.org