

Improving our services in
York and North Yorkshire

York and North Yorkshire News:

Proposed changes to psychological therapies services in York, including St Andrew's Counselling and Psychotherapy Service

Why are you changing things?

Over the past year, we have reviewed the way that we provide our community mental health services, to ensure that we meet the needs of all the people who use our services, to the best of our abilities. The psychological therapies service including St Andrew's Counselling and Psychotherapy Service, currently provides a 3.5 day intensive group therapy programme, run as a Therapeutic Community. It also provides psychological therapies, including types of one-to-one and group interventions that are currently not routinely provided elsewhere in York's secondary care services, such as specialist interpersonal/psychodynamic therapies. St. Andrews is a valuable resource and provides a service that is very well regarded by its clients; however it is not a discretely commissioned service, so it is appropriate that it is included in our review.

What are you hoping to achieve with these changes?

To meet our contract and modernise our services we need to achieve the following:

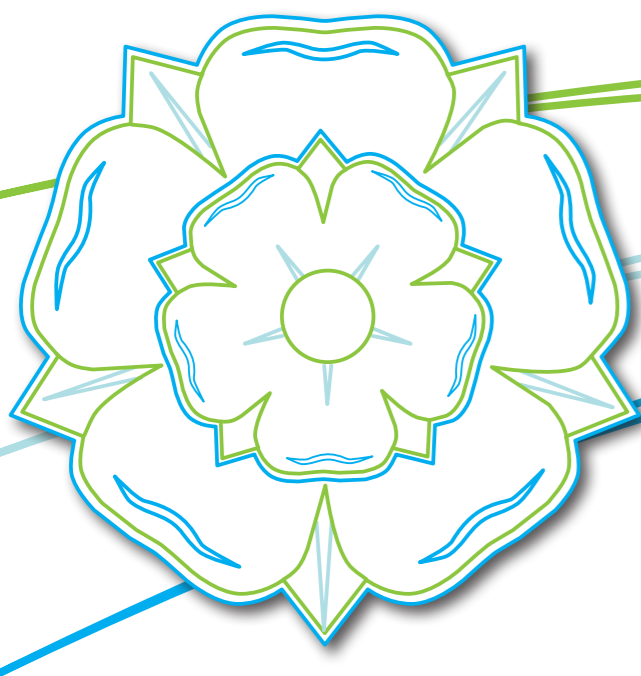
- **A single and coherent secondary care psychological therapies service for York and North Yorkshire, with a single point of access and clear referral criteria. (To date we have had multiple points of access and various waiting lists for therapy).**
- **A robust personality disorder pathway, ensuring that the York service is in line with the best practice network model provided in Leeds. This pathway must be accessible to those in greatest need; and able to respond to high levels of distress and significant risk issues.**
- **An achievable plan to deliver required efficiency savings, whilst ensuring that the service is as comprehensive as possible within available resources; and delivers best value for money.**

What have you done so far?

We began by looking at the map of the current pathway for people with a diagnosis of personality disorder; this helped us to understand some of the difficulties that people have faced in accessing specialist personality disorder services within York. This helped us to produce a set of principles for a new pathway. We then undertook an option appraisal of the proposals that had come forward, which included some preliminary comments from people currently using the St. Andrews services. The outcome of this meeting was to recommend a single Trust-wide Personality Disorder service, but with local variation in York to reflect the feedback and priorities from local service users. This is the proposed model, approved by the Trust's Executive Team to take to consultation.

What does the new model look like?

We believe the proposal represents the best way of meeting our required objectives, as well as providing significant benefits for people using our services.



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We are now ready to involve as many people as possible, to ensure that we understand the views of the people who use our services, their carers; our staff, and other stakeholder partners.

The Proposed Model

i) Psychological Therapies Service

Within the new community service model, psychological therapy staff will be based in the two new community hubs, with some cross team working for access to specialist skills. The cognitive behavioural therapy (CBT) service will also be integrated into the community hubs. There will be a new consultant psychotherapist role, working across the teams to enable access to a full range of talking therapies. This post will provide:

- **assessment and intervention for complex cases,**
- **clinical leadership, consultation and specialist analytical skills for psychodynamic formulation,**
- **specialist supervision to staff,**
- **and the development of a reflective forum.**

This will help to ensure equitable access to psychological therapies for everyone based on need; and ensure that psychological thinking is embedded in both teams. All access to psychological therapies will be through the Single Point of Access (SPA).

ii) Personality Disorder Pathway

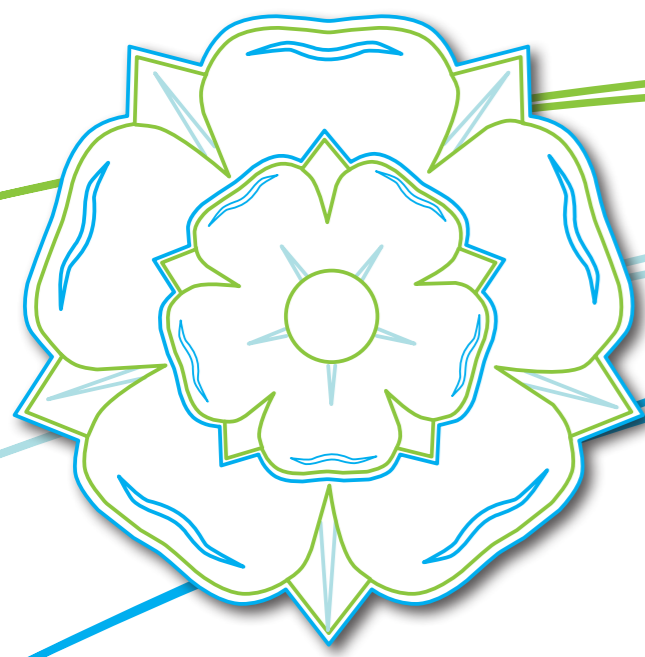
We propose to develop an integrated Leeds and York Managed Clinical Network, with local variation to reflect those elements of the existing service which are most important to the people using our services in Y&NY. The proposed model will also support clinical staff to work more effectively with people with a diagnosis of personality disorder, ensuring equitable access to a range of safe, client centred options. Resource constraints within Y&NY services unfortunately mean that we are unable to replicate all elements of the Leeds service at the present time; but we are committed to further developments of the service, as funding allows.

The components of the new model are as follows:

• A two-day Therapeutic Community

The aim of a therapeutic community (TC) is that the whole community works to run the service and members take on jobs and responsibilities with the staff to make this happen. It is this democratic way of working that is at the heart of the community's life and this helps to give people a sense of empowerment, choice and responsibility that may be missing in their lives. The community helps with learning more about relationships and how to feel more effective in communicating, as well as with learning new skills or refreshing the ones that might feel to have been lost.

We propose that the Y&NY model incorporates a two day TC. This two-day model reflects the importance attributed to a longer TC as we have developed this proposal locally. It maintains the therapeutic components most valued by the St Andrew's community members, and it can continue to be provided from the current St Andrew's building.



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- **Dialectical Behavioural Therapy (DBT) Skills Group Training**

DBT informed skills training aims to help people to learn new skills to help them cope when they feel suicidal, or want to use self-harming or life threatening behaviours to manage distress. DBT recognises that people develop such ways of coping due to experiences in their lives which could be described as “invalidating”. This may include abuse, neglect or other kinds of personal trauma. There are four sets of skills covered:-

- **Mindfulness Skills**
- **Interpersonal Effectiveness Skills**
- **Emotion Regulation Skills**
- **Distress Tolerance Skills**

We propose that a DBT Skills Groups should also be delivered, as part of the Leeds and York Managed Clinical Network.

- **Consultancy and support for the wider workforce**

The nationally accredited PD Knowledge and Understanding Framework (KUF) Awareness Level training programme is delivered by a range of staff from within the existing LYPFT PD services, alongside service user co-facilitators, and has been positively evaluated over the past 18 months. We have trained approximately 1000 staff from across a wide range of agencies, which has proved a useful means of improving relationships between specialist PD services and our colleagues from other parts of the service.

We aim to develop the service locally through the delivery of dedicated training to approximately 160 staff per year and we believe this will have a significant systemic impact.

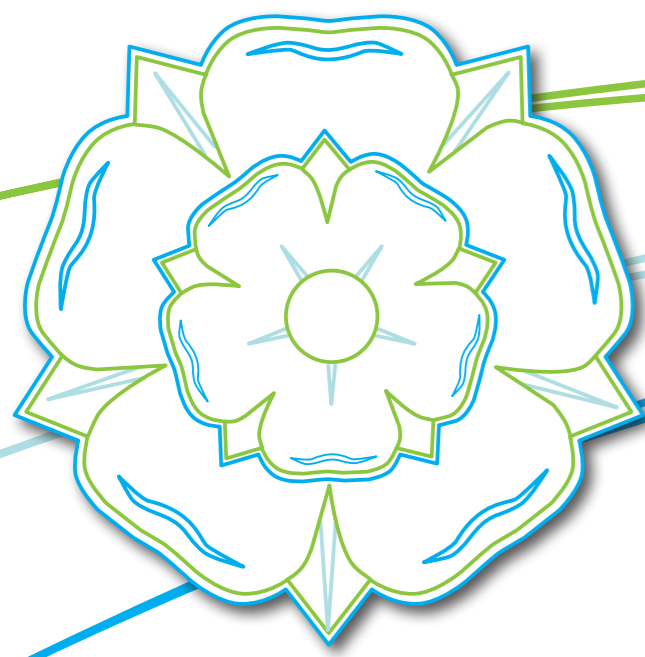
- **Vocational work**

The Journey programme provides its participants with a clear approach towards vocational activity and/or employment. The aim of Journey is to provide group members with the skills and knowledge to actively engage in creating an individual balance of activity, to promote health and wellbeing. The programme assists group members to develop and implement individual plans to introduce new activity, which improves ability to manage distress more effectively and promotes quality of life. Journey focuses upon activity rather than talk. The programme helps people towards greater employment and inclusion, key to good mental health.

We intend to ensure both community hubs provide dedicated staff time to deliver the elements of the Journey programme. Y&NY services have a well-established vocational pathway, staffed by occupational therapists and support workers, which will be part of the new community hubs. The pathway has links with York St John University, work placement training opportunities and access to meaningful activity.

- **Specialist Case Management**

There are a number of people with a diagnosis of personality disorder who experience high levels of distress and significant risk issues. It can be difficult for community mental health services to offer meaningful engagement in these circumstances. This can lead to avoidable acute admissions and out of area placements, including for Psychiatric Intensive Care. It is widely believed that specialist, psychologically informed case management is



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required to actively engage these clients, develop meaningful relationships and adopt strategies for safety and containment.

Our proposal is for two senior clinicians per community hub to develop and maintain specific specialist skills in PD. These case managers will work with an active caseload of people with a diagnosis of personality disorder. A clinical lead in the locality team will also be identified to “champion” the PD pathway.

As we are able to develop capacity within the teams we will aim to identify funding for additional specialist case managers to join the Leeds and York Managed Clinical Network.

- **Housing and Resettlement Support:**

Y&NY has an established mental health housing officer and a supported housing pathway. The community teams currently have integrated social workers and Support, Time and Recovery (STR) workers, employed by City of York Council and North Yorkshire County Council, which can be accessed for social care assessment and on-going housing support.

- **On-going Service User Involvement**

Creative Personalities is an arts-based project which has engaged significant numbers of service users from York and across the region, Emergence; a national service user-led organisation has been involved in advancing understanding of personality disorder.

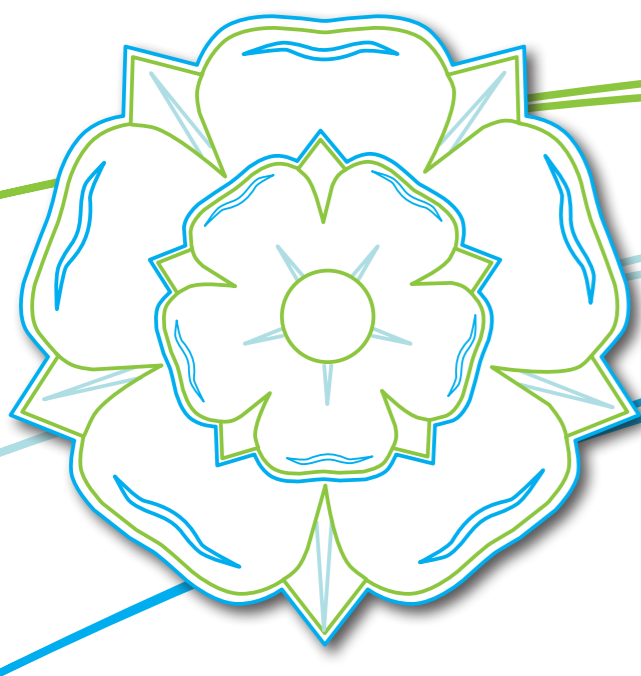
Building upon these we propose to establish Emergence North, linking to Emergence. We will develop a range of service user-led initiatives and envisage that service user consultants, employed by Emergence, will be key to taking this forward.

The proposed model actively involves service users in the delivery and evaluation of the service. From the regional PD Pathway Development Service we support an involvement initiative already based in York and funded via the regional Pathway Development Service budget.

What are the risks of adopting this proposal?

Concerns have been raised that the proposed changes could jeopardise the effectiveness of the service and its ability to provide psychological therapies in accordance with NICE guidance; and will increase risks in relation to service user safety and wellbeing.

- **Proposals for capacity within new locality teams have, however, taken account of modelled measures of capacity and demand, referral rates, contact data, maximum caseload capacity and anticipated efficiencies gained from integration of other community resource.**
- **The establishment of three consultant clinical psychologist posts to provide clinical expertise and professional leadership will also help to ensure that the profile of psychological therapies within the locality teams remains strong.**
- **The integrated community model means that staff can work flexibly to ensure priorities are always met and no service element is left unsupported.**



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So, to recap...

This proposed model meets the objectives of the review set out on page 1

The proposal identifies significant benefits for people using our services who have a diagnosis of personality disorder in York and North Yorkshire.

We are committed to moving towards a fully established Trust-wide model over the longer term, as the re-investment of resources allows.

We want to know what you think about this proposal

Thank you for taking the time this. We want to hear your views on our proposed model. Please reflect on what you have read and give us your feedback. Using the attached form you can tell us what you think. You can either hand this back to a member of staff or return it by post to:

The Engagement Team

LYPFT Trust HQ
2150 Thorpe Park
Colton
LEEDS LS15 8ZB

Alternatively you can email us at communications.lypft@nhs.net

Feedback from The consultation for proposed changes to psychological therapies services in York, including St Andrew’s Counselling and Psychotherapy Service: information for consultation.

Please continue overleaf if necessary.

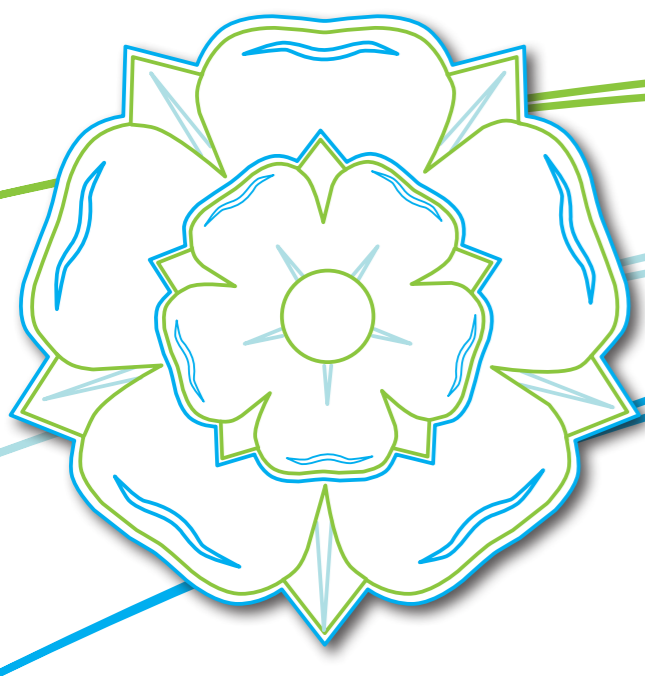
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Postcode.....

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