

MENTAL HEALTH STRATEGY – REPORT ON PROGRESS – ACTION 24

Date of report	26 June 2019
Date of last report	11 December 2018
Project end date	March 2020
Action Number	24
Action Owner (s)	Pete Whitehouse
Action Link	Fiona Fraser
Action Text	Fund work to improve provision of psychological therapy services and help meet set treatment targets.

Progress Update from Previous report	RAG
<p>1. We are entering the final year of the £54m package (2016-2020) of support to help boards improve their performance against waiting times targets by investing in workforce development, recruitment and retention, and service improvement support.</p> <p>The £54m investment in workforce and capacity building has, to date, been utilised to fund approximately 175wte posts to help build capacity in Psychological Therapies and CAMHS (approx. 157wte recruited; with 18wte in recruitment/vacant; data as at Feb 2019)*. The investment has also contributed to over 40 post graduate psychological therapy training posts each year, and over 5900 training places for CAMHS and Psychological Therapies clinical staff to date (data as per attached document). This includes 265 places on PG certificate level and above therapy training programmes; an increase in early years/early intervention capacity; an increase in psychological therapies workforce capacity for primary care, and continued roll-out of Psychology of Parenting Project (PoPP) training.</p> <p>Across Scotland NES has been closely monitoring spend on workforce development and capacity building and there are some concerns that delays in recruiting staff has led to a gap between the level of investment and staff in post in some health boards.</p>	Amber
<p>2. As part of the £54m package of support, £4.6 million is being provided to Healthcare Improvement Scotland for a Mental Health Access Improvement Support Team (MHAIST) which is working in partnership with Boards to improve access to mental health services.</p> <p>MHAIST is engaging with Boards using two models of improvement support:</p> <ul style="list-style-type: none"> - an Access Collaborative where the team are supporting 27 teams from 10 NHS Boards to develop and deliver frontline improvement projects. The Collaborative has two main work strands: improving access to CAMHS and PT; and Neurodevelopmental pathways for CAMHS. - supporting individual Boards (currently Tayside, Forth Valley, Grampian and Lothian) to understand strategic improvement issues using an in-depth 	Amber

diagnostic framework. This work will result in a detailed improvement plan and trajectory for each of the boards involved.

- MHAIST has also now received an Improvement Plan from all Boards setting out how they intend to improve access to CAMHS and PT with milestones over the next 2 years.

Key Deliverables in next 6 months (include estimated date for each deliverable)

RAG

HIS to produce work plan for final year of MHAIST setting out how they will support as many boards as possible to use the diagnostic framework over the next year – July 2019.

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NES to continue to monitor and track spend of the workforce, capacity building and Taskforce funding and provide quarterly updates to SG.

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What does success look like?

1. 18 week waiting times standard is met for 90% of patients by December 2020.

2. Boards provide treatment to a higher number of people (consistent with prevalence rates for incidence of mental health within the population) over the 4 years of funding than previously, and can demonstrate that their allocation of funding has increased the workforce over the period.

What data (if any) can evidence delivery?

1. **Psychological Therapies Waiting Times published on a quarterly basis by ISD:**
<http://www.isdscotland.org/Publications/>

Psychological Therapies refer to a range of interventions, based on psychological concepts and theory, which are designed to help people understand and make changes to their thinking, behaviour and relationships in order to relieve distress and to improve functioning. The standard applies specifically to Psychological Therapies for treatment of a mental illness or disorder. This information has been published quarterly since August 2013.

The Scottish Government requires the NHS in Scotland to measure the time people wait for treatment and this includes people waiting for psychological therapies services. The Scottish Government has set a standard for the NHS in Scotland to deliver a maximum wait of 18 weeks from a patient's referral to treatment for psychological therapies services from December 2014.

2. The Psychological Therapies National Workforce Survey is designed to inform local workforce development plans in support of the LDP Psychological Therapies Waiting Times Standard, and to allow the Scottish Government to track the increases in Psychological Therapies workforce capacity expected as a consequence of the funding. Findings are published quarterly.

Any other comments	
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