

Bursary Application Form

Category for which bursary sought:

4 (Supporting collaboration and innovation)

Subject to standards of N.S.F. for Mental Health in Wales:

Yes

Bid for Research Project Worker June 2008 **(Promoting Emotional Health and Well-being in** **Primary Care)**

Introduction

The Improving Access to Psychological Therapies (IAPT) programme has a principal aim which is to help primary care trusts to implement NICE guidelines for depression and anxiety. Psychological therapy delivered through stepped care has been introduced across 20 sites in England. Degeling et al (2007) suggest care should be matched to clients needs. There is a high demand for primary care mental health services in Powys and there is a risk that waiting lists may develop in these services as has happened in some psychology services.

Some of these clients could be treated in a group setting by workers offering lower intensity interventions such as supported self help and anxiety management. Linking up with local education facilities would enable this to be delivered in a non-stigmatising environment, and would heighten a sense of client collaboration and participation. This proposal has been developed in direct response to requests from service users who want education for the promotion of positive mental health to be normalised within their local community (NSF 3). Some also wish to play a part in service delivery as expert patients.

It is predicted that this intervention would have numerous benefits i.e.

- 1 Clients could be matched to the service that is required for their needs increasing potential for recovery (Gold Standard 2) (National Service Framework{NSF} 5&6)
- 2 Skills within the Trust would be used more effectively for those who need them (NSF 8)

- 3 Clients would not be brought into the mental health system unnecessarily (NSF 3)
- 4 There should be an impact (reduction) on referrals into primary, secondary and specialised areas of mental health(NSF 8)
- 5 It will provide education and support (NSF 2)to promote emotional health and general well being (Gold Standard 1)
- 6 It will help clients to identify unhelpful thinking patterns and behaviours leading to the development of distress in their lives promoting independence(NSF 3)
- 7 It will give clients a toolkit to use to promote emotional well being, consider potential pitfalls that could lead to distress and contingency plan for actions should these occur, encouraging personal responsibility and empowerment.(Gold Standard 4) (NSF 2)
- 8 Attendees will be given the opportunity to contribute at future events on their experience of using this service promoting collaborative partnership and ownership of services (Gold Standard 4) (NSF 2)
- 9 Feedback forms would be used to monitor the clients experience of using this service with the opportunity to identify strengths, weaknesses and suggestions for improvement (NSF 5&6)

Research

Approximately 121 million people are currently living with depression worldwide (WHO 2001). The economic burden of mental ill health is discussed in The Depression Report (Layard et al 2006). Approximately 90% of people with mental health problems are treated in primary care (Goldberg & Huxley 2002). The NHS Plan (2000) also recognises this. NIMHE (2004) acknowledge that people with depression and anxiety have been offered little more than medication to support their recovery whereas there is a mass of evidence to support the use of psychological therapy. Evidence is now emerging that patient outcomes have been improved by providing low intensity interventions such as problem solving (Mynors-Wallis et al 2000) and self management (Bower et al 2001). These interventions are CBT based and do not require a professional qualification to implement (Richards et al 2002).

Proposal

To pilot a project, using a researcher whose aims are:

1. To liaise with adult education settings (e.g. Coleg Powys) re: the setting up of emotional well-being/stress management programmes.
2. To pilot the running of these programmes and audit their success, taking into

- account user feedback(NSF 2)
3. To assess the need for and likely uptake of low intensity interventions in Powys.
 4. To provide through research an evidence base for the promotion of mental health and well being (Gold Standard 3).
 5. To raise the profile of bibliotherapy in primary care.
 6. To work collaboratively with users in direct response to their request to provide input, helping to develop a pool of expert patient support for this programme, thus acknowledging their individual value and potential (Gold Standard 5) (NSF 5&6).

Accountable to: Team Manager - Primary Care Mental Health, Powys

Fixed Term: 6 months initially then review

Costings

Research assistant for one day a week
Rental for room
Laptop to deliver programme
Projector to deliver programme

The aim being to provide evidence to make a bid to The Welsh Assembly Government for an ongoing project providing low intensity interventions which would be lead by a paid service user being supported by volunteers(expert patients). The project would be monitored for effectiveness using recognised outcome measures and questionnaires for user feedback, thus striving to continually improve the service.

The use of low intensity workers and interventions is relatively underdeveloped in Wales, but has the potential to ease problems of waiting lists and increase choice for patients. It is hoped that if successful, the results could be used to develop such services nationally.

References

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