

Funding stream: **Mental Health**

Name of grant: **Talking Therapies for people with complex mental health needs**

Grant Award: £75,000 for each financial year for the period 2019/20 to 2022/23 subject to annual budget approval.

Section 1 – Service Overview

The purpose of this grant funding stream is to contribute to the provision of Talking Therapies in Ealing, for people with a range of complex mental health needs who do not meet criteria for, or for other reasons cannot access, intensive secondary care mental health services.

Individual or consortium applications will be accepted. Whether or not applicants present a partnership bid, all applicants must show how they will work in partnership with West London Mental Health Trust (WLMHT), as a statutory NHS provider of psychological therapies, and with other talking therapy providers through the Ealing Talking Therapies Network.

It will be possible to meet the required outcomes through provision of an Improving Access to Psychological Therapies (IAPT) compliant service. Applications proposing to do so should include estimates of the non-recurrent funding required to report on the statutory system (IAPTUS) for this purpose.

The service will provide talking therapies for adults in Ealing with mental health needs with some complexity, such as complex depression and anxiety, trauma and personality disorder, working in partnership with statutory services to offer a choice of options for therapeutic support.

Organisations will work with both Primary Care Mental Health Services based in GP practices, and secondary care mental health services such as Recovery Teams and Crisis Teams. The services will reach the following groups who may have particular difficulties accessing talking therapies:

- Black and minority ethnic communities and refugees (BAMER)
- Lesbian, Gay, Bisexual, Trans (LGBT+) people
- People living with autism
- People living with long term physical health conditions
- People with learning difficulties
- People with disabilities, including learning disabilities
- People coming out of hospital
- Older people
- Carers

This area of need has been identified as not being adequately met in Ealing. The people who could benefit are those who have needs too complex to benefit from IAPT services, but who do not meet the criteria for specialist psychological services provided by Ealing's Recovery Teams and Crisis and Assessment and Treatment Teams. This could include people with personality disorders, complex trauma, co-existing hazardous drug and/or alcohol use, autism or experience of domestic abuse, sexual violence or exploitation.

Section 2 – Service Outcomes

Applicants will need to demonstrate how the provision of the services will assist in meeting the following outcomes:

- Ealing residents with complex mental health needs can access evidence-based talking therapies in their communities without needing to be referred to intensive secondary care services.
- People with complex mental health needs are supported to recover, in ways that make sense for them.
- People with experiences of trauma are able to have their needs addressed through talking treatments which acknowledge and work with this.

Section 3 – Service Delivery/Activities Sought

Council and ECGG funding will specifically support the following activities:

Overall, activities which will meet the outcomes outlined above will be supported, with a view to providing accessible and appropriate talking therapies for Ealing residents with common mental health needs and those with more complex mental health needs.

Specific examples of the ways in which outcomes for this group can be met are:

- Delivering talking treatments which are evidence-based for complex mental health needs, for example through NICE guidance or BACP approved counselling.
- Delivering both group-based and individual face to face treatments.
- Delivering talking treatments through stepped care, beginning with the least intensive intervention.
- Delivering talking treatments through online platforms and other innovative technology.
- Providing the services in settings which make them accessible to the diverse communities of Ealing, especially those communities which may find it difficult to use mental health services.
- Providing services using modalities which make them accessible to people with a range of lived experiences, including hazardous drug and alcohol use, and to people with autism.
- Providing services which are flexible in the ways they are delivered and for how long, while working within the evidence base.
- Providing services for people with lived experience of trauma, including sexual violence, abuse, trafficking, sex working and domestic abuse.
- Developing a trauma-informed approach to support and treatment.
- Supporting people to access more intensive mental health services if needed.
- Supporting people to access other services and sources of support to live their lives as they wish, including specialist drug and alcohol treatment services if appropriate.
- Working with the Primary Care Mental Health Service, IAPT and secondary community mental health services to build a clear and accessible pathway for people with complex mental health needs to access talking therapies.

Section 4 – Specific Criteria/Requirements

This section describes what the Council and Ealing CCG will use to assess the success and performance of the service(s) delivered.

- Number of people accessing talking therapies, including the number belonging to the following groups, age and gender
- Black and minority ethnic communities and refugees (BAMER)
- Lesbian, Gay, Bisexual, Trans (LGBT+) people
- People living with autism

- People living with long term physical health conditions
- People with learning difficulties
- People with disabilities, including learning disabilities
- People coming out of hospital
- Carers
- Recovery Rate, based on an appropriate measure of Recovery or Reliable Improvement, and wellbeing
- Person's view of the service and their satisfaction with how it is provided

In addition, the applicant will be required to submit with their application the following:

- A service delivery plan based on the criteria covering the period 2019/20 - 2022/23 using the template provided.
- Details of how information will be communicated effectively and take into account the needs of people (and organisations) accessing the service including needs arising from age, disability, gender, ethnicity, religion and belief, pregnancy and maternity, marriage and civil partnership, sexual orientation, and gender reassignment.
- Details of how they will obtain feedback and consult people who use the service(s) and their families, friends and carers, as well as views from other professionals, including GPs and statutory mental health services.

Section 5 – Monitoring and provision of information

The grant recipient will provide 6 monthly up-dates to the Council based on sections 1 - 4 above.

Continuation of the grant will be dependent upon meeting the outcomes and delivering the service activities set out above.