

**Funding stream:** Mental Health

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

**Grant Award:** £38,500 for each financial year for the period 1 October 2023 to 30 September 2027 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 common mental health needs.

Individual or consortium applications will be accepted. Bids less than the full amount will be accepted, and multiple applications that fulfil the criteria may be granted. Whether or not applicants present a partnership bid, all applicants must show how they will work in partnership with West London NHS Trust, 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 services will provide talking therapies for adults in Ealing with common mental health needs, such as depression, anxiety, simple trauma and obsessive-compulsive disorder, working in partnership with statutory services to offer a choice of options for therapeutic support. Services will be coproduced and culturally sensitive, ensuring they are flexible and aware of differing client needs. The service(s) will reach any particular, or all of the following groups who may have particular difficulties accessing talking therapies. Applications must detail communities that will be worked with in the service.

- Black and minority ethnic communities and refugees (BAMER)
- Lesbian, Gay, Bisexual, Transgender (LGBT+) people
- People living with autism
- People with ADHD
- 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

## **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 common mental health needs who require talking therapies to improve their mental health and wellbeing can access these in ways which are appropriate for them.
- Culturally sensitive talking therapies will be developed in partnership with local faith and community groups to ensure services are appropriate and easy to access for all communities and serve a range of diverse needs. Detail on outreach work, co-production and service user engagement is preferable.
- People with common mental health needs can access evidence-based talking treatments such as those which are compliant with NICE guidance or BACP approved.
- People with common mental health needs are supported to recover and live their lives as they wish.

## **Section 3 – Service Delivery/Activities Sought**

Council and NWL ICB funding will specifically support activities which meet the outcomes outlined above.

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

- Delivering talking treatments which are evidence-based, for example through following NICE guidance for common mental health needs, 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.
- Working in partnership with community, faith-based and ground up community organisations to ensure accessibility and flexibility of 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.
- Working with the Primary Care Mental Health Service and IAPT to support a clear and accessible pathway for people with common mental health needs accessing talking therapies.

## **Section 4 – Specific Criteria/Requirements**

This section describes what the Council and North West London ICB 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, Transgender (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 2023/24 - 26/27 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 to 4 above.

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