



Health Partnerships Overview and Scrutiny Committee 18th July 2012

Report from the Director of Strategy, Partnerships and Improvement

For Action

Wards Affected:
ALL

Brent Improving Access to Psychological Therapies Service

1.0 Summary

- 1.1 The Health Partnerships Overview and Scrutiny Committee has been keen to carry out more scrutiny of mental health services in Brent. Clearly this is an important area, but one that has been overlooked by the committee in recent years as it has focussed attention elsewhere. In order to introduce councillors to mental health provision in Brent, a presentation will be given at the committee on Brent's Improving Access to Psychological Therapies Service (IAPT).
- 1.2 IAPT is one of the key mental health interventions available in Brent and has been in place since December 2010. In that time there have been 6,350 referrals to the service. It works with people who meet the following criteria:
- Clients with mild to moderate anxiety and or depressive disorders
 - Those who can be managed within a primary care setting
 - Clients able to benefit from short term psychological interventions.
 - People who do not have complex needs or risk issues or social problems as the main focus.
- 1.3 A presentation pack has been published with the committee's agenda. The presentation will be delivered at the committee's meeting by the IAPT joint Clinical Lead, Dr Anupama Rammohan and Dr Cherry Armstrong, a GP commissioning lead and member of the IAPT Performance Board. When members asked for a report on IAPT the following information was requested:
- How the scheme is functioning
 - The referral process
 - Average waiting times for treatment from the point of referral
 - GP attitudes towards the scheme
- 1.4 Members should ensure their requests for information in relation to these areas are met by the presentation and subsequent questioning.

2.0 Recommendations

(i). The Health Partnerships Overview and Scrutiny Committee should consider the presentation on IAPT services and question Dr Anupama Rammohan and Dr Cherry Armstrong on the schemes operation in Brent.

(ii). Members should consider how they want to follow up their interest in mental health services during the remainder of 2012/13, so that additional items can be added to the committee's work programme.

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