

A Practical Guide to Improving

Primary Care Mental Health

Wednesday 3 November 2010 76 Portland Place, London

TOPICS INCLUDE

- Improving primary care mental health
- The service user perspective
- The Gold Standard Programme in Wales
- Developing a Mental Health Gateway between primary and secondary care
- Improving and measuring the service users experience in primary care
- Early recognition and intervention in primary care
- Implementing the White Paper in primary care mental health
- Improving recovery and wellbeing outcomes for people in primary care
- Ensuring a holistic approach: reducing stigma and social inclusion

CHAIRMAN AND SPEAKERS

Dr Sarah Corlett

Public Health Consultant NHS Lambeth

Sam Allen

*Service Director Sussex Partnership
NHS Foundation Trust*

Dr Alan Cohen

*Director of Primary Care West London Mental Health
Trust and National Primary Care Advisor
Improving Access to Psychological Therapies (IAPT)*



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Primary Care Mental Health

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The majority of people who have mental health problems initially seek help from their GP. Many continue to be treated in primary care, without ever being referred to specialist services. GPs and other health professionals working in primary care therefore need the skills to detect mental health problems and offer the best treatment. The research carried out by the Section of Primary Care Mental Health seeks to help GPs, practice nurses, health visitors and other primary care staff better recognise, diagnose and treat mental illness.

PRIMARY CARE MENTAL HEALTH, INSTITUTE OF PSYCHIATRY, KINGS COLLEGE LONDON
WWW.IOP.KCL.AC.UK

Chaired by **Dr Sarah Corlett** *Public Health Consultant* NHS Lambeth, this one day conference is a practical guide to improving mental health primary care with a focus on the new White Paper 'Equity and Excellence: Liberating the NHS' which was released on 12 July 2010. The morning continues with the service user perspective including increasing involvement and empowerment for service users.

"While NHS commissioning will be the sole preserve of the NHS Commissioning Board and GP consortia, our aim is to ensure coherent and coordinated local commissioning strategies across services, for example in relation to mental health. The Secretary of State will seek to ensure strategic coordination nationally; the local authority's new functions will enable strategic coordination locally."

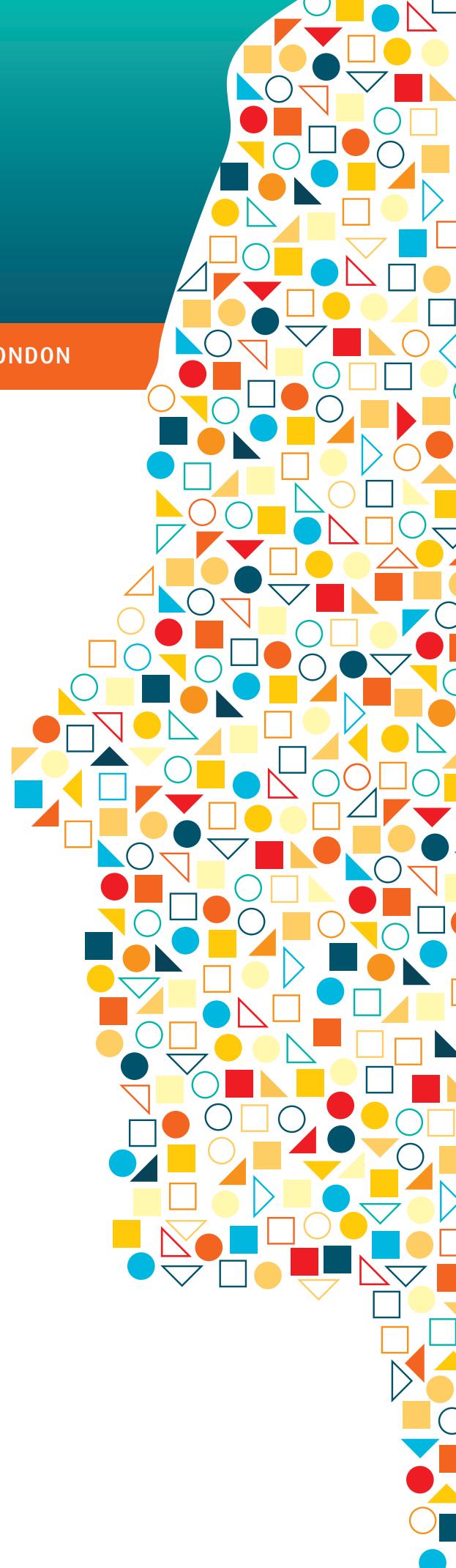
EQUITY AND EXCELLENCE: LIBERATING THE NHS, 12 JULY 2010

You will have the opportunity to hear from **Dr Alan Cohen** *Director of Primary Care West London Mental Health Trust* and *National Primary Care Advisor* Improving Access to Psychological Therapies (IAPT) on implementing the White Paper in primary care mental health, GP commissioning and ensuring access to psychological therapies.

"Mental health is not always well served within the primary care agenda, and opportunities to improve primary mental health care have not been fully grasped by the government and NHS."

PRIMARY CARE AND MENTAL HEALTH, MENTAL HEALTH FOUNDATION
WWW.MENTALHEALTH.ORG.UK

A series of case studies will enable delegates to learn from professionals; and hear first hand experiences of improving primary care mental health. These include; developing a mental health gateway between primary and secondary care, early recognition, reducing stigma and improving recovery and wellbeing outcomes for people in primary care.



Chairman: Dr Sarah Corlett
Public Health Consultant NHS Lambeth

10.00 Chairman's introduction and opening address: Improving Primary Care Mental Health

Dr Sarah Corlett
*Public Health Consultant
NHS Lambeth*

- 'Equity and Excellence' for people with mental health problems in primary and community settings: challenges and opportunities in a new policy environment

10.30 The service user perspective

Nash Momori
*Service User Ambassador
Equality National Council and
Criminal Justice Link Worker
Beyond Prison*

- what users want from primary care services
- increasing involvement and empowerment for service users
- a personal journey

11.00 The Gold Standard Programme in Wales

Dr Huw Lloyd
*Chair
Wales Mental Health in Primary Care Network*

- the Welsh Declaration of Mental Health and Wellbeing
- the three Hallmarks of the Gold Standard Programme
- rolling out the programme

11.30 Questions and answers, followed by coffee and exhibition at 11.40

12.15 Case Study: Developing a Mental Health Gateway between primary and secondary care

Sam Allen
Service Director Sussex Partnership NHS Foundation Trust
with Dr Peter Devlin MB BS MRCP DROG MRCCGP
*Clinical Director
Brighton and Hove Integrated Care Services*

- understanding and managing demand
- information to inform service development
- improving communication and collaborative working

12.45 Improving and measuring the service users experience in primary care

Dr Gabriel Ivbijaro
*Clinical Director/Mental Health Lead NHS Waltham Forest
Chair Wonca Working Party on Mental Health and Editor in Chief
Mental Health in Family Medicine*

- improving and measuring patient experience
- how measurement can act as a starting point for quality improvement
- engaging patients in service improvement

13.15 Questions and answers, followed by lunch and exhibition at 13.25

CASE STUDIES IN PRACTICE

14.15 Early recognition and intervention in primary care Case study: the IAPT programme

Jeremy Clarke
*Chair New Savoy Partnership
and National Adviser IAPT*

- key issues in 'catching depression upstream'
- key elements of patient-centered care
- key quality and productivity challenges for IAPT in implementing NICE guidelines for people with depression

14.45 Implementing the White Paper in primary care mental health

Dr Alan Cohen
*Director of Primary Care
West London Mental Health Trust and
National Primary Care Advisor
Improving Access to Psychological Therapies (IAPT)*

- looking to the future: GP commissioning
- primary care mental health as a long term condition
- ensuring access to psychological therapies

15.15 Questions and answers, followed by tea and exhibition at 15.25

15.45 Improving recovery and wellbeing outcomes for people in primary care Case study: the role of recovery and wellbeing assessment tools

Judy Weleminsky
*Chief Executive
Mental Health Providers Forum*

- how primary care can improve quality, outcomes and recovery focus of psychological therapies services
- how holistic and empowering person centered assessment tools can support progress across all life domains
- the role of the CORE, Recovery Star and Wellbeing Compass as a primary care tools

16.15 Ensuring a holistic approach: reducing stigma and social inclusion

Chris O'Sullivan
*Senior Project Manager
Scottish Development Centre for Mental Health*

- ensuring a holistic approach: reducing stigma and social inclusion
- promoting understanding and better outcomes for people with a mental health diagnosis in primary care
- building capacity for mental health research in primary care

16.45 Questions and answers, followed by close

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Conference Registration

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The CD will be sent out after the conference, please fill in the 'Your Details' section above for delivery, and the 'Payment' section.

Venue

76 Portland Place, London, W1B 1NT. A map of the venue will be sent with confirmation of your booking.

Date

Wednesday 3 November 2010.

Conference fee

- £365 + VAT (£428.88) for NHS, social care, private healthcare organisations and universities.
- £300 + VAT (£352.50) for voluntary sector/charities.
- £495 + VAT (£581.63) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 17.5%.

Group rates

A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

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