

COUNTY DURHAM LINK

Access to Psychological Therapies -notes from meeting 4

2 February 2010 Merrington House, Spennymoor

LINK MEMBERS ATTENDING

Pamela Spurell, Alan Dunn, John Hudson, , Joan Storey, Brewis Henderson, Steve Day, John Hudson, Gerben Andriesson, Mike English, Carole Barker, Jacqueline Dowson, Julie Dempsey,

Liz Greer, Facilitating

APOLOGIES

George Porter, Brian Key

	ACTION
<p>1. Welcome & round table introductions</p> <p>Liz reported that unfortunately today's speaker, Brian Key, had been called at short notice to attend a Trust Board meeting so would be unable to join us today. The Group asked that if this is likely to occur in future that Brian be asked to ensure a substitute is able to attend. Brian to be rescheduled to attend the next meeting of the Group.</p>	Liz
<p>2. Update on work programme since last meeting :</p> <ul style="list-style-type: none">• Limited response (2) from other LINKs in the region about whether Talking Therapies was also a priority from them; we discussed the pros and cons of joint action and information sharing for Durham LINK and the impact on its limited resources; Liz to get more info about their issues & report back to next meeting	Liz
<ul style="list-style-type: none">• Mike suggested finding out more about the work being done by Fiona Turnbull, part of Lanchester Road psychology team	Mike
<ul style="list-style-type: none">• We discussed continuing confusion over 'talking therapies' and 'psychological therapies' and the 'IAPT' Programme funded by central government. The Group reiterated its definition included the widest possible range of talking therapies identified at its first. Steve proposed that the Group change its title to Improving Access to Psychological Therapies in an effort to ensure that by default this did not come to mean simply access to CBT (cognitive behavioural therapy). This was agreed.	ALL
<ul style="list-style-type: none">• The disappointing response from Liam Gilfellow and Susan Rutter to the LINK request to join the IAPT Steering Group was discussed. The Group were	

<p>pleased to hear that a second letter from the LINK had resulted in an invitation to join the Steering Group from the Chair, Anna Lynch. We discussed how we would identify a representative and the support they would need to meet what would be quite an onerous commitment. Agreed that Liz would clarify LINK arrangements for identifying nominees, meanwhile expressions of interest would be sought from the Working Group asap as it's a priority to take the place up sooner rather than later. Expressions of interest recorded from : Pam Spurrell & Gerben Andriesson; Liz to circulate to absent Group Members. Important that LINK rep feeds back on a regular basis.</p> <p>Discussed options of two Members attending or a having a nominated substitute if Member couldn't attend. Liz to discuss with IAPT Group and ask for a full set of all previous papers for the LINK rep as background to IAPT work so far. Liz can support the LINK rep if needed for the duration of her contract with the LINK.</p>	<p>Liz</p> <p>Liz</p>
<p>Follow up with Waddington St and MIND -Steve Day reported back on his discussions with both parties since neither were present at the last meeting. Main feedback was</p> <ul style="list-style-type: none"> • CBT does not meet all needs, short term intervention will not help everyone, the perceived 'six week cure' may not always happen • Concerns over training being too narrow in its focus and only helping people with mild-moderate symptoms • Not sure what is on offer for people with severe and enduring mental health problems • It is difficult to challenge CBT methodology 	
<p>Access to a free bus passes for people with mental health problems-John Hudson reported back on his researches into how easy it is to get a free Bus Pass in Co Durham if you have mental ill health as opposed to a physical disability or a learning disability. Unfortunately what is described by the Council's procedures as a "qualifying disability" is not clearly defined, so there is scope for Officer interpretation. Anyone with mental health problems would need to have an illness more than a year although someone on, for example, the higher rate of DLA should automatically be eligible. John felt that in order to maximise the chances of eligibility, it was essential that applicants had help to complete the application which is quite detailed and suggestions for help included the CAB and Welfare Rights organisations. The Carers Centre in Sedgefield also offer this help in support of carers. John also discovered that some practice managers are able to reimburse travel depending on treatment, but this was not widely known.</p> <p>It was reported that this had also been an issue for the County-wide Mental Health Forum. Liz to follow up with Kate Harrington.</p> <p>In order to assess whether the take-up of free bus passes was disproportionately more difficult for people with mental ill health, it was agreed that John's contact at the Council with responsibility for administering the bus pass scheme would be asked for some data we could look at.</p>	<p>Liz</p> <p>Liz</p>

AOB Mike asked the Group to let him have feedback about any experience they've had on hospital visits of locked doors	
Date of next meeting: Wednesday 24 March 2010 in Bullion Hall, South Approach, Chester Le St 2-4pm Brian Key will be attending as our speaker.	

Liz Greer
Consultant working on behalf of County Durham LINK
Ruahine Training & Consultancy
07766 118890
liz@ruahine.co.uk

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