

**Summary Notes from Anxiety and Depression Network Patient Forum
1st November 2017
4-6.30, High Wycombe Holiday Inn**

Present: Ineke Wolsey (Network Manager), MR (Bucks Healthy Minds), GP (Bucks Healthy Minds), Michelle Lee (Reading University Researcher and project support officer for the Network), DB (Berks Talking Therapies), Ruth Tipping (PPIEE Lead for Milton Keynes Talk For Change), Tom Laverack (PPIEE Lead for Oxon Talking Space PLUS)

Apologies: Jessica McKell (Bucks Healthy Minds PPIEE lead, MT (Talking Space PLUS Oxon), Tanieque Noel-George (Berkshire PPIEE Lead), DA (Bucks Healthy Minds), KP (Berks Talking Therapies)

New member of the group: Tom was welcomed as Oxon Talking SpacePlus PPIEE Lead until the end of the year as he starts his HI training in January 2018.

Notes from last meeting

No inaccuracies noted and all actions closed except for noting deferred agenda items for future meeting as this meeting needed to be dedicated to the 'Maintaining therapeutic gains' project and the App to be developed. Anonymised notes from September meeting to be posted on web site.

Deferred agenda items as follows:

*The group discussed various issues and has asked that the following items are included on the **agenda for a future meeting** (agenda got hijacked by Post discharge staying well: maintaining therapeutic gains' project planning)*

1) On-line therapy

- *How to motivate yourself/ get the support you need to start/ continue/complete*
- *Would a 'buddy system' be helpful where patients can support each other?*
- *Do people apply themselves properly?*

2) Roadmap for patients would be really helpful to give them more information up front about what will happen

Anxiety and Depression network update: Ineke gave an update on the network's activity and achievements over the past 2 months which included the **PPiPCare** programme (Psychological Perspectives in Primary care) being awarded £11,000 by the Strategic Clinical Network for Thames Valley for continued training activity for which we are very grateful. All IAPT services have staff trained up in teaching modules for GPs and others working in primary care (such as health visitors and practice nurses) to detect and manage better patients mental health issues. The teaching

modules are accredited by the Royal College of GPs and they are mostly held in GP surgeries to make attendance easy.

Ineke also reported that she has had successful first discussions with the SCN TV about funding for the **PPEPCare** (Psychological Perspectives in Education and Primary Care) programme which trains up CAMHs (Children and Adolescents MH services) staff to deliver similar teaching sessions to teachers and others to support them in feeling more confident in approaching and managing young people with mental health issues.

Ineke also talked about the importance for services to ensure patients get the correct assessments to ascertain how they're doing if they **suffer with specific anxiety disorders** such as Post Traumatic Stress Disorder, Obsessive Compulsive Disorder or Agoraphobia. Only specific assessment questionnaires address the specific symptoms of these disorders (e.g. for agoraphobia: have you let the house?). All network services have worked extremely hard to increase the number of specific assessments done at start and end of treatment for these anxiety disorders and the network is very pleased to report that collection of paired Anxiety Disorder Specific Measures (ADSMs) scores (at beginning and end of treatment) has improved **from 26% to 41% in the past 9 months**.

An update on the **new, Integrated IAPT services** (for people suffering with a Long term Condition (s) and depression/ anxiety) included outlining the work currently taking place with the commissioners of these services to ensure funding is awarded for the next financial year.

A general discussion took place about the **time of the Patient Forum meetings** as a couple of PPIEE leads have difficulty attending because of childcare. Those present were all willing to turn it into a lunch time meeting instead. **Action: Ineke** to check with those who were not there if a lunch time meeting would be possible going forward and if this would be an option with the venue. It was also decided that we should pull together a list of all meetings in 2018 at the next meeting.

Maintaining Therapeutic Gains project next steps:

Good news is that **Audit Committee has now given its approval** to send out the questionnaire so we can proceed. Ineke has talked with all services separately to support this process and Oxon and Bucks are checking their people banks, ready to pull together a list of patients to send Q out to. Currently Oxon has 25 and Bucks is thought to have a similar number. Berkshire will have a higher number of patients to send it out to and Ruth is currently checking if MK can send out any questionnaires by December to patients who have agreed to be contacted post discharge for service improvement activity.

In response to the service leads request it was decided to postpone **sending out the questionnaires to 1st week of December** to ensure any admin staff needed is in place. A **reminder** to go out **second week in January**. It was thought that we might send out a second round of Qs in the new year if numbers are very low.

Actions for next steps: Michelle to add column for discharge date onto excel spreadsheet. **Michelle** to liaise with all services to support sending out the questionnaires (including providing hard copy Qs and SAEs where needed and clear instructions as well as logo'd questionnaires and text for e-mail which is to include discharge date).

App: the group thought that it was important to hold a wider stakeholder meeting to explore further the functionality needed/ possible for the app. It was thought that we should include:

- The network core team
- Young people and older people
- A GP
- Service leads and their data leads, therapists, technical app developer (**Action: D to** approach colleague)

Meeting to be held end of November/early December.

No AOB

Date of next meeting: Wednesday 31st January 4-6.30 at Holiday Inn High Wycombe