

**Summary Notes from Anxiety and Depression Network Patient Forum
11th July 2018
4-6.30, High Wycombe Holiday Inn**

Present: Ineke Wolsey (Network Manager), M R(Bucks Healthy Minds), Michelle Lee (Reading University Researcher and project support officer for the Network), DB(Berks Talking Therapies), Dawne West (Talking Therapies PPIEE Lead), and Sabaa Mahmud (Healthy Minds PPIEE lead), Emily Gray (Research Assistant with Professor Clark), Ruth Tipping (PPIEE Lead for Milton Keynes Talk For Change), DA (Bucks Healthy Minds), Hannah Jones (Oxon Talking Space Plus PPI lead), Darren Anderson (IT consultant and members of the App project group).

Apologies: K P (Berks Talking Therapies), G P (Bucks Healthy Minds), Anisha Gangotra (Employment Advisor, Bucks Healthy Minds)

Notes from last meeting: notes signed off as accurate and all actions closed. To be anonymised and posted on the Anxiety and Depression Network's web page.

It was agreed that Patient Forum would finish early to allow people to travel home to watch the football☺

Ineke and Michelle gave a quick update on the **Therapy support and follow-up app project**. Following 3 more iterations of their proposal, Global Initiative has now been appointed as the App developer and Ineke has started the procurement and contracting process. As the contracting shouldn't be too complicated (with the most complex issue of IP settled as Global Initiative have awarded the project £15,000 from their social fund which means they won't make a claim to any IP) it is hoped this won't take too long and development can be started soon. More detail had been discussed in the Expert Reference Group meeting that day, including Information Governance Issues/ requirements, Global Digital Exemplar Programme (the project could sit with the Patient Facing/ Self-Management work stream) and specific IT issues. All other therapies that are offered within IAPT and which are not Cognitive Behaviour Therapy (CBT) such as Interpersonal Therapy (IPT), Eye Movement Desensitization and Reprocessing (EMDR) therapy and Dynamic Interpersonal Therapy (DIT) were also discussed to ensure the App will be fit for purpose for all modalities. A Long Term Conditions lead attended to explore any adaptations which should be made to accommodate the LTC side of the App.

Update on **Staying Well** project: the working group met a couple of weeks ago and was attended by Dagmar who gave valuable feedback on the design and use of language for the step 2 workbook which the working group is re-designing. The group had worked hard, amalgamating the best of the materials to pull together vs 1 of the new, user friendly guided self-help work book and vs 1 of the proposed protocol which guides the PWP on what 'staying well/ relapse prevention' work to suggest

for each session. It was agreed that the group will continue working on this and bring the next version to the meeting 4th September 10-12 in High Wycombe.

Feedback from **Recovery Rates** workshop: all services, under the guidance of Prof David Clark, are undertaking more detailed work on a) establishing rate of re-admissions and b) understanding better which patients are most at risk of relapse and re-admission. Rates appeared to be on average 20% and some 3 years between admissions into therapy although a very small number of people are re-admitted earlier and more frequently. Early findings seem to suggest that older patients with LTCs who may not have recovered as well as they might have are most likely to be re-admitted. The network is committed to undertaking more detailed analyses in the next few months to re-consider and further explore the issue at the 17th October Recovery rates workshop.

Another important theme discussed during the workshop was the emerging evidence that **poor sleep** may affect people's recovery rate from **depression**. Services will explore more detailed questioning of people's sleep as a matter of routine at assessment and during treatment.

Recovery rates remain high across Thames Valley and the Long Term Conditions work is rolled out as planned.

Ineke skipped the update on the health care utilisation project in order to finish the meeting earlier but will offer an update at the next PF. **Action on Ineke: add to agenda**

Michelle worked with the group to explore **how the App should be evaluated**. She posed a series of questions for feedback and consultation (looking at evaluation by both patients and staff) using the SAM project report as a template. **Action on Michelle: to produce straw man proposal for evaluation of App by next meeting for discussion**

Improved care for patients in need of **practical support**: Dawn had taken an action to explore further the Friend in Need offering in Berkshire as part of the Patient Forum expressing the wish to look at what practical support is available to IAPT patients across Thames Valley. Dawn let the group know that **Friends in Need** will most likely be available in East Berks (and possibly Bucks). They organise activities for people. It is run by MIND and funded by the CCG.

'Book project' offers mentoring in Slough and **P3** charity offers support with housing issues.

The group discussed the fact that it would be a big piece of work to pull together what practical support is available for patients across TV and it was decided that this needs more discussion and a 'Go/ No Go' decision in view of other commitments and current work load. **Action on Ineke: put on agenda for September**

Date of next meeting: Wednesday 19th September, 4-6.30 at Holiday Inn High Wycombe.