

# Health and Adult Social Care Scrutiny Committee

## 16 May 2024

### Talking Therapies and Step 4 Psychotherapy Services

#### Report of the Statutory Scrutiny Officer

#### **1 Purpose**

- 1.1 To scrutinise the pathways to the Talking Therapies and Step 4 Psychotherapy Services, and the actions being taken to reduce inequalities in the context of access to mental health services.

#### **2 Action required**

- 2.1 The Committee is asked:

- 1) to make any comments or recommendations in response to the report from the NHS Nottingham and Nottinghamshire Integrated Care Board (ICB) on the Talking Therapies and Step 4 Psychotherapy Services; and
- 2) to consider whether any further scrutiny of the issue is required (and, if so, to identify the focus and timescales).

#### **3 Background information**

- 3.1 Talking Therapies is a service provided by NHS-accredited practitioners to offer psychological support to people affected by depression, excessive worry, social anxiety or post-traumatic stress disorder. Support is also delivered as part of a new psychological therapies pathway within Community Mental Health services for people with more severe or treatment-resistant depression or complex trauma, or as part of the wider psychiatric treatment for people with severe mental illness (this includes patients receiving treatment from the Local Mental Health Teams and other Community Mental Health services).
- 3.2 Psychological therapies are delivered through a stepped care approach, offering the least intensive interventions appropriate for someone's needs, increasing or decreasing as required. Interventions can include Cognitive Behavioural Therapy, Psychodynamic Psychotherapy, Interpersonal Therapy, and Eye Movement Desensitisation and Reprocessing. Talking Therapies delivers Step 2 and Step 3 interventions for mild to moderate and moderate to severe common mental health disorders, and Nottinghamshire Healthcare NHS Foundation Trust delivers both Step 4 Psychology and Psychotherapy interventions for people with severe and recurrent mental health needs and serious mental illness, both within its Step 4 Service and other Community Mental Health services.

- 3.3 As part of the Adult Community Mental Health Transformation Programme, the NHS Long-Term Plan 2019 requires local healthcare systems to expand psychological therapies within Community Mental Health services for people with severe mental illness as part of wraparound support to improve the experience and effectiveness of care. The ICB is working with providers to implement and embed the four national principles for mental health care to improve appropriate referrals to Community Mental Health services and Talking Therapies for anxiety and depression; improve the ability for people to ‘move’ between services where appropriate; increase the provision of evidence-based psychological therapies for severe mental health problems and outcome monitoring as part of Community Mental Health transformation; and avoid duplication of service provision across mental health pathways.
- 3.4 In addition to the national standards that services must meet, there continues to be a local focus on increasing access to needed treatment by black, Asian and minority ethnic groups, people aged 18 to 25 and people with long-term conditions. Services are intended to deliver a model that addresses the particular local need and health inequalities, working with individual Place-Based Partnerships to focus on population-level health outcomes and tackle disparities. This approach particularly engages with people, partners and voluntary sector organisations to focus on hard-to-reach groups.
- 3.5 The Committee has previously considered access to psychological support services at its meetings on 16 September 2021 and 15 September 2022.

#### **4 List of attached information**

- 4.1 Report: NHS Talking Therapies and Step 4 Psychological Therapies Services

#### **5 Background papers, other than published works or those disclosing exempt or confidential information**

- 5.1 None

#### **6 Published documents referred to in compiling this report**

- 6.1 [Talking Therapies Service](#)

- 6.2 [Step 4 Psychotherapy Service](#)

- 6.3 Reports to, and Minutes of, the Health and Adult Social Care Scrutiny meetings held on:

- [16 September 2021](#)
- [15 September 2022](#)

#### **7 Wards affected**

- 7.1 All

## **8 Contact information**

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