

Psychological Therapies in the NHS

A New Deal for Depression Happy 70th Birthday NHS

Wednesday 21- Thursday 22 March 2018
Millennium Conference Centre, London

Speakers & Keynote Chairs include

- Luciana Berger MP, President, Labour campaign for mental health
- Anne Longfield, Children's Commissioner
- Mark Easton, BBC Home Affairs Correspondent
- Sarah Brennan, Chief Executive, Young Minds
- Sarah Hughes, Chief Executive, Centre for Mental Health
- Paul Farmer, Chair, oversight group for the Five Year Forward View for mental health
- Dr Kate Lovett, Dean, Royal College of Psychiatrists
- Danielle Hamm, Chair, Mental Health Policy Group & Associate Director, Rethink
- Dr Matthew Patrick, Director of Mental Health in London & Chief Executive, SL&M
- Professor Gillian Leng, Deputy Chief Executive, NICE
- Dr Naomi Moller, Joint Head of Research, BACP
- Professor Paul Burstow, Professor of Mental Health Policy, University of Birmingham
- Dr Lorna Farquharson, Clinical Lead, 3rd National Audit of Psychological Therapies
- Dr Amra Rao, Chair, Leadership & Management Faculty, BPS
- Dr Felicitas Rost, President, Society for Psychotherapy Research UK Chapter
- Jeremy Clarke CBE, Chair, New Savoy Conference

Supporting Organisations



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Psychological Therapies in the NHS

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Welcome to the 11th Annual Psychological Therapies in the NHS conference.

Dear Colleague

I am pleased to announce The New Savoy 11th Annual Psychological Therapies in the NHS Conference on 21st & 22nd March 2018 at the Millennium Conference Centre, London: A New Deal for Depression: Happy 70th Birthday NHS! In the next few weeks the committee reviewing evidence for NICE will make its final recommendations for a new depression guideline. Ever since Lord Layard dubbed depression Britain's biggest social problem, what NICE recommends determines what the NHS delivers. So, a new depression guideline is a significant landmark that will shape psychological therapy provision in the next decade.

What will a new deal look like – will it change the game? For Jeremy Hunt and the Prime Minister, the government's £2.4 Bn. in the Five Year Forward View for mental health speaks for their commitment. So, it was instructive to see Simon Stevens, NHS England's Chief Executive, dangling the prospect of renegeing on this deal ahead of the budget. And you only need look at Health questions in Parliament to hear the same statistics repeated in answer to almost every question: we are investing more, and treating more people than ever before, thanks to IAPT. In other words, mental health has achieved the status of political football.

Thanks to the Young Royals it has also risen above party politics. When one hears William, Harry and Kate and, no doubt, Meghan in due course, talk movingly from personal experiences, it is clear we have crossed a Rubicon. No longer can funding for mental health remain marginalized. Paul Farmer and Jackie Dyer, and a host of others, including Professor Graham Thornicroft, who led the research, have shifted the dial on stigma for good. But we cannot say the same for reducing the burden of depression. And if we reflect on what response a young Harry would get from his local IAPT service, wanting help with post bereavement issues, he may fall into the category around 1 million others fall into each year, and not end up with any help. The burden of depression will not reduce in this way.

But there are signs the new NICE guideline may land on a mental health landscape now ready for reform. The realization that early intervention means scaling up access in schools for children and young people has finally dawned on policy makers. Sarah Brennan at Young Minds has led the charge. With Children's Commissioner, Anne Longfield, their frank honesty about CAMHS to Simon Stevens shows there are other leaders who take their 'duty of candour' seriously. This year's event starts with their assessment of the road ahead for joint work with schools.

At the other end of the spectrum, often when our interventions have failed, Professor Sir Simon Wessely has been asked to review the use of compulsory treatment under the Mental Health Act. Activists in the UN have pointed out that our current system may be incompatible with human rights legislation. For this debate, we need the help of a philosopher, a lawyer, a psychiatrist and an expert by experience. Our first day will close with this important discussion about the human dilemmas at stake.

But these reforms and, indeed, success of the Five Year Forward View itself, rest on some key structural changes. Here, it is now clear we are up against a deal breaker. Health Education England's long-awaited workforce strategy turned out not to be worth the wait. But without expansion of the psychological therapies workforce the targets cannot be delivered. Perhaps it is time for us to dangle suspension of waiting time and access targets, (even outcome reporting?), until they deliver their side of the contract? Our staff wellbeing survey raised the alarm. Our Charter, which NHS England and Health Education England are both signed up to, calls to re-set the balance. Is it time for psychological therapy clinical leaders to have some difficult conversations with strategic leads for their regional NHS Sustainability and Transformation Plans? We will be starting and continuing those discussions not least because, without revealing specific recommendations - the new NICE guideline will be undeliverable otherwise.

Two other barriers stand in the way of reform: the first is NICE's outdated hierarchy of evidence. This is ill-suited to an ageing NHS, literally, in the sense that older people just do not fit into a single guideline. The huge stakeholder response to the depression guideline pointed out that NICE embeds a kind of institutionalized discrimination not just against older people but also other population groups. NICE's Deputy Chief Executive, Professor Gillian Leng, will join us to discuss this issue with leading researchers. The second issue is the running sore of welfare benefit reform, and its negative impact on mental health, that undermines whatever benefit we make to population wellbeing. Have we reached a consensus now for how we can turn the tide? The BBC's Mark Easton will find out.

Join us for what will be a fascinating conference.

Jeremy Clarke CBE Chair New Savoy Conference

Day 1 Wednesday 21 March 2018: A New Deal for Depression

10.00 Welcome and introduction

Jeremy Clarke CBE *Chair New Savoy Conference*

10.15 Question Time: A New Deal for Depression for Children and Young People

Chair: Mark Easton *Home Affairs Correspondent BBC*
Luciana Berger MP *President Labour campaign for mental health*
Anne Longfield & Sarah Brennan *Children's Commissioner, & CEO Young Minds*

- Starting from an honest place: what makes children and young people depressed today?
- Key messages to the government for transforming children and young peoples' mental health on waiting times, access, provision, choice and outcomes
- Joint working between schools, colleges and the NHS: what is needed to make it happen?

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

11.45 Morning Keynote: Crisis, what crisis?

Is there a crisis in the psychological therapies workforce?

Chair: Paul Farmer *Chair, Five Year Forward View & CEO MIND*
NHS England and Senior Professional Leaders tbc

- Who is responsible for funding and delivering workforce expansion in talking therapies?
- Why are the skills and capacity gaps in IAPT services continuing to grow?
- Will there be new funding for the workforce to implement the New NICE guidance?

13.00 Questions & answers followed by Lunch and exhibition at 13.10

14.00 Afternoon Keynote: The new NICE guideline for depression

Chair: Matthew Patrick *Chief Executive SL&M NHS FT*
Members of the NICE Guideline committee to be announced

- What are the key changes in the new guideline?
- What are the main implementation challenges for the new guideline?
- Is it what we hoped for and can we expect it to help reduce the burden of depression?

14.45 Conference Splits into Facilitated Workshops

Workshop 1: The Wessely Review – human rights & compulsory treatment

Members of the Mental health and justice project, and advisors to the Wessely review

Workshop 2: Improving your staff wellbeing:CLaN

Members of the BPS/NSP Charter for Staff Wellbeing & Collaborative Learning Network

Workshop 3: Developing our workforce

Members of the Psychological Professions Networks supported by Health Education England

Workshop 4: Depression in Primary Care The new NICE guideline

Members of the NICE depression guideline committee

Workshop 5: Commissioning for the new NICE depression guideline

Members of the NICE depression guideline committee

Workshop 6: The 3rd National Audit for psychological therapies: focus on secondary care services for depression

Members of the Royal College of Psychiatrists' Centre for Quality Improvement National Audit Team

15.45 Questions and answers, followed by tea and exhibition

16.15 Closing Keynote Day 1: Human rights and compulsory treatment in mental health: dilemmas for the Wessely review of the Mental Health Act

Chair: Danielle Hamm *Chair Mental Health Policy Group & Associate Director of Campaigns and Policy Rethink Mental Illness*
Professor Wayne Martin *Professor of Philosophy University of Essex*
Members of Mental health & Justice group; advisers Wessely review

- Schisms in how we are (not) upholding human rights in mental health
- Can we objectively assess mental capacity and does this help the Review?
- Where now for the Wessely Review and for compulsory treatment?

17.30 Final Plenary followed by New Savoy Reception at 18.00

09.30 Welcome and introduction

Jeremy Clarke CBE *Chair* New Savoy Conference

09.50 Opening Keynote: Systematic reviews for an ageing NHS
Does NICE need to change its methodology?

Chair: Professor Paul Burstow *Professor of Mental Health Policy* University of Birmingham & *Chair* Tavistock & Portman NHS FT

Professor Gill Leng, *Deputy Chief Executive & Director of Health & Social Care* NICE

Dr Naomi Moller *Joint Head of Research* British Association for Counselling and Psychotherapy & *Senior Lecturer* School of Psychology, Open University

Dr Felicitas Rost *President*, Society for Psychotherapy Research UK

- What is NICE's current methodology for evaluating psychological therapies?
- Why do some systematic reviews arrive at different findings from others? Is this a problem?
- How will we know if the new NICE guideline for depression is being implemented well? and why shouldn't we be able to use this knowledge in future guidelines?

10.50 Questions & answers followed by coffee and exhibition

11.30 Morning Keynote: Parity, what parity?
Where are the 3,000 new therapists promised in the Five Year Forward View?

Chair: Sarah Hughes *CEO* Centre for Mental Health

Dr Kate Lovett *Dean* Royal College of Psychiatrists
Senior Professional Leaders in Psychological Therapies tbc

- Where are the biggest gaps in skills and capacity for NHS psychological therapy services?
- How will we ensure the Five Year Forward View makes good the gaps?

12.30 Question and answers, followed by lunch and exhibition at 12.30

13.30 Conference Splits into Facilitated Workshops

Workshop 7: Establishing a voice for psychological therapies in workforce planning

Leading members of the Psychological Professionals Network (PPN)

Workshop 8: Making a safe space for your staff team to talk about the impact that unrealistic targets are having on their wellbeing – and what then to do

Members of the BPS/NSP Charter for Staff Wellbeing & Collaborative Learning Network & NHS England lead for staff wellbeing (invited)

Workshop 9: New models for sustainability and transformation in mental health

Senior leaders in Greater Manchester Combined Authorities and London Strategic Mental Health Leads (invited)

Workshop 10: : Treating depression in secondary care: the new NICE guideline

Members of the NICE depression guideline committee

Workshop 11: New models for integrated commissioning in mental health

Senior mental health commissioners in Clinical Commissioning Groups tbc

Workshop 12: New guidance for psychological therapists from the Work and Health Unit about employment

Members of the government's Work and Health Unit

14.45 Any Questions: Could we get cross-party consensus on how best to support welfare claimants with mental health issues to be able to return to work?

Chair:

Mark Easton *Home Affairs Correspondent* BBC

Senior political leaders and experts in welfare reform and mental health tbc

- Should the government accept its current system lacks compassion and that people with mental health issues should be exempt from sanction?
- What is the ethical responsibility for psychological therapists who the government expects to be helping people on benefits with depression?
- How should we integrate employment support and counselling so that compassion for the individual claimant / patient is central to both?

16.15 Close

Psychological Therapies 2018

Conference Registration

Wednesday 21st - Thursday 22nd March 2018 Millennium Conference Centre London

Download

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Fax the booking form to
0208 181 6491

Post this form to Healthcare Conferences UK
8 Wilson Drive, Ottershaw, Surrey, KT16 0NT

> Your Details (please complete a new form for each delegate. Photocopies are acceptable)

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Department

Organisation

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Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box,
Please also ensure you complete your full postal address details for our records.

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This form must be signed by the delegate or an authorised person before we can accept the booking

(By signing this form you are accepting the terms and conditions below)

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Signature

Card billing address

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Evening Drinks Reception

Please indicate here if you wish to attend the evening drinks reception on Wednesday 21 March 2018.

Workshop Choice

Please indicate which Workshop you would like to attend

Day 1

Day 2

Venue

Millennium Gloucester Hotel and Conference Centre
4-18 Harrington Gardens London SW7 4LH. A map of the venue will be sent with confirmation of your booking.

Date

Wednesday 21 - Thursday 22 March 2018

Conference Fee

- £450 plus VAT (£540) for NHS Delegates
 10% discount for NSP Members (£415 plus vat)
 £595 plus vat for commercial organisations

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

Terms & Conditions

A refund, less a 20% administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the conference. We regret that any cancellation after this cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome at any time.

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Charter for psychological staff wellbeing and resilience

Findings from the British Psychological Society and New Savoy staff wellbeing surveys in 2014 and 2015 have shown that psychological professionals are working under stress. They are reporting burnout, low morale and worrying levels of depression. We need to take action to improve the wellbeing and resilience of our psychological staff.

We know good work promotes good wellbeing. We know good psychological therapy services promote good wellbeing. Psychological professionals who are delivering frontline services should expect to be well supported in their important work. We need clinical leaders, managers & commissioners who understand the nature of this work, who value the dedication and sense of vocation of staff, and who support their staff wellbeing and work-life balance.

This charter aims to re-set the balance in the drive to improve access to psychological therapies. It calls for a greater focus on support for their staff wellbeing to sustain the impact that we know these services can have when delivered effectively. Services with good staff wellbeing are more sustainable and will make the most difference to the lives of those they are helping.

We commit to promoting effective services through models of good staff wellbeing at work. We will do this by engaging in reflective and generative discussions with colleagues, other leaders, and frontline staff to co-create compassionate workplaces and sustainable services. The organizations that support this charter will monitor and improve the wellbeing of our own staff. We will share this learning with the Charter Network. We commit to a collaborative effort and shared responsibility to fulfill the aims of the Charter.

