

# Achieving Better Access to Early Intervention in Psychosis Services

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NATIONAL COLLABORATING CENTRE FOR MENTAL HEALTH

# National Collaborating Centre for Mental Health (NCCMH)

- Based in Royal College of Psychiatrists and British Psychological Society (UCL)
- Purpose: **to get high-quality research into practice**
- 30 **NICE guidelines** in mental health (2001-2016)
- National Implementation programme (**Achieving Better Access** to NICE recommended mental health by 2020)
- International work (Netherlands, Turkey, Italy, Georgia, Canada, South Korea, OECD, Qatar)
- Systematic Reviews (Academy of Medical Royal Colleges, Department of Health, NIHR)

# Completed NICE mental health guidelines

- **Behavioural**
  - Self-harm: short-term physical & psychological management (2004)
  - Self-harm: longer-term management (2011)
  - Antisocial behaviour and conduct disorders in children and young people (2013)
  - Violence and aggression (2015)
  - Challenging behaviour and learning disability (2015)
- **Cognitive Disorders**
  - Dementia (2006)
- **Depression and Anxiety**
  - Depression (2004) (2009)
  - Depression in children and young people (2005)
  - Post-traumatic stress disorder (2005)
  - Obsessive-compulsive disorder (2005)
  - Depression with chronic physical health problems (2009)
  - Anxiety (update) (2011)
  - Common mental health disorders (2011)
- **Eating Disorders**
  - Eating Disorders (2004)
- **Neurodevelopmental**
  - Autism in adults (2012)
  - Attention deficit hyperactivity disorder (2009)

# Completed NICE mental health guidelines

- **Perinatal**
  - Antenatal and postnatal mental health (2007) (2014)
- **Personality Disorder**
  - Borderline personality disorder (2009)
  - Antisocial personality disorder (2009)
- **Severe mental illness**
  - Schizophrenia (2004) (2009)
  - Bipolar disorder (2006) (2014)
  - Psychosis with substance misuse (2011)
  - Psychosis & schizophrenia in children & young people (2013)
  - Psychosis & schizophrenia in adults (2014)
- **Service User Experience**
  - Service user experience (2011)
- **Substance misuse**
  - Drug misuse – psychosocial interventions (2007)
  - Drug misuse – opioid detoxification (2007)
  - Alcohol-use disorders (2011)
  - Psychosis with substance misuse (2011)

# NICE guidelines under development

- Attachment problems in LAC (**November 2015**)
- Mental health problems and learning disabilities – (**September 2016**)
- Mental health and the criminal justice system - (**November 2016**)
- Eating Disorders – (**April 2017**)
- Depression in adults (update) – (**tbc 2017**)

# Acievements for NCCMH

- First ever NICE guideline (chaired by TK; facilitated by SP; systematic Reviews by CW): **schizophrenia** NICE Clinical Guideline No 1
- First NICE/SCIE Guideline on Health and social care (**dementia**)
- First NICE Quality Standard (**dementia**)
- First NICE guideline outside the UK (**Turkey**)
- First NICE Quality Standard outside the UK (**Georgia**)
- First NICE guideline with Department of Education (**Children's' attachment**)
- Lancet Paper of the Year Award 2004 (**childhood depression**)
- Value in Health Paper of the Year Award 2011 (**schizophrenia**)

# NCCMH Implementation of NICE

- NCCMH produce the guidelines, information for the public, conferences and talks, media activity
- NCCMH publications in BMJ, BJPsych, Guidelines in Practice, Nursing Times, Psychiatric Bulletin
- NHS England asked NCCMH to help NHSE improve access to NICE recommended treatment and to help implement plans to improve access to mental health services (**Achieving Better Access**)

# Achieving Better Access (ABA) to Mental Health Services

- **Ambitions set out in:**
  - [Achieving Better Access to Mental Health Services by 2020](#)



# Achieving Better Access programme

- A 5 Year Plan for mental health services
- Achieving Better Access by:
  - Improving access
  - Introducing waiting times
  - Guiding commissioners
  - National programmes for audit and quality improvement

# ABA projects 2015/16

- Eating disorder (CYP) - **Published 3 August 2015**
- Early intervention in psychosis (EIP) - **Publishing December 2015**
- Perinatal - **Publishing January 2016**
- Crisis Care for all ages - **Current**
- Dementia - **Current**

# Possible projects – the future

- The Future
  - Acute care (adults and CYP)
  - School refusal (CYP)
  - Self-harm (CYP)
  - Somatoform disorders
  - Complex emotional trauma (BPD)
  - Bipolar Affective Disorder
  - Substance misuse
  - Eating disorders (Adults)
  - ADHD
  - Autistic spectrum disorder

# The Expert Reference Group (ERG)

- **ERG:** a Chair & Deputy Chair, a facilitator, clinical & service experts, service users & carers and stakeholders
- **Technical Team:** Technical lead, systematic reviewer, project manager, research assistant, quality assurance, financial modelling
- **National advisors:** clinical, service & commissioning advisors
- **NHSE:** working closely with NCCMH throughout and join ERG
- **NICE:** to ensure the quality assurance process

# Key products

- Access and waiting time standard
- Commissioning guide
  - Care pathway (including clock starts and stops)
  - Guidance on safe & effective staffing with workforce calculator
  - Service specification
  - Reporting and Outcome measures
  - Best practice services/sites
- Audit specification
- Network accreditation

# Process overview

- NHS E refers new standard to NICE/NCCMH
- NCCMH set up Expert Reference Group (ERG)
- ERG meets face-to-face 3-7 times over 6-12 months (depending on size of project)
- Technical Team and ERG work collaboratively to create products
- NHS E publishes standards, guide and tools
- Launch of national accreditation and QA network (with CCQI)

# Developing the access and waiting standard, pathway and guide

- Define care pathway
- Clock starts and clock stops (Referral to Treatment)
- NICE recommended treatment

# Developing reporting standards and outcome measures

- Purpose: Define data needed throughout pathway to monitor efficiency and effectiveness



# Developing the audit specification

- Purpose: **Establish current service provision to identify need**
- Develop audit specification
- Submit proposal to NHS E
- Commission the audit

# Developing guidance on safe & effective staffing and the workforce calculator

- Purpose: **Support service providers and commissioners in identifying & costing workforce and skills needed to meet the standard**
- Define roles, competencies and training needed to deliver NICE-recommended care, (e.g. medication, psychological treatments, supported employment)
- Economic research to establish cost
- Economist leads development of calculator
- Test the calculator with service providers
- Finalise development after consultation and testing