

A close-up portrait of an elderly man with white hair, smiling broadly. He is wearing a light-colored, vertically striped shirt. The background is a soft, out-of-focus outdoor setting.

**Dorset HealthCare**  
**Increasing Older Adult**  
**Access to Psychological**  
**Therapies in**  
**Southampton - the**  
**Challenges & Delights!**

**Liz Doyle – Steps to**  
**Wellbeing.**

# Southampton S2WS

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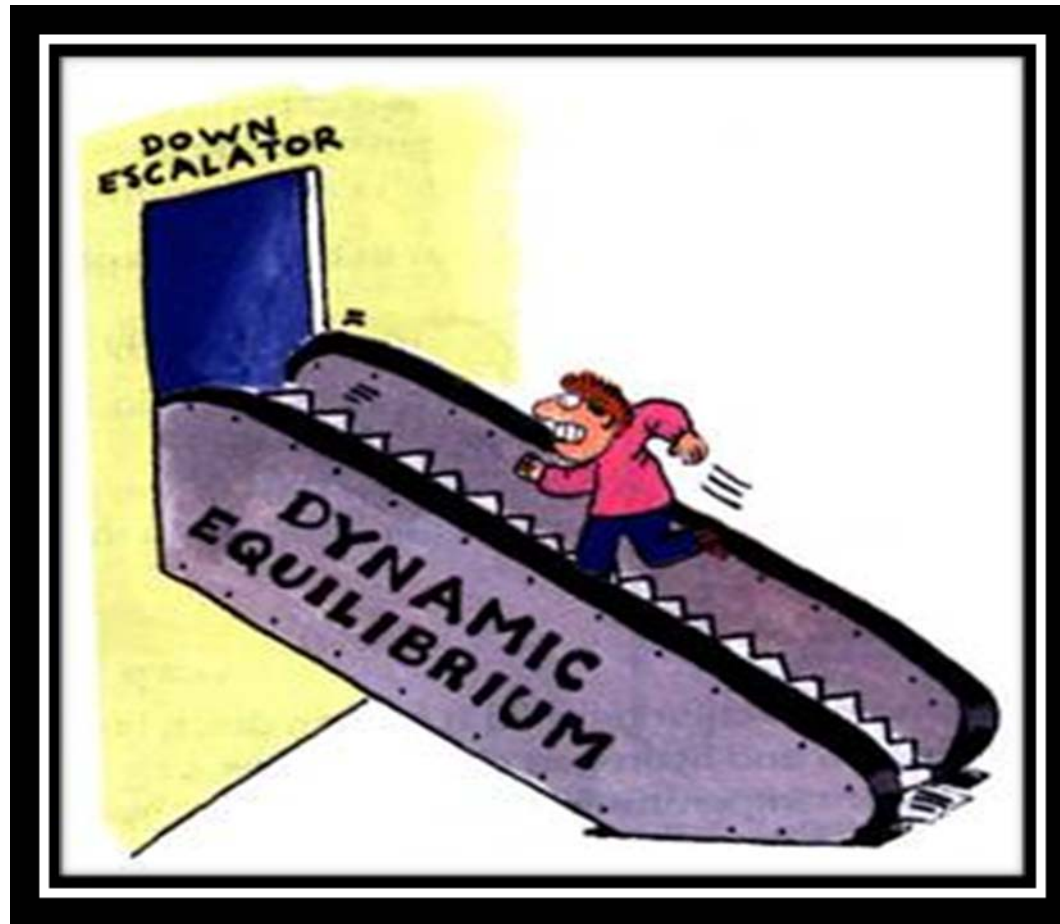
- Steps 2 Wellbeing – Dorset wide IAPT
- Diverse team of clinicians
- City ‘island’
- Commissioned by Southampton City CCG
- Secondary Care – Southern Health.

- **Prevalence of Over 65s is 13.2%**
- 15% forecast increase in 65+ (2015 – 2021)
- 20% forecast increase in 80's+ (2015 – 2021)

## **General Population:**

- 300% increase in the 'other white' ethnic group in the last 10 years
- 17.6% born outside the UK
- 23% live in most deprived geographical areas in England

# .... The story so far ....



# The Challenge!

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Target of 7% of total referrals ....

- 2014 - 2015 = 6.3%
- 2015 - 2016 = 5.9%
- 2016 - 2017 = 5.2%

**HELP!**

How did this happen?

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# Staff changes

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- 2014 Champion role – time & resources
- 2014 LTHC pilot project
- 2014 Counselling team TUPE
- Staff attrition ....
  - Loss of expertise & knowledge
  - Loss of networking in the community

# How to IAPT40A ... now?

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STOP ....

... LOOK & LISTEN

... PLAN

# Networking - internally

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- Audit gaps in referrals
- Use Data Analyst e.g. Home Visits
- Building a team of OA Champions
- Communicate the need among wider team
- Problem-solve with staff
- Upskilling *ALL* staff in OA working



# Networking - externally

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- GP's
- Better Care Southampton & Cluster groups
- Health Care Professionals
- Secondary Care
- Social Care Services
- Voluntary sector & Community Venues

# Lessons Learned

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1. Monitor & address assumptions -
  - “Understandability phenomena”
  - “The Fallacy of Good Reasons”
  - “Normal aging”
2. Manage expectations of therapy
3. Maximise on what’s already there

# The Delights!

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S2W Workshop 4 Over 65s

Community Group Plans

City-wide Working



# S2W Workshop 4 Over 65s

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- In community settings
- Clear networking and marketing objective
- Taster session
- 'Over 65'
- Focus on keeping mentally well over 65
- Clear communication about access S2W

# Workshop Feedback

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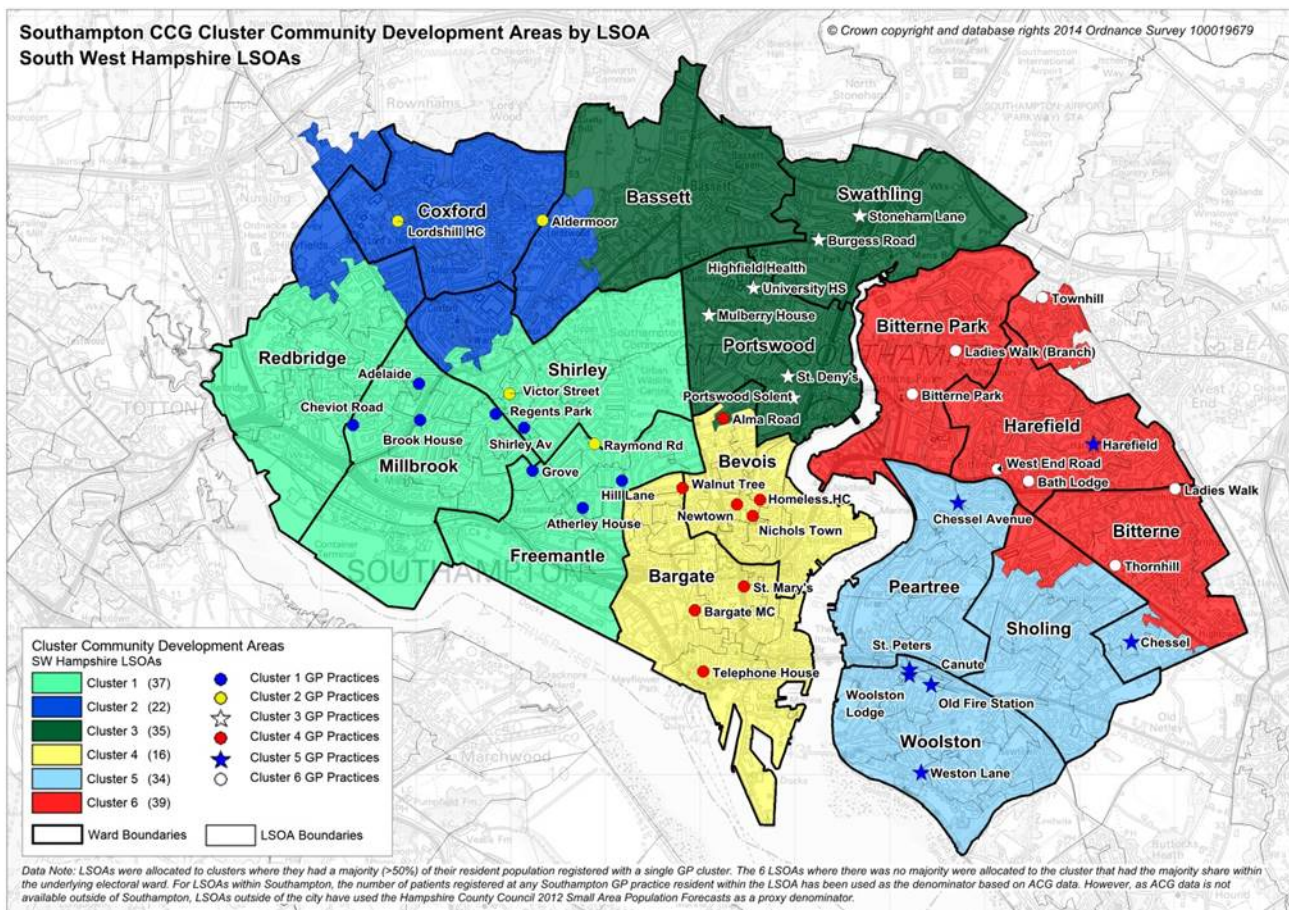
Following on from your brilliant and well received talk a few weeks ago, I wondered if I could persuade you to come back again for a return visit? The group was so affected by your presentation last time, it really stimulated a lot of discussion

# Community Group Plans

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- Concept – arose out of a networking event
- Writing and planning – 10 sessions
- Blocks to progress
- Catalytic conversation

# City-Wide Working



# Heart of the Matter

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# References

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- A Clinician's Guide to: CBT with Older People  
Laidlow, K & Chellingsworth, M (2016)
- Southampton CCG, Transforming Primary  
Medical Care in Southampton: Five year  
Strategy 2016 – 2021