

# GP Practice Briefing

## Living Life to the Full - e-CBT



### Background

Living Life to the Full (LLTTF4Suffolk.com) provides low intensity online Cognitive Behavioural Therapy (CBT). As a self-directed programme it is a very useful offer for anyone presenting with stress, anxiety and/or low mood giving instant access to practical help for managing mood. It is also useful for people waiting for further help for their emotional difficulties. The programme offers its users an option for 3 supportive telephone sessions over a 6 week period in

addition to self-directed online therapy and is suitable for anyone aged 18 or over with common mental health and emotional issues.

***If your patient's difficulties are more long term and severe and they present with risk and/or if they have an established psychiatric diagnosis and previous episodes of psychiatric care, they could benefit more from an assessment with a mental health professional than this service.***

### How does it work?

Living Life to the Full (LLTTF) is a life skills course that aims to provide access to high quality, practical and user-friendly training in life skills. The course content teaches key knowledge in how to tackle and respond to issues/demands which we all meet in our everyday lives. Courses cover low mood, stress and resilience which enables people to work out why they feel as they do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking, and more.

LLTTF provides high quality, accessible resources using award-winning, practical CBT treatment tools. Living Life to the Full is designed to help patients who may be at, or below, the threshold for Improving Access to Psychological Therapies (IAPT) which form part of Wellbeing Services.

The courses offered are:

- Living Life to the Full
- Living Life to the Full for farmers
- Living Life to the Full for parents of children facing life threatening illness
- Reclaim your life – long term conditions
- LLTTF for chronic pain
- LLTTF diabetes
- Enjoy your bump
- Enjoy your baby
- Enjoy your infant
- LLTTF Without Walls, for those who have recently left prison or become homeless



By providing access to LLTTF to all practices we aim to:

1. Give patients an opportunity to access resources earlier and start treatment promptly
2. Reduce primary care workload (estimate 1/3 of a consultation saved for every referral made)
3. Increasing IAPT uptake for those with LTCs, and those in contact with liaison psychiatry and thus using this programme as a way of linking liaison psychiatry, LTC services, and primary care.

Practices are able to direct patients to the locally branded site [www.LLTTF4Suffolk.com](http://www.LLTTF4Suffolk.com) enabling them to access the relevant online CBT resources easily. To help publicise the scheme, there is information for screens in your waiting rooms, a black and white printable leaflet within SystemOne and a PDF for EMIS practices, posters and business cards are available. For patients who prefer not to use an online resource, the LLTTF publications are available in all local libraries via Books on Prescription.

***Practitioners remain responsible for risk assessment, just as with prescribing medication. LLTTF is not suitable as sole treatment for those with significant risk, but could be part of a safety plan, developed with the patient, perhaps also using the 'Stay Alive' smartphone app (Available on the Apple and Google online stores free of charge), and using I Feel So Bad I Can't Go On (available to all users on the LLTTF4Suffolk 'landing page'), as a resource, along with discussion with AAT.***

On initial entrance to the site, patients complete a brief mood quiz which covers screening questions based on PHQ and GAD. For Patients who meet the IAPT level, and agree to support, a 'pop up' box will appear on the site and the patient will fill in brief details thus enabling an IAPT worker to contact the patient by phone to check appropriateness for this level of treatment. If the patient is deemed as needing a higher level of treatment, they will be stepped up within the Wellbeing Service. As the patient works through the course of treatment, there will be routine contact from the IAPT worker via phone/email to motivate them to use the online resources to improve their wellbeing and reach recovery. Patients indicated as not meeting the IAPT threshold, or those who do not agree to support, are able to access relevant resources that resonate with them for their emotional wellbeing without guided support from an IAPT worker, and will be offered email prompts.

Patients do not need to contact their GP to use this resource. The LLTTF online resource will also be publicised with Ipswich Hospital and West Suffolk Hospital to tie in with patients with long term conditions. There will also be wider publicity from spring 2019 in various places encouraging patients to care for themselves.

Patients wanting immediate help with panic need only select the big red 'Panic Button', to access an e-book on dealing with panic attacks.

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### **When does this start?**

The new service is available for use now.

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### **What do I need to do?**

Your practice manager will be supplied with business cards, posters, example leaflets via the Practice Manager Forum on 12<sup>th</sup> March 2019. Black and white leaflets are available to print out from DXS and PDF versions will be sent to all practices together with a powerpoint slide for waiting room screens. Professor Chris Williams will also be speaking at 14<sup>th</sup> March GP training and Education Event.

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### **Benefits to patients**

- Offers an effective evidence based alternative to medication
- Allows patients instant access to resources enabling them to start treatment immediately
- Convenience – patients can access the materials in a place and at a time to suit them
- Courses are easy to follow, in an easy read format and not too lengthy
- Access to IAPT support worker if needed
- Gives patients the tools to help themselves
- Over half of patients undertaking computerised CBT recover

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### **Benefits to Healthcare Professionals**

- Can offer effective treatment straight away
- Potential to cut down on the number of future appointments
- Potential to save on medication costs
- LLTTF can be promoted widely and patients do not need to see a GP to start it

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LLTTF content is written by a highly qualified Consultant Psychiatrist and specialist in CBT – award winning author Professor Chris Williams is President of the British Association for Behavioural and Cognitive Psychotherapies and a recognised teacher/trainer. LLTTF is one of the world's most used CBT life skills programs – widely used in the UK, EU and in North America

### **Any further queries:**

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