

Practice Briefing

Living Life to the Full Pilot

Background

As part of our commitment to improving services for patients with emotional distress and common mental health conditions Ipswich and East Suffolk CCG have been working in partnership with Living Life to the Full and Wellbeing Suffolk to develop a localised pilot of Living Life to the Full materials for the 13 Ipswich practices.

How does it work?

Living Life to the Full (LLTTF), run by Five Areas Ltd, 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 resiliency which enable 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. Five Areas Ltd provide high quality, accessible resources using award-winning, practical Cognitive Behavioural Therapy (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
- Reclaim your life – long term conditions
- LLTTF for chronic pain
- LLTTF diabetes
- Enjoy your bump
- Enjoy your baby
- Enjoy your infant

The pilot will be a one year 'trial', aimed specifically at introducing LLTTF with 2 aims:

1. Reducing primary care workload (1/3 of a consultation saved for every referral made)
2. Increasing IAPT uptake in 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.

The trial would enable 13 Ipswich practices to be able to support the direction of patients to a locally branded LLTTF website enabling them to access the relevant online CBT resources. The website address is www.ipswichwellbeing.com. There is a variety of publicity materials available to support practices in the direction of patients and to promote the venture. This includes information for screens in waiting rooms, leaflets in a tear off pad for consulting rooms (with a black and white printable version in SystemOne), posters and business cards. For patients who prefer not to use an online resource the LLTTF publications will be available in local libraries via books on prescription.

On initial entrance to the site, patients will complete a brief mood quiz which covers the screening questions based on PHQ and GAD to determine if the patient would benefit from guided support through to recovery or they can access a non-guided part of the site for materials teaching life skills.

For patients who are indicated as benefitting from guided support to help them alongside the online resources, a direct self-referral link will appear on the site specifically for accessing guided support. An IAPT worker will contact the patient by phone to check appropriateness for this level of treatment. Throughout the course of treatment, the person would have routine phone contact from the IAPT worker via phone/email to motivate them to use the online resources to improve their wellbeing.

For patients indicated as not meeting the IAPT threshold, they are able to access relevant resources for their emotional wellbeing without guided support from an IAPT worker. There is the option for the person to obtain extra help if required.

When does this start?

The new service can start being used by patients from 9th July, 2018.

What do I need to do?

The practice will be supplied with pads of colour leaflets which can be torn off and given to the patient. The leaflet gives an overview of the service and details of how to access it. These leaflets are also available to print out in black and white from SystemOne.

For all patients you refer, please use the following code in your notes:

Prescription of self-help book

CTV3: XaPmb / READv2: 8B2W / SNOMED CT: 376061000000109

Benefits to patients

- Allows patients to access resources earlier and start treatment promptly
 - Convenience – patients can access the materials in a place and at a time to suit them.
 - Course is easy to follow, in an easy read format and not too lengthy
 - Access to IAPT worker if needed
 - Gives patients the tools to help themselves
 - Roughly 50% of patients undertaking computerized CBT recover
 - Offers an alternative to medication
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Benefits to Healthcare Professionals

- Can offer some treatment straight away
 - Potential to cut down on the number of appointments
 - Potential to save on medication costs
 - 40% of patients complete treatment
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Any further queries

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