

Agenda Item 09

Report to: (Board/Sub-Committee):	Primary Care Commissioning Committee
Date of Meeting:	4th December 2018
Subject:	Primary Care Counselling specification and funding arrangements
Presented by:	Julie Wilson, Assistant Director

STATUS OF THE REPORT (auto check relevant box)	
For Information	<input checked="" type="checkbox"/>
For Discussion	<input type="checkbox"/>
For Approval / Ratification	<input type="checkbox"/>
Report Exempt from Public Disclosure	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes

PURPOSE OF REPORT:	<p>This report has been prepared to provide an update to the Primary Care Commissioning Committee regarding primary care mental health services. For a number of years, the CCG (and CTP before it) has commissioned a number of Primary Care Mental Health services, provided by three organisations in North East Lincolnshire. These services have evolved and the specifications differed between the services and did not include current requirements for mental health service provision.</p> <p>NAViGO services have expanded in line with the Mental Health Five Year Forward View, and the service is beginning to become more integrated with general practice. The CCG has been working with both NAViGO and the primary care service providers to develop a more co-ordinated approach to the delivery of primary care counselling and IAPT, and to ensure that the primary care activity is captured where this is care that would be delivered under IAPT. As a result an amended service specification for Primary Care Counselling has been developed, and additional funding is required to enable them to meet those requirements.</p> <p>The specification has been agreed by all parties in respect of the content. However the continued commissioning arrangements need to be approved by the CCG's Care Contracting Committee, as the service will no longer be funded solely through primary care monies.</p>
Recommendations:	<p>The CCG's Primary Care Commissioning Committee is asked to:-</p> <ul style="list-style-type: none"> Note the content of this report and the proposal to take the decision for future commissioning arrangements to the Care Contracting Committee
Sub Committee Process and Assurance:	N/A
Implications:	
Risk Assurance Framework Implications:	There is a risk to providing a sustainable primary care counselling service, and contribution to IAPT activity, if the service does not continue and the current funding is not increased.
Legal Implications:	N/A
Equality Impact	

Introduction

It is recognised that the number of patients needing help with mental health problems is increasing. A survey of more than 1,000 GPs by charity Mind (June 2018) found two in five appointments involved mental health, while two in three GPs said the proportion of patients needing help with their mental health had increased in the previous 12 months. Research also shows that every week one in six adults experience symptoms of a common mental health problem, such as anxiety or depression, and one in five has considered taking their own life at some point.

For many people, GPs are the first port of call for accessing support for mental health in the NHS, increasingly however, patients are able to self-refer to mental health services (locally this would be to NAViGO, the secondary care mental health provider) and to be signposted to services by practice reception and care navigation staff. This has been supported by research findings about mental ill-health prevalence and the impact on GP workload show the need for a significant increase in mental health therapists directly linked to practices to make it easier for people to access care.

Local Picture

For a number of years, North East Lincolnshire CCG has commissioned primary care counselling services from three providers across the patch as follows:

- 360 Care Limited, covering 7 practices
- Yarborough Clee Care covering 5 practices
- Clee Medical, covering their own patients only

The current specification expires in March 2019. All patients not covered by the above services have equitable access to NAViGO either in a primary care building or at NAViGO premises. Work has been undertaken over the past year to start to build a more integrated approach between the practices and NAViGO staff.

NHS England aims to deliver a transformation in mental health services by 2020/21, with an ambition of putting services on an equal footing with those for physical health in the NHS. New models of care for adults with mental health needs are set out in the Five Year Forward View for Mental Health. This document also commits the NHS to further expanding the Improving Access to Psychological Therapies (IAPT) programme so that 1.5 million people will be seen by the programme by 2021; locally, there has been an expansion in the number of therapist employed in IAPT services within NAViGO. The CCG has been working with both NAViGO and the primary care service providers to develop a more co-ordinated approach to the delivery of primary care counselling and IAPT, and to ensure that the primary care activity is captured where this is care that would be delivered under IAPT definition.

This has resulted in the development of a new service specification for the primary care services to reflect the needs of the population and to address the national requirements. A copy of the service specification is attached to this report for information.

Funding

Each of the three services currently receives different levels of funding, based on the historical provision provided. With the new service specification, the aim is for a consistent and equitable offer to patients

to be provided. There is a need to revise the funding to reflect the requirements in the specification and to be able to increase capacity to the service to meet those requirements.

The proposal for the funding increase will be submitted to the Care Contracting Committee, as the service will no longer be solely funded through primary care monies.

Recommendation

The Primary Care Commissioning Committee are asked to note the work undertaken with the primary care mental health service providers and NAViGO, the development of a new specification for the primary care services, and the need to seek the agreement of the Care Contracting Committee for the continued commissioning of these services.