South Wales Counselling & Psychotherapy Service

*To provide **community based access to Tier One services** provided by South Wales Counselling and Psychotherapy (SWCAP)*

Background

- ABUHB's Interim Medium Term Plan Strategic Objectives, aims to improve emotional and psychological **well-being**, provide **enhanced** Primary Care Mental Health support, **re-design** the Third Sector Service Model to ensure **equity of access** for patients and **maximise** the contribution of the third sector to the care pathway
- Around **100,000** people in Gwent experience mental health symptoms at any one time
- Around **1 in 10** Of ABUHB's 240,000 children and young people, **will have a mental health or behavioural disorder**, and many of these go on to experience mental health problems in adulthood
- **27% increase** in ABUHB's older adult population by 2030
- **39%** predicted increase in the numbers of older people with dementia

Project aims

The provision of community based access to **Tier One / Universal services** aims to:

- Provide Child and Adolescent Mental Health Services for children and young people aged between **14- 25 years old**
- Assist resident patients to **reduce their dependency** on anti-depressant medication
- Support resident patients who suffer from **anxiety**, including residents with **post-natal depression**

What we did...

- Pooled identified **budget slippage** and **negotiated** 250 blocks of Counselling with SWCAP for residents of Newport
- Residents can access the service by **self referral, GP referral**, other referral by **other Statutory NCN Partners** including Third Sector Organisations

Project outcomes

- **180 blocks** of counselling delivered by 31st March 2016
- Commitment by SWCAP to **deliver remainder of blocks** by 31st July 2016, at no added cost to NCNs.
- **4** more counselling staff taken on by SWCAP, including a **Children and Young Person's Therapist**

Evaluation

The project demonstrated that:

- The service provides **value for money**, especially when considering the remainder of the contracted deliverables will be met by 31st July. with no additional cost to the contracted sum
- Relatively **short waiting time** indicate that there is a definite value in commissioning the Service as part of a network of Mental Health care provision across Newport

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