

Association for Psychological Accreditation

Association for Psychological Accreditation



EMPATHY
CONGRUENCE
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Home of The International Psychological Standards & Accreditation Council

with Mental Health Change



THE 115 SOLUTION

POSITION STATEMENT

APA in unison with Mental Health Change has produced a new, balanced, focused and collaborative environment for the development, empowerment, and long-term enhancement of effective mental health delivery for those reaching out to current emergency response services.

APA's custom-built programmes, structures and collaborative support pathways are trauma informed, and psychologically based. Working in partnership with Mental Health Change and various 'After-care service providers' APA believes that the effectiveness of mental health support can be increased, thus reducing the financial and operational burdens on:

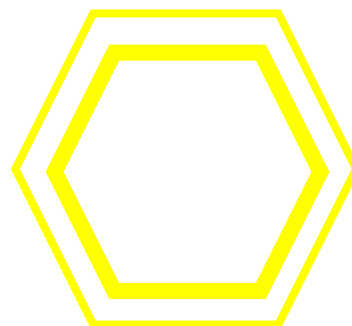
- Emergency Services
- Frontline Health Services
- Community Mental Health Service provision.

For the 1st time the National leadership teams responsible for Mental Health Service delivery will have a dedicated point of professional intervention, that is psychologically rooted. This provides a solid base from which to successfully demonstrate the benefit of multi-disciplined, interlinking, and inter-agency collaboration, in the field of Mental Health, while increasing Mental Health awareness and providing resilience at the point of need. APA is keen to showcase that by working with a professional psychological organisation, such as APA, National Leaders can include the knowledge, understanding and experience of the psychological sector, into their national systems of human and social growth.

The 115 Solution is offered by **MENTAL HEALTH CHANGE** as a means to reduce the crippling costs of poor Mental Health and support growth towards a more resilient and responsive provision for mental health services, wherever **The 115 Solution** is available. This focus will give all communities a completely new platform from which to develop their own sustainable growth.

The framework of **The 115 Solution** is untouched by the failures and weaknesses of the past. This framework will mark the arrival of a new era in the world of Mental Health.

The world needs a new approach to Mental Health that is Fit for Purpose. This framework will catapult Positive Mental Health to the era of the New Normal. A normal that highlights positive collaborative partnerships with the professionals available to provide Psychological support at the point of need.



Welcome to The 115 Solution

Our Approach

Part 1: 1st Contact - Mental Health Assessment

Part 2: Emergency Response (Psychological Paramedics)

Part 3: Time Framed After Care

BENEFITS

115 (1st Contact) would be able to reduce a high % of Mental Health calls made to 999 and 111

- Diverted from 999 / 111 Call Handlers (In Trial and operational partnership once live)
- Direct to 115 (Once Operational)

Operational time saving for Police / Hospitals / MH Services would be significant

- 115 Contact can be activated once avoiding Police intervention
- Point of Need Support (Single Session Intervention) will reduce the risk of long- term support being needed.

Enables far better use of resources

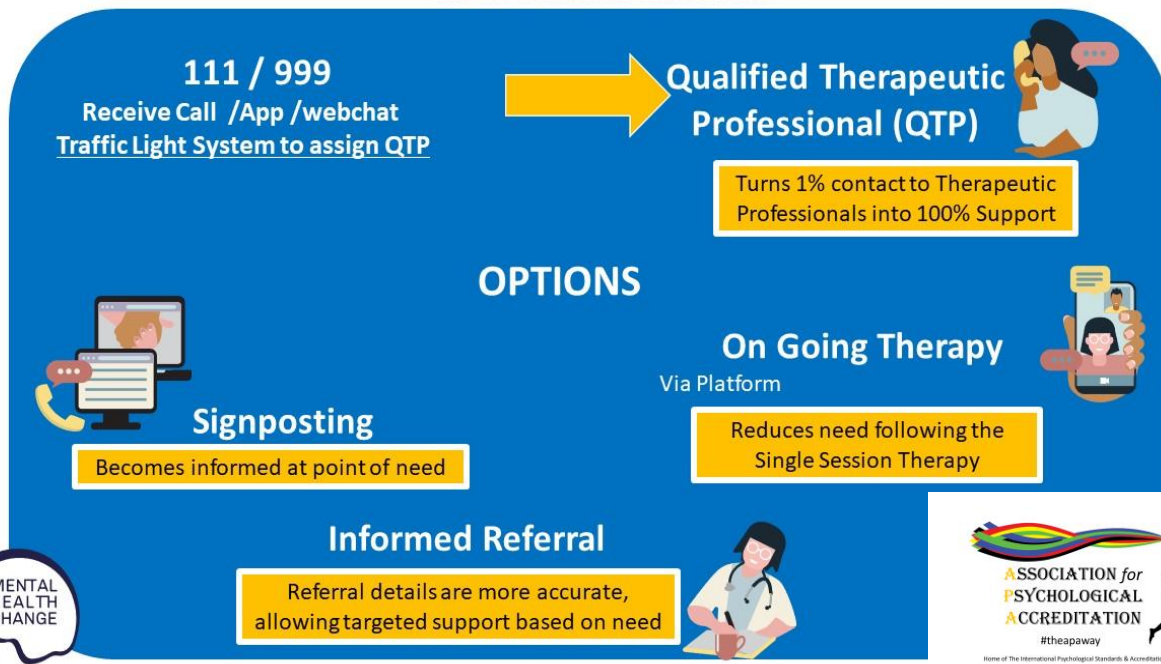
- Blue Light Services deliver Blue Light Services
- Emergency Responders become the Mental Health Paramedics
- Reduces Mental Health Risks to Blue Light Services
- Reduces Secondary and Vicarious Trauma
- Reduces Sick Days

How a patient centric solution works
The 115 Solution IN TRIAL PHASE



**PSYCHOLOGICAL SUPPORT
AT THE POINT OF NEED
SAVES LIVES**

Benefits of a patient centric solution
The 115 Solution IN TRIAL PHASE



The 115 Solution Triad

The 115 Solution Triad is made up of the following key parties:

- Mental Health Change
- Ayanay Psychological Accreditation
- After-care Provision Suppliers

Mental Health Change: is a Not-for-profit organisation that seeks to develop effective development for improved Mental Health Service Delivery.

www.mentalhealthchange.com

The Association for Psychological Accreditation – (APA): APA is a professional body supporting Psychological professionals and those in the wider psychological arena.

www.apa-accreditation.co.uk

After-care Provision: The 115 Solution will use multiple approved suppliers that will allow users to receive direct therapeutic support within a 48-hour window.

The after-care provision will be framed at 6 sessions available as required before handing over to NHS services if appropriate.

Recruitment Requirements & Safeguards

During any Trial, the requirement for first contact call handlers is expected to be covered by the current operational call handlers for 999 /111 services in the area of the trial. For details of the development options for a standalone 1st contact provision please see the section on Future growth.

At this time the recruitment requirements for The 115 Solution are focused on the role of 'Emergency Responder – The Psychological Paramedic'

APA has drawn up these baseline requirements in line with best practice in the therapeutic sector.

- Level 4 Diploma in Counselling / Psychotherapy or equivalent (450hours of Tutored Study)
- Indemnity Insurance
- Supervision Contract in place
- Affiliation to a recognised Voluntary Register
- Single Session Intervention Certificate
- Independent Company Registration Number / Sole Trader Status*
- Valid DBS Certificate
- Acceptance of NHS Terms & Conditions of Consultancy
- Acceptance of APA's Ethical and Professional Conduct Protocols

* Sole traders must have a Business Bank Account.

All Emergency Responders will be categorised based on qualification and experience.



How will savings accrue?

Reducing Psychological Pressure before a crisis

SAVES LIVES

Reducing Psychological Pressures before a crisis

REDUCES COSTS

Improving Psychological Awareness

SAVES LIVES

Improving Psychological Awareness

REDUCES COSTS

The ripple effect is massive, on average a suicide impacts 137 people and on a day to day basis someone suffering mental health illness is impacting on so many more around them.

What we are proposing can work in any country and as Mental Health Change is part of GMHA Global Mental Health Association, this is a global problem requiring a global solution.

We are hoping for a 20 - 30% reduction in mental health suffering through our early interventions to mental health.

If you consider the World Health Organisation quotes an annual cost to Europe of \$1 trillion, that saving would be massive - UK is over £100b. We have the opportunity in the UK to save £20b plus per annum if we can make this happen to be reinvested in the NHS and improving mental health.

Synopsis of The Stepping Stones Delivery

Trial based Prototype Model

Call is received by 999 call handlers, who identifies a Mental Health factor.

Mental Health Need Assessment is completed to categorise the need as:

RED / AMBER / GREEN

RED

- Emergency Services Dispatched
- Call Transferred to a 115 RED Responder
- Psychological Support is provided to support Emergency Services

AMBER

- Call Transferred to a 115 AMBER Responder
- Single Session Intervention is completed
- After Care plan is agreed and action taken to book an after care follow up, as required.

GREEN

- Call Transferred to a 115 GREEN Responder
- Single Session Intervention is completed
- After Care plan is agreed and action taken to book an after care follow up, as required.

Reliable Recovery From Aftercare

This is based on measures of final PHQ9 score of 9 or lower and an improvement in GAD7 to a score of 7 or lower. The table below gives the Reliable Recovery Rates for the combined PHQ9/GAD7 and for each separately.

No. of Appointments	GAD7 <= 7	PHQ9 <= 9	Both GAD7 <= 7 and PHQ9 <= 9
6+ appointments	78%	85%	76%
5+ appointments	69%	77%	66%
4+ appointments	62%	75%	57%

·For the recommended number of 6+ appointments the pilot study showed a reliable recovery rate of 76% based on scores for BOTH PHQ9 and GAD7.

·Rates for just one of these scores were significantly higher.

·Even with just 4 appointments, the reliable recovery rate was 57% - well above the IAPT target of 50%

Reliable Improvement

This is based on measures of the change in PHQ9 by 6 or more points and an improvement in GAD7 by 4 or more points.

No. of Appointments	Both GAD7 <= 7 and PHQ9 <= 9
6+ appointments	85%
5+ appointments	82%
4+ appointments	78%

·For the recommended number of 6+ appointments the pilot study showed a reliable improvement rate of 85% based on improved scores for BOTH PHQ9 and GAD7.

·Even with just 4 appointments, the reliable improvement rate was 78%

MOBILISE ALL QUALIFIED THERAPEUTIC PROFESIONALS

In order to ensure the National response to the Mental Health crisis is FIT FOR PURPOSE the self-imposed BOTTLENECK AROUND COUNSELLING AND PSYCHOTHERAPY must be removed.

The Mandating of Qualified Therapeutic Professionals to affiliate to specific Voluntary Registers owned by charities has created restrictive Recruitment. This in turn reduces the professionals available to provide Mental Health Support, this in turn, needlessly creates delays in service delivery.

Delays in receiving Mental Health Support Costs Lives.

END THE

BOTTLENECK AROUND COUNSELLING AND PSYCHOTHERAPY

MAKE A CHANGE THAT MAKES A DIFFERENCE

MOBILISE ALL QUALIFIED THERAPEUTIC PROFESIONALS

SAVE LIVES