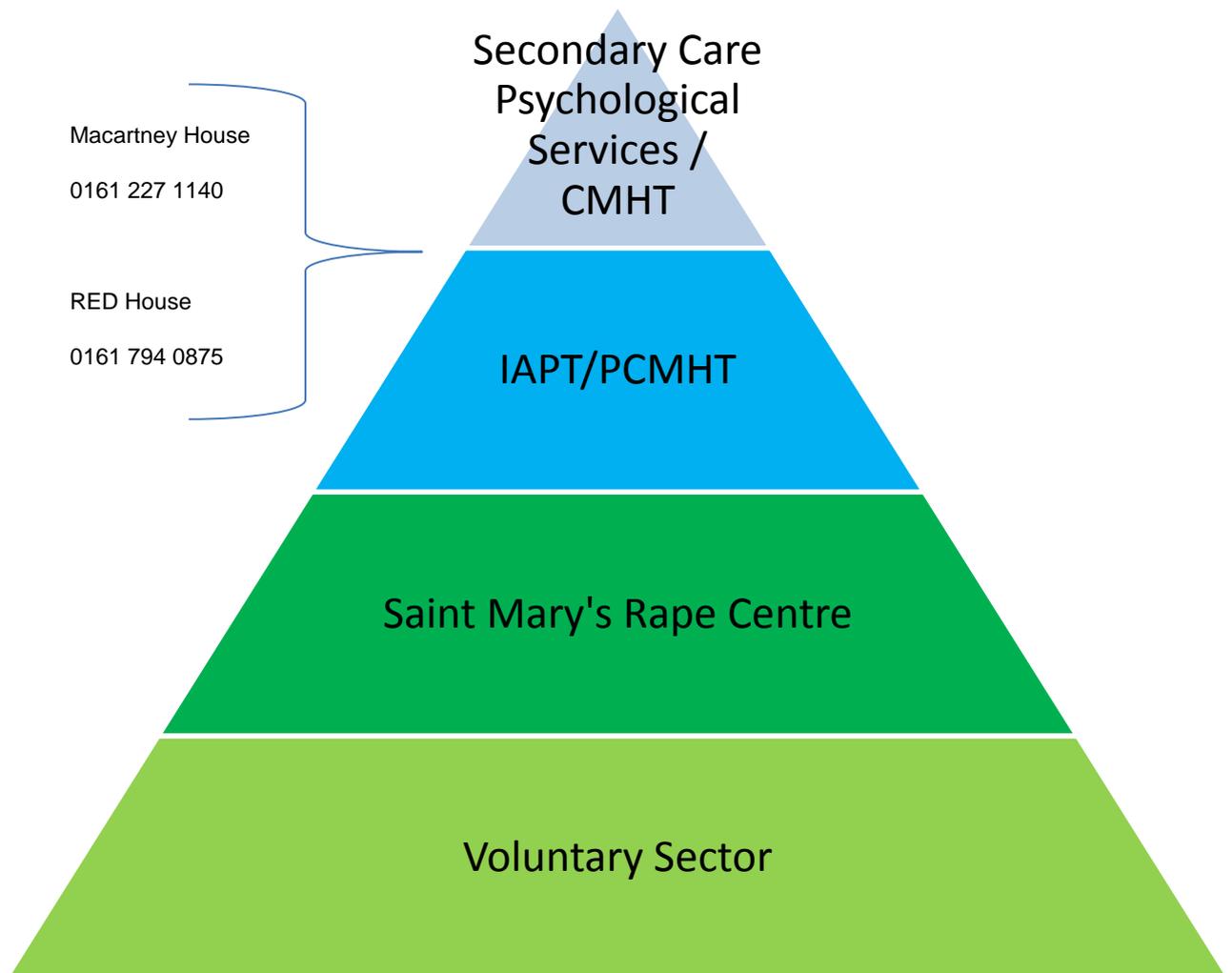


Psychological Therapy Services Stepped Care Model



Rochdale MBC Vulnerable Adult Referral Pathway

Psychological Therapy Services Stepped Care Model

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Psychological Therapy Services Stepped Care Model

Psychological Therapy Services: A Stepped Care Model

Introduction

Psychological Therapy Services are provided within a Stepped Care Model. The IAPT/Primary Care service provides a range of psychological intervention for people with mild to moderate mental health presentations. Access to the service for residents of Rochdale is by referral from a health, social care or voluntary sector provider. Referral for people with complex need, who are vulnerable and been sexually abused or exploited can be made to specialist services (not available locally) in Manchester or in Salford.

Abuse can be defined as historic childhood sexual exploitation / abuse or the individual is currently experiencing exploitation / abuse as a young adult over the age of 18 years old.

Pathways were agreed on 4th April 2014 between Rochdale MBC Adult Care Learning Disability and Vulnerable Adult Service and Pennine Care NHS Foundation Trust Improving Access to Psychological Therapies (IAPT) Primary Care Service.

Pathway based on 'need'

Step 1: Voluntary Sector – Rochdale

The professional considering a referral to a psychological therapy service should consider on the Vulnerable Adult level of 'need' if he / she would be a suitable candidate for psychological therapies from a Single Psychological Therapy Service in the Voluntary Sector.

A discussion should take place between Professional, the Vulnerable Adult and the Voluntary Sector provider prior to signposting the Vulnerable Adult. This will help to inform if the service is able to meet the need of the Vulnerable Adult and explore if the individual is ready and able to engage in a psychological therapy.

Step 2: Saint Mary's Rape Centre – Manchester

The professional considering a referral to a psychological therapy service should consider on the Vulnerable Adult level of 'need' if he / she would be a suitable candidate to access psychological therapies at Saint Mary's Rape Centre. To access this service the Vulnerable Adult could be a subject to historic childhood sexual assault, rape or sexual abuse.

A discussion should take place between Professional, the Vulnerable Adult and Saint Mary's Rape Centre prior to referral for the Vulnerable Adult to ensure this service meets the need of the Vulnerable Adult or if the Vulnerable Adult is ready to engage in this process or if the Vulnerable Adult is psychologically minded.

Step 3: IAPT / PCMHT – Rochdale

The professional considering a referral to IAPT/Primary Care service should consider on the Vulnerable Adult level of 'need' if he / she would be a suitable candidate for psychological therapies from IAPT / PCS. A referral letter must be completed and sent directly to the team manager. A telephone discussion would also be helpful to the manager prior to the referral being made to alert them that a referral is on the way. It would also be useful to discuss the Vulnerable Adults psychological needs with the IAPT / PCMHT manager prior to the referral

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being made for advice and support prior to signposting the Vulnerable Adult to ensure this service meets the need of the Vulnerable Adult or if the Vulnerable Adult is ready to engage in this process or if the Vulnerable Adult is psychologically minded.

Step 4: Secondary Care Psychological Services – Rochdale

The professional considering a referral to a psychological service should consider on the Vulnerable Adult level of 'need' if he / she would be a suitable candidate for psychological therapies to Secondary Care Psychological Services. The Vulnerable Adult must meet the eligible criteria to access the Community Mental Health Team (CMHT) Pennine Care NHS Foundation Trust and Rochdale MBC Adult Care Fair Access to Care (FACS) having a formal mental health diagnosis by a psychiatrist.

A referral should be made to the Access & Crisis Team outlining historic and current mental health concerns and include all relevant risk indicators. A decision would be made following a mental health assessment if the Vulnerable Adult requires an assessment by a psychiatrist or if the person meets the criteria for Community Mental Health Team following a discussion with the Access & Crisis Manager and the Manager of the appropriate Community Mental Health Team.

A discussion should take place between Professional, the Vulnerable Adult and with Secondary Care Psychological Services prior to signposting the Vulnerable Adult to ensure this service meets the need of the Vulnerable Adult or if the Vulnerable Adult is ready to engage in this process or if the Vulnerable Adult is psychologically minded.

Final Step: Macartney House / RED House – specialist services Manchester & Salford

Macartney House and RED House Psychotherapy Services are specialist services that are not available locally. If the Vulnerable Adult has completed psychological support either step 1, 2, 3 or 4 or the Vulnerable Adult does not meet the criteria for either of step 1, 2, 3, or 4 then IAPT / PCMHT or Secondary Care Psychological Services would consider a referral to Macartney House or RED House Psychotherapy Services.

A discussion should take place between Professional, the Vulnerable Adult and with Secondary Care Psychological Services prior to signposting the Vulnerable Adult to ensure this service meets the need of the Vulnerable Adult or if the Vulnerable Adult is ready to engage in this process or if the Vulnerable Adult is psychologically minded.