



# Kingston Talking Therapies - Groups

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# Kingston and Richmond TTs

## Kingston TT

- Referrals Apr-Jun: 1092 (+5.8%)
- WTE: 40
- Steps: Step 2 and Step 3
- Mostly individual treatment
- Max waiting times for Step 3 individual: 78 weeks
- Reliable recovery: 53.1%
- Reliable improvement: 71.6%

## Richmond TT

- Referrals Apr-Jun: 1283 (-12.4%)
- WTE: 45
- Step 3, Step 2 delivered by Mind
- All groups, except for PTSD
- Max waiting times for Step 3 individual: 30 weeks
- Reliable recovery: 51.3%
- Reliable improvement: 65%

# Kingston and Richmond TTs

## Kingston

- Standard IAPT service model as per IAPT manual
- Patients offered choice of group or 1:1 at assessment
- Higher scores at assessment e.g. high severity
- Increased referral numbers
- Larger groups – 2 facilitators

## Richmond

- Non-standard IAPT model as predominantly group-based
- Everyone offered a group at assessment (except PTSD)
- More clients presenting with lower scores/below caseness
- Drop in referrals
- Smaller groups – 1 facilitator

# Richmond groups

## Step 2

- Overcoming low mood
- Overcoming panic
- Overcoming worry
- Perinatal

## Step 3

- Self esteem
- Managing anxiety
- Mindfulness
- LTC
- Depression
- Health Anxiety
- OCD
- Social Anxiety
- Perinatal

# Kingston groups

## Step 2

- Feeling Good
- Worry management (new)
- Behavioural activation (new) - for depression
- Perinatal

## Step 3

- Low self esteem
- Depression hybrid (new)
- Stress management
- Living with pain & fatigue (LTC)

# Kingston - recent changes

- Group Lead
- Rolling programme of groups
- Increased number of group facilitators
- Move to smaller groups / 1 facilitator
- Whole team training: increased confidence and experience
- New groups being developed
- Enhanced groups: hybrid
- Increase take-up especially for self-esteem and depression groups
  - needing to put on more groups 😊

# Kingston's future

- To increase our group programme further
- To increase promotion of groups
- **But** to continue to offer patient choice for 1:1 treatments
- To maintain our very high recovery rate
- To reduce waiting times
  - increase efficiency e.g. reduce missed appointments, reduce admin load on clinicians
  - tight management of waiting lists
  - dampen referrals
  - manage the front door so we are only seeing the clients we are best able to help