

REPORT TO: HEALTH AND SOCIAL CARE INTEGRATION JOINT BOARD –
23 FEBRUARY 2022

REPORT ON: PSYCHOLOGICAL THERAPY SERVICES STRATEGIC UPDATE

REPORT BY: CHIEF OFFICER

REPORT NO: DIJB9- 2022

1.0 PURPOSE OF REPORT

To provide the Integration Joint Board with a strategic update on Psychological Therapy and Psychotherapy Services, delivering care and treatment across Angus, Dundee and Perth. These services are hosted within the Dundee Health and Social Care Partnership.

2.0 RECOMMENDATIONS

It is recommended that the Integration Joint Board (IJB):

- 2.1 Notes the contents of this report.
- 2.2 Approves the proposal to develop a Psychological Therapies Strategic and Commissioning Plan (as outlined in section 4.9 of this report)
- 2.3 Notes the intention to establish a Tayside Psychological Therapies Strategic Commissioning Group (as outlined in section 4.11 of this report)
- 2.4 Remits to the Chief Officer to submit a further Psychological Therapy Services strategic update, including a draft Strategic Plan, to a future IJB meeting for approval.

3.0 FINANCIAL IMPLICATIONS

The current budget of Psychological Therapies Services and Psychotherapy is £6.5m. The Scottish Government Mental Health Recovery and Renewal Fund (March 2021) has made £120 million available for Health Boards and Integration Joint Boards across Scotland, with £4m of these funds specifically allocated to psychological services.

4.0 MAIN TEXT

- 4.1 Dundee Health and Social Care Partnership hosts the Tayside wide Psychological Therapies Service (PTS) and Tayside wide Psychotherapy Service (PS) and as such, have obligations to neighbouring Health and Social Care Partnerships and NHS Tayside. Decisions about resource allocation should therefore be transparent, understandable and guided by an agreed strategic framework. This report aims to offer an update on strategic planning and progress.
- 4.2 The PTS provides a wide range of psychological services to alleviate psychological distress and promote the psychological well-being of the people of Tayside. Services are delivered across the age-span and are not limited to 'mental health problems.' An organisational chart detailing the thirteen main sub-specialities is given at Appendix 1. In addition to direct psychological assessment and treatment, psychologists provide consultation to other disciplines and organisations, provide teaching and supervision for others delivering psychological interventions, provide specialist advice and support to carers and support relevant research and service evaluation. The aim of all of these services is to reduce psychological distress and to enhance psychological and physical well-being for patients, families and carers in Tayside.
- 4.3 The PS is comprised of two multi-disciplinary teams. The Multidisciplinary Adult Psychotherapy Service (MAPS) provides direct clinical care to the adult population in Tayside

as well as having responsibility for contributing to junior doctor and higher trainee education in psychotherapy as part of the Royal College of Psychiatrists training requirements. Veterans First Point (V1P) Tayside is a small, specialist service developed to support former military personnel and their families.

- 4.4 Brief descriptors of the specialities of PTS and PS are given at Appendix 2.
- 4.5 Psychological Therapy services across Scotland are subject to an 18 week Referral to Treatment standard. This is often referred to as the HEAT standard and is set at 90%. That is, that at least 90% of people should wait no more than 18 weeks from the point of referral to being seen by a clinician.
- 4.6 The definitions for those services to be included in reporting against the standard are outlined by Public Health Scotland. Not all of the sub-specialities detailed above are included in monthly HEAT target reporting but all are monitored through the primary Clinical Care and Professional Governance Group that covers both PTS and PS. For those services included in the standard the January 2022 submission details a 96% compliance. However, it is a number of the services not included in the HEAT target (primarily where psychological therapies are delivered from within a multidisciplinary team setting) that have much longer waiting times.
- 4.7 “Psychological Therapies Waiting Times” Report was submitted to the Performance & Audit Committee in November 2021. The report focussed on performance and related improvement plans.
- 4.8 PTS and PS services have always played a key role in wider mental health and well-being developments taking place across Tayside. Recently, however, there has been an increasing demand for psychology to lead on significant pieces of work. For example, perinatal, maternal and neonatal mental health; infant mental health; Early Intervention in Psychosis; services for people living with personality disorder; people living with neurodiversity. PTS has also been at the forefront of using digital technologies to increase access to treatments and both PTS and PS have made use of NearMe technologies to continue to offer intervention throughout the COVID-19 pandemic. It is therefore not surprising that Dundee Health and Social Care Partnership are being asked to accept hosting responsibilities for the resultant wider multi-disciplinary teams arising from these developments.
- 4.9 Mental health and wellbeing strategic priorities have been identified for each locality in Tayside. Whilst psychological therapy services are integral to an ability to deliver these plans, there is currently no specific statement of intent or Strategic and Commissioning plan that informs how PTS and PS may best deliver the care that people need over the coming years.
- 4.10 It is therefore proposed that a Psychological Therapies Strategic and Commissioning Plan (SCP) will be co-produced, led by the incoming Director of Psychology (recruitment process currently ongoing). This plan will set out the priorities and ambitions, taking a whole-system approach, in the delivery of psychological therapies to the people of Tayside over the next 5 years.
- 4.11 Any such plan will equally need to make explicit the challenges that exist within the psychological therapies’ workforce. Although the National workforce has expanded by 100% in the period 2006-2021, there continues to be a significant short-fall in suitable qualified staff with this becoming more pronounced following two recent phases of Scottish Government investment. The most recent National workforce statistics outlined there being 200 wte vacancies across Scotland. 20% of these had been vacant for 3-6 months and a further 10% vacant for over 6 months (Psychology Services Workforce in NHS Scotland: Quarter Ending 30 September 2021)
- 4.12 To support the delivery of a SCP, a Strategic Commissioning Group for Psychological Therapies (SCG) will be established. This will be Chaired by the Locality Manager for Mental Health & Learning Disabilities (who already has responsibilities for PTS and PS), supported by the Finance Manager for Dundee HSCP, the Director of PTS and Clinical Lead of PS. Representatives from all three Tayside HSCPs and NHS Tayside will be included and subject matter expertise provided by senior staff from PTS/PS. It is envisaged this will be in place by April 2022.
- 4.13 It is expected that the SCG will consider any *significant* identified need for psychological therapies provision arising from the strategic frameworks of Tayside mental health and

wellbeing strategy “Living Life Well”, Mental Health and Wellbeing Strategic Plans across Dundee, Angus and Perth and Kinross and any emergent Scottish Government supported developments. Examples of significant need include: significant redesign of service(s); significant increased resources; asks for entirely new spend.

4.14 The benefits of establishing an SCG include:

- Increased transparency in the use of the totality of the psychological therapies budget across all specialities;
- The promotion of increased collegiate use of resources across specialities and localities and encouraging innovation in new models of working;
- Increased accountability in hosting obligations
- An ability to mobilise quickly with agreement across a whole-system.

4.15 Key clinical and operational Leaders involved in Psychological Therapies and Psychotherapy Services continue to contribute to strategic developments both within specific localities and on a Tayside basis. It is envisaged that the planned actions outlined in this report will further strengthen strategic planning and lead to better outcomes for people of Tayside.

5.0 POLICY IMPLICATIONS

This report has been screened for any policy implications in respect of Equality Impact Assessment. There are no major issues.

6.0 RISK ASSESSMENT

Risk 1 Description	Patient safety. Some people with identified mental health needs are experiencing delays in accessing appropriate care and treatment. Demand outweighs clinical capacity and issues with staff recruitment prevent a timely resolution and optimal service delivery in some areas.
Risk Category	Governance
Inherent Risk Level	Likelihood 4 x Impact 4 = Risk Scoring 16
Mitigating Actions (including timescales and resources)	Clinical improvement plans are already in plan (reported through PAC); strategic mitigating actions are incorporated in the strategic intent outlines in Section 4 of this report
Residual Risk Level	Likelihood 3 x Impact 3 = Risk Scoring 6
Planned Risk Level	Likelihood 3 x Impact 2 = Risk Scoring 6
Approval recommendation	Given the moderate level of planned risk, the risk is deemed to be manageable.

Risk 2 Description	Best use of resource. As a consequence of the lack of an agreed SCP and supporting SCG, available resources may be deployed in ways that do not meet the strategic priorities of DHSCP and partner organisations and thus fail to address the psychological needs of the population.
Risk Category	Governance
Inherent Risk Level	Likelihood 3 x Impact 4 = Risk Scoring 12
Mitigating Actions (including timescales and resources)	Mitigating actions are incorporated in the strategic intent outlined in Section 4 of this report.
Residual Risk Level	Likelihood 2 x Impact 3 = Risk Scoring 6
Planned Risk Level	Likelihood 2 x Impact 2 = Risk Scoring 4
Approval recommendation	Given the moderate level of planned risk, the risk is deemed to be manageable.

7.0 CONSULTATIONS

The Interim Director of Psychology, Chief Finance Officer and the Clerk were consulted in the preparation of this report.

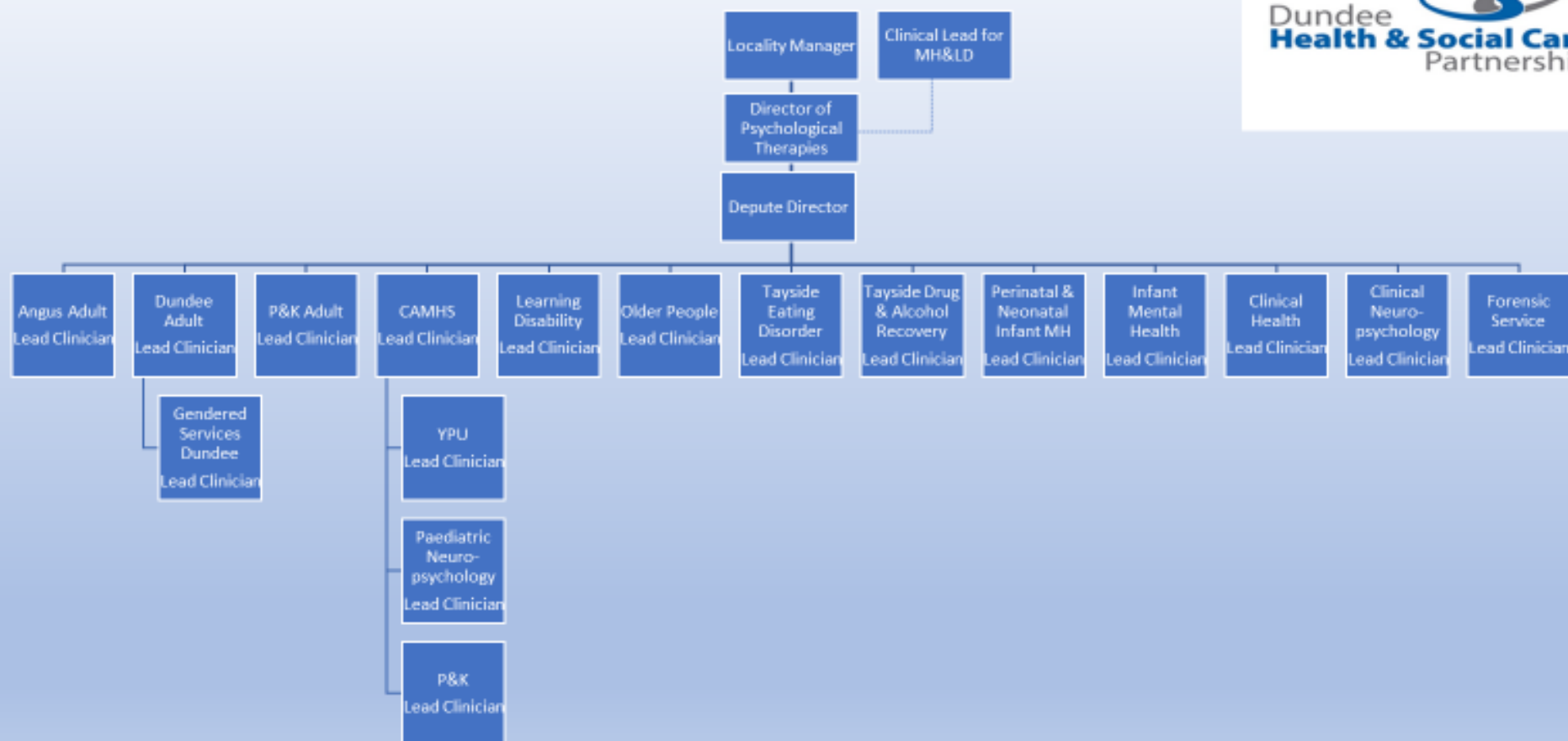
8.0 BACKGROUND PAPERS

None

Vicky Irons
Chief Officer

DATE: 31st January 2022

Psychological Therapies Services



Appendix 2 – Brief Descriptors of Services

1. Service Name and Lead Clinician:	Angus Adult Psychological Therapies Service – (Level 2) AAPTT Dr Rosanna McIntosh
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2. Service Location(s):	Stracathro Hospital
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3. Serves Population of:	Angus <input checked="" type="checkbox"/>
	Dundee <input type="checkbox"/>
	Perth <input type="checkbox"/>
	All (pan Tayside) <input type="checkbox"/>

4. Service Description (Brief summary: including patient population and clinical service offering)
<p>Angus Adult Psychological Therapies Service (AAPTS) is a Primary Care Psychology Service offering typically 6-12 sessions of evidence based psychological intervention to adults aged 16-64 years, who are experiencing <i>mild-moderate</i> difficulties with common psychological disorders (such as anxiety, depression, OCD, PTSD). Services are provided using a blended model of face to face clinic appointments, telephone or <i>Near Me</i> (video call) and both group and individual therapies are available. All interventions are provided by qualified Counselling or Clinical Psychologists, Clinical Associates in Applied Psychology (CAAPs) and Accredited Therapists. DAPTS also routinely provides placements for Trainee Clinical Psychologists and Trainee CAAPs who deliver individual and group interventions under supervision.</p>

1. Service Name and Lead Clinician:	Angus Adult Psychological Therapies Service (Level 3) Clinical Psychology Within CMHTs Dr Rosanna McIntosh
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2. Service Location(s):	Stracathro Hospital
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3. Serves Population of:	Angus <input checked="" type="checkbox"/>
	Dundee <input type="checkbox"/>
	Perth <input type="checkbox"/>
	All (pan Tayside) <input type="checkbox"/>

4. Service Description (Brief summary: including patient population and clinical service offering)
<p>Serves those already open to the Angus Community Mental health teams. It offers psychological intervention to those with moderate to severe mental health difficulties. This is delivered in either individual, family or group format. It also offers staff consultancy/supervision and staff training.</p>

1. Service Name and Lead Clinician:	ASPEN Dr Kate Duncan (Consultant Clinical Psychologist)
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2. Service Location(s):	Based within Dundee Women's Aid, working across Dundee Violence Against Women and Homelessness partner organisations
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3. Serves Population of:	Angus <input type="checkbox"/>
	Dundee <input checked="" type="checkbox"/>
	Perth <input type="checkbox"/>
	All (pan Tayside) <input type="checkbox"/>

4. Service Description (Brief summary: including patient population and clinical service offering)
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ASPEN aims to provide a highly specialised psychological therapies service for adult individuals who identify as women with a range of complex needs resultant of interpersonal trauma(s). These needs typically include homelessness, or risk of homelessness, mental health difficulties, high levels of trauma symptoms, unhealthy and risky coping strategies (including substance or alcohol use, deliberate self-harm, suicidal behaviour), the individual may also be victim of commercial sexual exploitation or trafficking, or involved with the Community Justice Services.

The service will provide psychological assessment and treatment where this is appropriate. We will liaise with other services and make onward referral(s) when appropriate to the service users needs.

1. Service Name and Lead Clinician:	CAMHS PSYCHOLOGICAL THERAPIES, Dr Sheenagh Macdonald
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2. Service Location(s):	CENTRE FOR CHILD HEALTH DUNDEE
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input checked="" type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)
<p>Child and Adolescent Mental Health Services are operationally managed though NHS Tayside, Acute Services (Women, Children and Families). There is a professional leadership, management and governance role though the Director of Psychological Therapies and close working links with other Psychological Therapies Lead Clinicians.</p> <p>Within CAMHS outpatients, the majority of psychological therapists are deployed to the mental health pathways. However, the service also provides specialist input to the Regional Young People's Unit (in-patient care), paediatric neuropsychology and neurodevelopmental services</p>

1. Service Name and Lead Clinician:	Clinical Health Psychology Service. Dr Stuart Moulton
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2. Service Location(s):	Department of Clinical Health Psychology Ryehill Health Centre St Peter Street Dundee DD1 4JH
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3. Serves Population of:	All (pan Tayside) <input type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)
<p>The Clinical Health Psychology Service provides psychological assessment and treatment to adults with psychological difficulties directly related to physical health conditions. Some patients have both co-morbid physical health and mental health difficulties. Dedicated psychology provision is provided to the following funded Services:</p> <ul style="list-style-type: none"> • Pain Psychology Service • Adult Exceptional Referral Protocol (ERP) Service • Tayside Adult Weight Management Service • Bariatric Surgery Service • Dundee Dental Hospital • Scottish Adult Cystic Fibrosis Service

1. Service Name and Lead Clinician:	Dundee Adult Psychological Therapies Service (DAPTS) Helen Nicholson-Langley, Consultant Clinical Psychologist
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2. Service Location(s):	Dudhope House, 15 Dudhope Terrace, Dundee
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input checked="" type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)	<p>Dundee Adult Psychological Therapies Service (DAPTS) is a Primary Care Psychology Service offering typically 6-12 sessions of evidence based psychological intervention to adults aged 16-64 years, who are experiencing <i>mild-moderate</i> difficulties with common psychological disorders (such as anxiety, depression, OCD, PTSD). Services are provided using a blended model of face to face clinic appointments, telephone or <i>Near Me</i> (video call) and both group and individual therapies are available. All interventions are provided by qualified Counselling or Clinical Psychologists, Clinical Associates in Applied Psychology (CAAPs) and Accredited Therapists. DAPTS also routinely provides placements for Trainee Clinical Psychologists and Trainee CAAPs who deliver individual and group interventions under supervision.</p>
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1. Service Name and Lead Clinician:	Clinical Psychology to Community Mental Health Team (CP to CMHT) Helen Nicholson-Langley, Consultant Clinical Psychologist
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2. Service Location(s):	The Alloway Centre and Wedderburn House
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input checked="" type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)	<p>Clinical Psychology to Community Mental Health Teams (CP to CMHT) provides specialist psychological services to Dundee's two Community Mental Health Teams. This includes both direct delivery of assessment, formulation and evidence based individual and group psychological therapies to adults (aged 16-64 years) experiencing <i>severe and enduring</i> mental illness, including e.g. personality disorder, psychosis, eating disorder and complex trauma/c-PTSD as well as indirect consultation, training and supervision roles within the wider multidisciplinary team setting. This service also provides some limited in-reach to Dundee Adult Psychiatric in-patient wards based at the Carseview Centre. Clinical Psychology also provides specialist assessment and consultation as part of the GID pathway and for neuro-developmental conditions such as Autism. The service is staffed by Clinical or Counselling Psychologists.</p>
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1. Service Name and Lead Clinician:	Forensic Psychology Court Report Service (FPCRS) Vicky Orme (sole clinician) reporting to Lead Clinician Helen Nicholson-Langley
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2. Service Location(s):	Office is based at Psychological Therapies HQ at 15 Dudhope Terrace, Dundee, DD5 3TS. Also work occasionally, as required, from the Alloway Centre, Dundee and HMP Agents Visits.
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/>
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	Perth <input type="checkbox"/>
	All (pan Tayside) <input checked="" type="checkbox"/>

4. Service Description (Brief summary: including patient population and clinical service offering)

- The FPCRS provides an assessment and treatment service to the 3 Courts within the Tayside Sheriffdom.
- Anyone referred must currently be within the Court system.
- Assessments are requested by the Sheriff at the post conviction, pre sentencing stage. Typically CJSW suggest a psychology assessment would be beneficial to the Sheriff. The Sheriff can also access the FPCRS during any review of a Deferred Sentence or review of a Community Payback Order.
- The FPCRS is for any gender, over the age of 16 years, up until the age of 65 years. If a patient's Full Scale IQ is known to be below 70, they are redirected to the Forensic Learning Disability Service. The individual must be a resident of Tayside or live elsewhere but have committed their offence in the Tayside Sheriffdom; no treatment service can be provided in the latter instance.
- Assessments may be specific for risk of reoffending or related to mental health concerns and queries.
- A treatment service is available for those assessed as suitable and disposed of via a community based order from the Court. Treatment provided is commensurate with that of primary care, for mild to moderate mental health presentations that are considered relevant in an individual's offending behaviour.
- If an individual has been assessed by the FPCRS and subsequently is managed by Multi Agency Public Protection Arrangements (MAPPA) service, consultancy will be provided to MAPPA on an ongoing basis.

1. Service Name and Lead Clinician:	NHS Tayside Drug and Alcohol recovery – Psychology Service, Dr Alison Rowlands
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2. Service Location(s):	Perth and Kinross (iDART), Dundee (DDARS), Angus (AIDARS)
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3. Serves Population of:	Angus <input type="checkbox"/>
	Dundee <input type="checkbox"/>
	Perth <input type="checkbox"/>
	All (pan Tayside) <input checked="" type="checkbox"/>

4. Service Description (Brief summary: including patient population and clinical service offering)

NHS Tayside Drug and Alcohol recovery – Psychology service is embedded within each of the Drug and Alcohol recovery services across NHS Tayside. Each of the wider services supports people with medically assisted treatment and recovery from alcohol and substance use. The applied psychologists within these services support:

- Delivery of low intensity psychological interventions that are designed to support people in recovery from alcohol and substance use. Training, coaching and consultancy is offered to staff working within each of the three services to enable the wider team to deliver evidence based interventions (motivational enhancement; relapse prevention; health behaviour change; emotional regulation; anxiety management etc), safely and effectively as part of a wider recovery care plan
- Delivery of trauma informed care across the service – supporting training and offering consultancy as well as delivery of high intensity evidence based trauma focused psychological therapy where appropriate
- Delivery of evidence based group interventions – directly delivering the interventions and training/supporting/supervising other staff to enable them to facilitate low intensity group interventions
- Delivery of consultation/ psychological formulation to enable the wider service/team to provide psychologically informed care

1. Service Name and Lead Clinician:	Learning Disability Section Tayside Psychological Therapies Service Dr Rowan Reffold, Consultant Clinical Psychologist and Lead Clinician
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2. Service Location(s):	Wedderburn House, Strathmartine Centre, Murray Royal Hub Perth
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input checked="" type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)	
<ul style="list-style-type: none"> The Learning Disability (LD) Section Psychology Service is provided for adults with a diagnosed learning disability with an additional clinically significant psychological problem. Psychological assessment and interventions are undertaken on an individual and group basis with individual service users, family and professional carers. A diagnostic service is provided for adults suspected of having a learning disability where impairments in cognitive functioning and adaptive functioning are identified at a significant level indicative of a global intellectual disability with indication of childhood onset. A range of clinical presenting problems are provided for within the service. Common reasons for referral include: Assessment of cognitive functioning; Mental Health concerns; Challenging Behaviour; Offending behaviour; Trauma reactions; Adjustment issues; Dementia; Systemic issues – family/carer training needs. The range of severity of presenting problems seen within the service can be from mild to extreme levels of difficulty. A range of evidence based person centred assessment and intervention services are provided which routinely include: Cognitive Behaviour Therapy; Positive Behaviour Support; Offending Behaviour Interventions (group and individual); Behaviour Family Therapy; Relaxation and stress management (including mindfulness informed approaches). Multi-disciplinary working is a key part of the approaches undertaken, as well as working with the service users we work in collaboration with families and carers; local authorities; care provider and voluntary sector agencies; and criminal justice agencies and the courts. Learning disability is a global and lifelong condition. Prevalence rates of psychiatric illnesses within this population are thought to be higher than found in the general population. 	

1. Service Name and Lead Clinician:	Clinical Neuropsychology Service Dr Alison Livingstone, Lead Clinician & Consultant Clinical Neuropsychologist
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2. Service Location(s):	Ninewells Hospital (South Block, L6)
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input checked="" type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)	
<p>The Clinical Neuropsychology Service is based within the Regional Neuroscience Unit at Ninewells Hospital in Dundee and provides a highly specialised clinical neuropsychology service to patients with a known or suspected neurological condition, across the Tayside and North Fife region. The service provides formal neuropsychological assessment of cognitive, behavioural and emotional functioning, as well as psychological intervention for patients presenting with a wide variety of neurological, medical and psychiatric conditions. Examples of the type of clinical populations seen include those with demyelinating disorders, movement disorders, cortical and subcortical dementias, toxic conditions, epilepsy, hypoxia, hydrocephalus, cerebrovascular disease and traumatic brain injury. The service provides both outpatient and inpatient services to the general medical and psychiatric hospitals within the catchment area. Specialist branches of the Service include inpatient neurorehabilitation provided to adults under the age of 65 years who are admitted to the Centre for</p>	

Brain Injury Rehabilitation; and input to the East of Scotland Major Trauma Service.

1. Service Name and Lead Clinician:	NHS Tayside Older People Psychology Service Dr Fiona Macleod
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2. Service Location(s):	Angus – Stracathro Hospital Dundee – Kingsway Care Centre Perth & Kinross – Murray Royal Hospital
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input checked="" type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)

The Older People Psychological Therapies Service is a Tayside wide service. It operates within a multi-disciplinary framework, working closely with our colleagues in Psychiatry, Nursing, Social Work and Medicine for the Elderly. We have input with the Community Mental Health Teams (Older People) based in each geographical locality. We work with patients within community clinics, in – patient psychiatric wards, acute and community hospitals, care homes and the individual's own home. As well as working with the individual patient we also work closely with their carers/family members. Psychological Treatments are delivered in line with the Matrix (Older People), SIGN & NICE Guidance and the Promoting Excellence Framework for Dementia.

1. Service Name and Lead Clinician:	Perth and Kinross Adult Psychological Therapies Service Dr Ailie Castle
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2. Service Location(s):	Murray Royal Hospital, Perth
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input checked="" type="checkbox"/> All (pan Tayside) <input type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)

Perth & Kinross Adult Psychological Therapies Service is a Primary Care Psychology Service offering typically 6-12 sessions of evidence based psychological intervention to adults aged 16-64 years, who are experiencing *mild-moderate* difficulties with common psychological disorders (such as anxiety, depression, OCD, PTSD). Services are provided using a blended model of face to face clinic appointments, telephone or *Near Me* (video call) and both group and individual therapies are available. All interventions are provided by qualified Counselling or Clinical Psychologists, Clinical Associates in Applied Psychology (CAAPs) and Accredited Therapists. DAPTS also routinely provides placements for Trainee Clinical Psychologists and Trainee CAAPs who deliver individual and group interventions under supervision.

1. Service Name and Lead Clinician:	Perth and Kinross Adult Psychological Therapies Service: CP to CMHTs Dr Ailie Castle
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2. Service Location(s):	Cairnwell Clinic, PRI; Blairgowrie Cottage Hospital, Crieff Community Hospital
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3. Serves Population of:	Angus	<input type="checkbox"/>
	Dundee	<input type="checkbox"/>
	Perth	<input checked="" type="checkbox"/>
	All (pan Tayside)	<input type="checkbox"/>

4. Service Description (Brief summary: including patient population and clinical service offering)

Clinical Psychology to Community Mental Health Teams (CP to CMHT) provides specialist psychological services to three Community Mental Health Teams. This includes both direct delivery of assessment, formulation and evidence based individual and group psychological therapies to adults (aged 16-64 years) experiencing *severe and enduring* mental illness, including e.g. personality disorder, psychosis, eating disorder and complex trauma/c-PTSD as well as indirect consultation, training and supervision roles within the wider multidisciplinary team setting. This service also provides some limited in-reach to the Adult Psychiatric in-patient wards based at the Murray Royal Hospital. Clinical Psychology also provides specialist assessment and consultation as part of the gender pathway and for neuro-developmental conditions such as Autism. The service is staffed by Clinical or Counselling Psychologists.

- Moderate to Severe Mental Health disorders and open to the CMHT.
- Age range 16 – 64 (unless at school, and then from 18 years)
- Treatment is typically provided on a 1:1 basis.

1. Service Name and Lead Clinician:	Psychological Therapies – Prison Healthcare - HMP Perth (inclusive of Castle Huntly Dr Ailie Castle
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2. Service Location(s):	HMP Perth Castle Huntly (Female CCU Dundee from approx June 2022)
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3. Serves Population of:	Angus	<input type="checkbox"/>
	Dundee	<input type="checkbox"/>
	Perth	<input type="checkbox"/>
	All (pan Tayside)	<input checked="" type="checkbox"/>

4. Service Description (Brief summary: including patient population and clinical service offering)

Any imprisoned offender presenting with mental health difficulties may be offered psychological assessment and treatment. This is primarily delivered on an individual basis although some trauma treatments are being delivered in group sessions.

This service will extend to the Women's Care and Custody Unit when it opens in Dundee.

1. Service Name and Lead Clinician:	Tayside Rehabilitation Service – Psychology Input Dr Ailie Castle
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2. Service Location(s):	Amulree Ward, MRH
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3. Serves Population of:	Angus	<input type="checkbox"/>
	Dundee	<input type="checkbox"/>
	Perth	<input type="checkbox"/>
	All (pan Tayside)	<input checked="" type="checkbox"/>

4. Service Description (Brief summary: including patient population and clinical service offering)

Tayside currently has one dedicated in-patient facility that provides 'psychiatric rehabilitation'.

That is, people experiencing severe mental health conditions that have led to a loss of adaptive behaviours. People are 16 – 64 (unless at school, and then from 18 years) are accepted and care and treatment is provided by an integrated MDT

1. Service Name and Lead Clinician:	NHS Tayside (Adult) Eating Disorders Service Dr Paula Collin, Consultant Clinical Psychologist
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2. Service Location(s):	15 Dudhope Terrace, Dundee (Main Base) Perth Royal Infirmary, Perth Various outpatient community sites, Angus
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input checked="" type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)	
<p>NHS Tayside Eating Disorders Service is based within the NHS Tayside Psychological Therapies Service premises at 15 Dudhope Terrace, Dundee, and provides outpatient clinics in Dundee, Angus, and Perth and Kinross. The service offers specialist assessment and treatment to adult sufferers of, primarily, Anorexia Nervosa, Bulimia Nervosa, and their variants, having access to psychological, psychiatric, nursing and dietetic interventions, and part-time administrative support. The service also seeks to support the work of colleagues managing eating disorders at the Primary Care and Community Mental Health Team levels within Tayside, through training events, consultation and advice. The Clinical Lead for the service provides supervision for the facilitators of the local, adult, eating disorder self-help group; Bridging the Gap. NHS Tayside Eating Disorders Service forms part of the North of Scotland Managed Clinical Network for Eating Disorders, and, through this, has shared access to 10 inpatient beds at the Eden Unit, Royal Cornhill Hospital, Aberdeen.</p> <p>Most patients accepted by NHS Tayside Eating Disorders Service will be offered outpatient treatment, which will generally involve psychological therapy, nutritional work, and physical health and weight monitoring. For a small number of patients referred, inpatient care may first be necessary due to the severity/complexity of their presentation at the time of GP/service assessment. The Eating Disorders Service will arrange admission to the Eden Unit, or other specialist provider, when such treatment is required.</p>	

1. Service Name and Lead Clinician:	Maternity & Neonatal Psychology / Perinatal & Infant Mental Health Team Dr Emma Webber, Consultant Clinical Psychologist
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2. Service Location(s):	Neonatal Unit, Ninewells Hospital / Bay B, Ward 1, RVH (temporary base)
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input checked="" type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)	
<p><u>Maternity & Neonatal Psychology</u></p> <p>The Maternity & Neonatal Psychology (MNP) is an embedded service, which will offer specialist psychological assessment and intervention to individuals with complex psychological needs related to pregnancy and/or birth. The service is available to parents with complex need arising from pregnancy and birth complications or loss (post 14 weeks gestation) or previous pregnancy complications, loss or birth trauma affecting mental health in the current pregnancy; parents with significant difficulties amenable to psychological therapies, which directly affect maternity care (e.g., needle phobia, tokophobia); and, parents whose infant's health is significantly compromised requiring admission to the Neonatal Unit.</p>	

The service also provides support to maternity and neonatal staff through training, consultation and tailored reflective sessions following adverse events, which may be delivered individually or within groups.

The above service is currently under development and recruitment is ongoing. At present, consultancy is being offered by the Consultant Clinical Psychologist on a case by case basis and, once recruitment is complete and staff have completed relevant specialist induction, a full clinical service (as described above) will be offered.

Perinatal & Infant Mental Health Team (PNIMHT)

Clinical Psychology provision to the PNIMHT is also an embedded resource comprises 0.2wte Consultant Clinical Psychologist and 1.0wte 8a Clinical Psychologist (recruitment underway). Psychological input currently involves consultancy, training and supervision with no direct clinical caseload being held. Referrals will be accepted from within the PNIMHT as part of multidisciplinary care where appropriate psychological need is identified.

A further half-time Consultant Clinical Psychologist has recently been appointed to lead on the development of infant health. This post will work with existing Family Nurse Partnerships and other agencies to help improve parent-infant interactions in the first three years of life.

1. Service Name and Lead Clinician:	Low & Medium Secure Forensic Service Dr Elaine Whitefield
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2. Service Location(s):	Rohallion Medium Secure Unit, Perth
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input type="checkbox"/> Regional service <input checked="" type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)	
<p>NHS Tayside hosts the regional North of Scotland Medium Secure facilities; a secure environment providing care and treatment to adult males. There is also a local low secure forensic service.</p> <p>Psychologists work in a fully integrated way to deliver a range of psychological interventions, both to individuals and at a more systemic level in advising how to support challenging behaviour in positive and adaptive ways. The specialist assessment of risk is also a core function.</p>	

1. Service Name and Lead Clinician:	Multi-Disciplinary Adult Psychotherapy Service Dr Michelle Ramage, Lead Clinician
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2. Service Location(s):	Dundee – Alloway Centre Perth – PRI Angus – Abbey Health Centre (Arbroath); Links Health Centre (Montrose), Stracathro Brechin); Whitehills (Forfar)
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input checked="" type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)	
<p>MAPS is a multidisciplinary psychotherapy service comprised of consultant psychiatrists in psychotherapy (also referred to as medical psychotherapists), clinical and counselling psychologists</p>	

and adult psychotherapists who possess core qualifications in other mental health professions (mental health nursing and mental health social work) in addition to accreditation in a number of different therapeutic approaches.

MAPS was specifically created to provide a range of evidence-based psychotherapies to people experiencing complex, severe and/or enduring mental health problems. That is, sitting alongside adult CMHTs. The service offers consultation, assessment and/or psychotherapy treatment which is generally longer term – with patients routinely receiving 40 treatment sessions on average. MAPS is currently organised into three clinical pathways of: Pathway 1: Severe and/or enduring depressive disorder; Pathway 2: Anxiety disorders; Pathway 3: Trauma-related disorders.

In addition to the clinical role of the service, MAPS has responsibility for contributing to junior doctor and higher trainee education in psychotherapy. One team member is the Local Tutor for psychotherapy education with the Royal College of Psychiatrists and leads the local co-ordination of psychotherapy placements, teaching and clinical supervision with the support of a part-time (locum) medical psychotherapist.

1. Service Name and Lead Clinician:	Veterans First Point Tayside Dr Michelle Ramage
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2. Service Location(s):	Veterans First Point-Tayside The Cottage Kings Cross Hospital 10 Hospital Street Dundee DD3 8EA
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3. Serves Population of:	Angus <input type="checkbox"/> Dundee <input type="checkbox"/> Perth <input type="checkbox"/> All (pan Tayside) <input checked="" type="checkbox"/>
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4. Service Description (Brief summary: including patient population and clinical service offering)	
<p>Veterans First Point (V1P) Tayside is a small, specialist service developed in 2015 to support former military personnel and their families across Angus, Dundee and Perth. It is one of six V1P Centres in Scotland (Ayrshire & Arran; Borders, Fife; Lanarkshire and Lothian). The model aims to provide:</p> <ul style="list-style-type: none"> • Information and Signposting • Understanding and Listening • Support and Social Networking • Health and Wellbeing - including a comprehensive mental health service delivered by a multi-professional team on site. <p>V1P works with veterans and their family members with a broad range of needs – from those with mild to moderate levels of difficulty and distress to those with severe and enduring mental health difficulties. The aim is to assertively broker veterans who are willing to access and engage with mainstream services wherever possible and we deliver in-house specialist psychotherapy to those who present with barriers in accessing mainstream services.</p> <p>A unique feature of V1P Centres is the staff team. This is comprised of veterans, employed as peer support workers to offer assistance with a broad range of welfare issues and mental health clinicians who offer comprehensive mental health assessments and psychological treatment for a range of mental health difficulties, including those attributable to military service. The focus on delivering a 'one-stop-shop' for welfare and health needs enhances the credibility, accessibility and co-ordination of service we offer.</p>	

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