

National Clinical Programme – Early Intervention in Psychosis



Implementing Behavioural Family Therapy across a country – the opportunities and challenges in Ireland



National Clinical
& Integrated Care Programmes
Person-centred, co-ordinated care





**HSE Mental Health Division
Report on the Listening Meetings**



**A National Framework
for Recovery
in Mental Health**

A national framework for mental health service providers to support the delivery of a quality, person-centred service



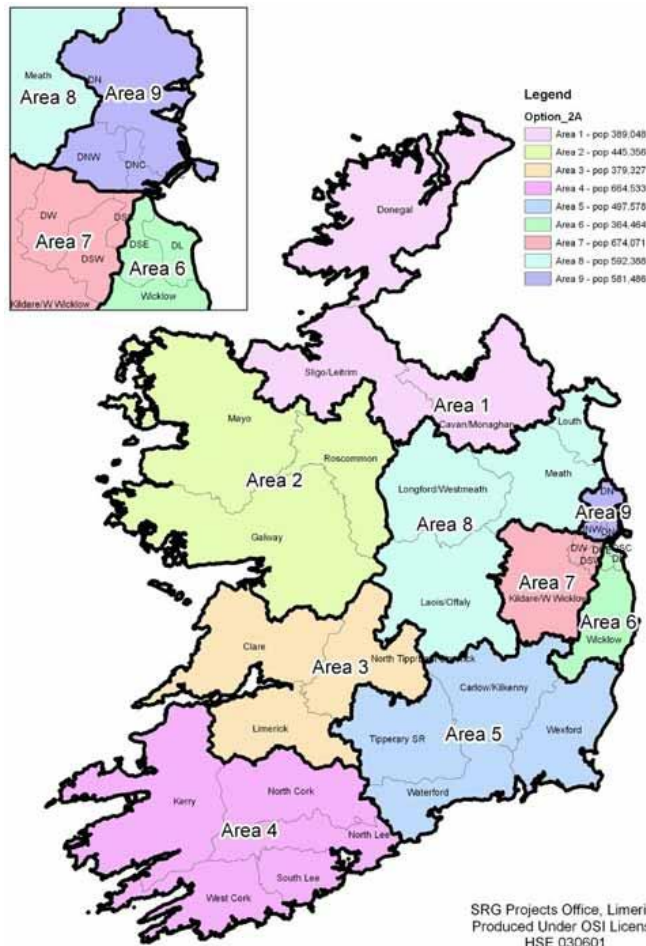
2018-2020

**Best Practice Guidance for
Mental Health Services**

Supporting you to meet Regulatory Requirements
and towards Continuous Quality Improvement

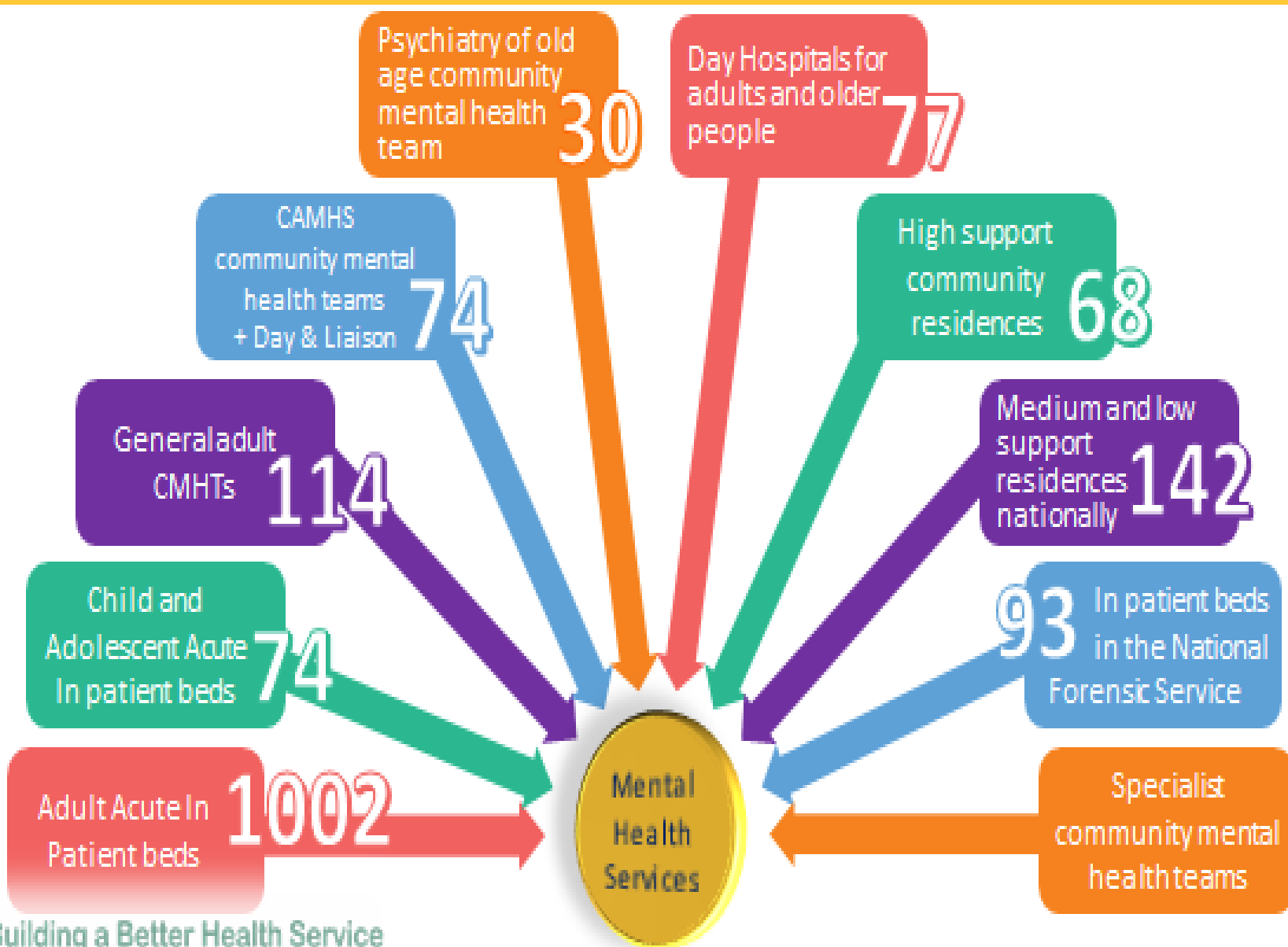


HSE Mental Health Services



- 9 community health service areas – 4.75 million
- Head of service for Mental Health in each CHO x 9
- 17 MHS and 1 National Forensic Service
- Community mental Health Teams
 - Adult – 50,000 population (18 –65years)
 - CAMHS – 100,000 population (under 18 years)

Mental Health Services 2017



HSE Clinical Strategy and Programmes (2010)



- Design and planning improvement; not operations

✓ **Quality**
✓ **Access**
✓ **Value**

- ~35 clinical programmes
 - Mental Health Programme
 - **Early Intervention in Psychosis**
 - Assessment and management of self harm in emergency department
 - Eating disorders
 - Dual diagnosis
 - Adult ADHD

EIP – National Clinical Programme



- **Model of Care**

- Developed by National Working Group – Wide stakeholder group
- Draft is currently being externally reviewed by Clinical Advisory Group of CPI as per procedure
- Internally reviewed by HSE
- HSE Leadership team – sign off

Presentation



- History of BFT in Ireland (2013 – 2018)
- SLA HSE and Meriden – How do we benchmark?
- Implementation – The good and the whys....
- BFT Lead Group
- Data - BFT Activity Report – 2016/17
- National Clinical Programme – 2018
- Next Steps

History 2013 - 2015



PROPOSAL

**Consultation and Training on Implementing
Family Interventions**

Prepared for

**Dr Ian Daly
Health Service Executive**

HSE SLA



What has been achieved?

Train 245 Clinicians

- 395 trained
- 201 BFT clinicians on register – May 2018

Trainers/ supervisors

- 8 clinicians identified - 2014
- 33 trained as trainers/supervisors – 2018
- 2 Trainers (No longer on register)

Provide information to managers

- National information sessions x 3
- Local information sessions
- National Conference in Oct 2017

What has been achieved?

BFT Clinicians

- Local supervision structure
- BFT lead/s in each CHO
- Register of BFT clinicians trained

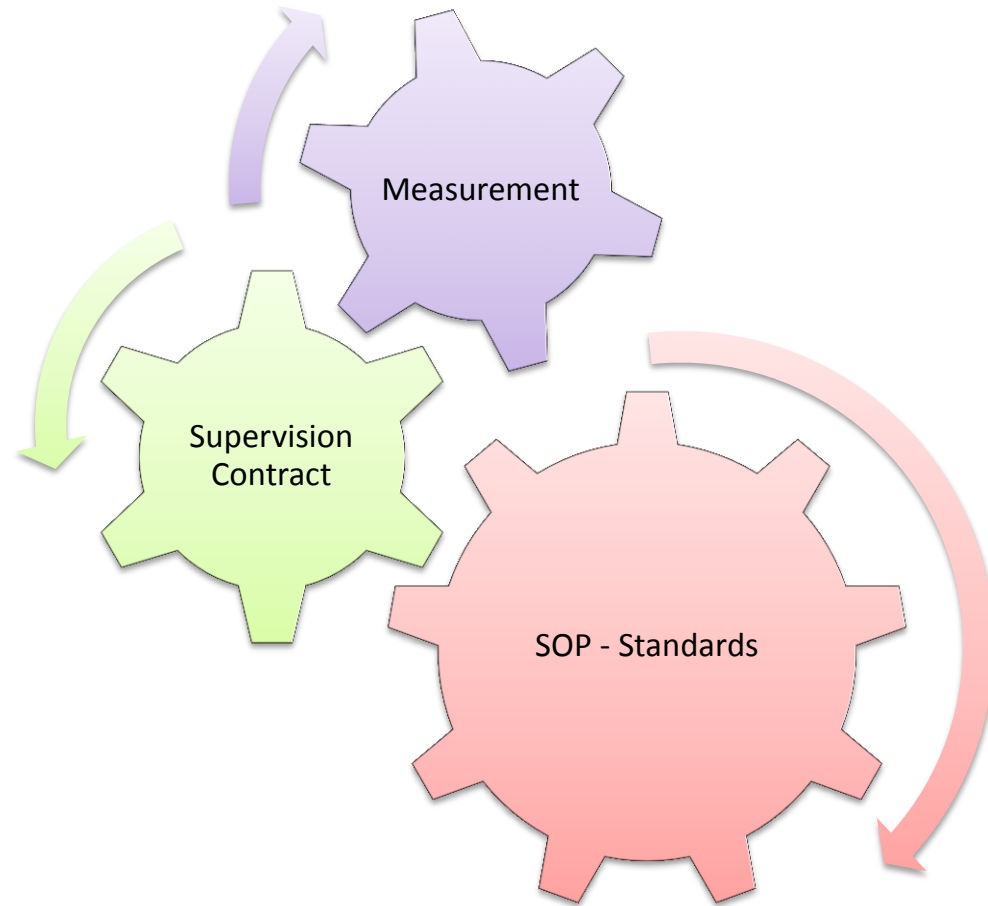
BFT Lead Group

- Structure for external supervision X 3 per year
- Operational meetings x 3 per year
- Accreditation by Meriden (7 clinicians)


NCP EIP

- BFT SOP – Standards for delivery
- Data collection system
- Annual activity report

Standardisation of processes




BFT SOP – Standards



- Developed September 2015 -revised October 2017
- **Purpose** -Set standards for delivery of BFT
- **Target:** 100% of families (EIP) are offered BFT within 2 weeks
 - 2 clinicians trained in delivery of BFT per CMHT (general adult)
 - 1 Clinician on each CAMHS team
 - 1- 2 families engaged in BFT at any one time per clinician

BFT SOP - standards



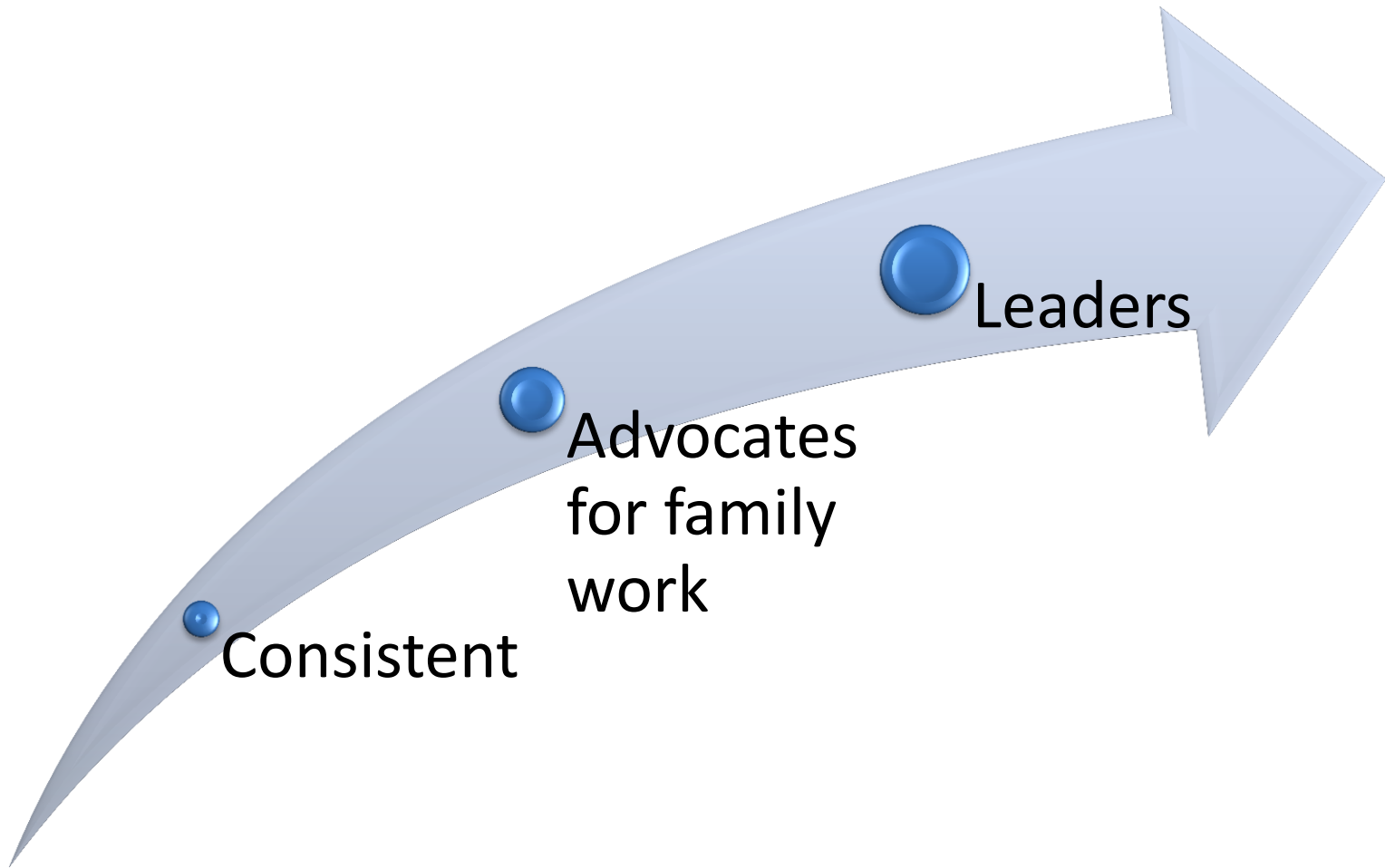
Supervision- to be competent to practice

- 70% attendance at BFT supervision sessions .Monthly sessions at local venues – 2hours
- Supervision contract
- Trainers :3 external supervision days

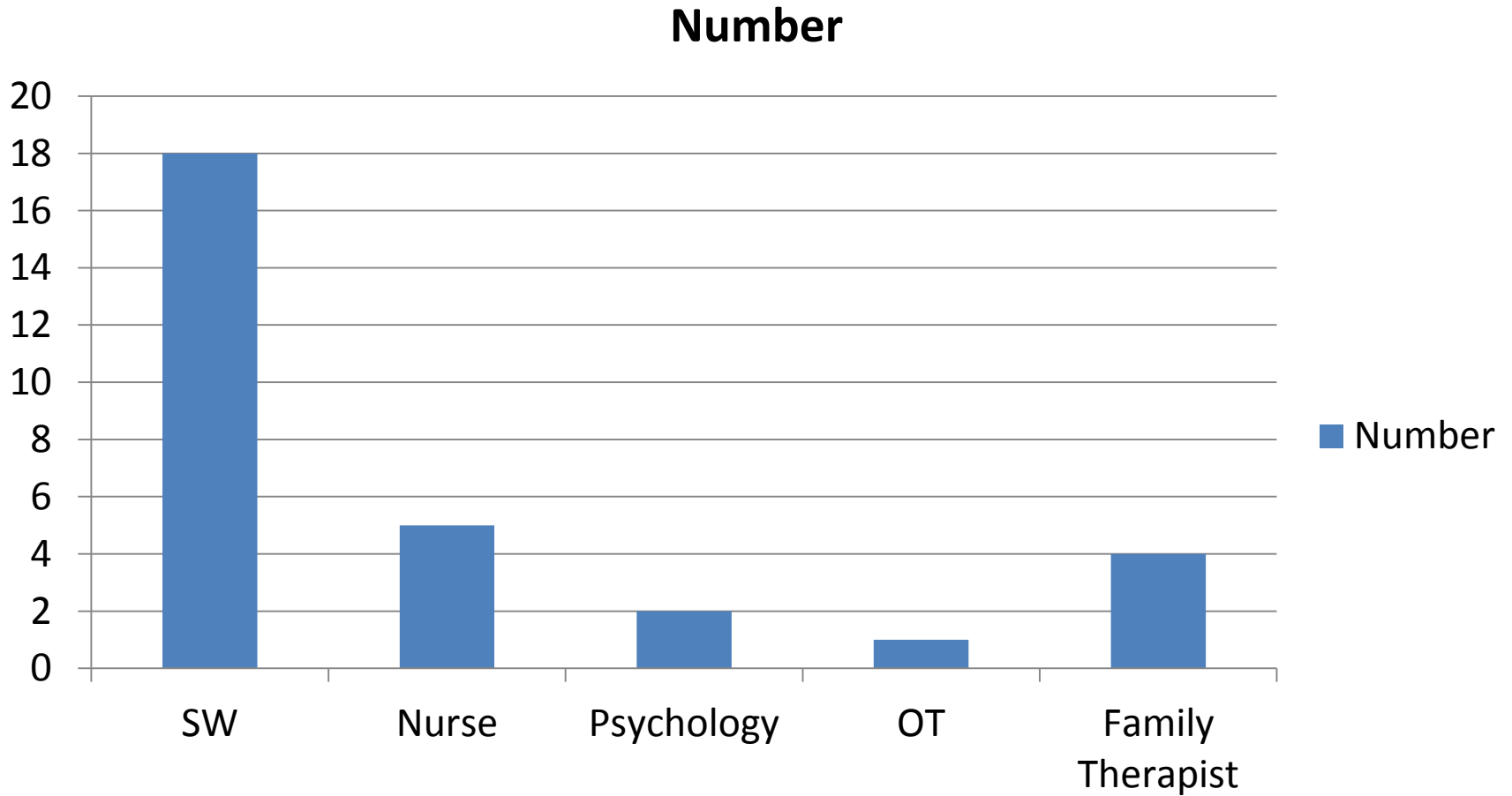
Measurement – Numbers/Feedbacks

- Data sheet
- Feedback from families

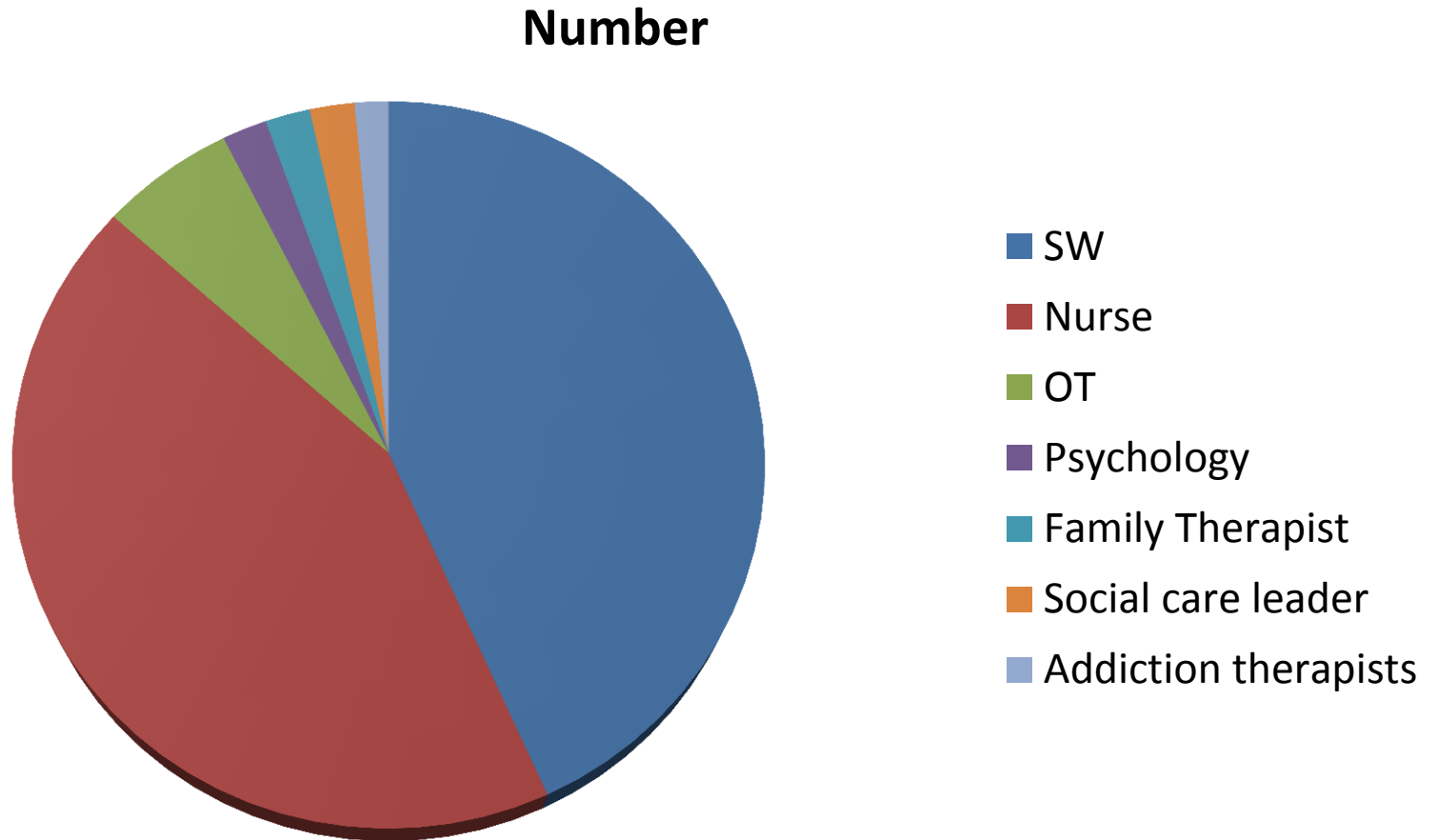
BFT Lead Group from 8 to 30



Profile of Trainer/Supervisor Group (2018)



BFT Clinicians 2018 (N= 201)

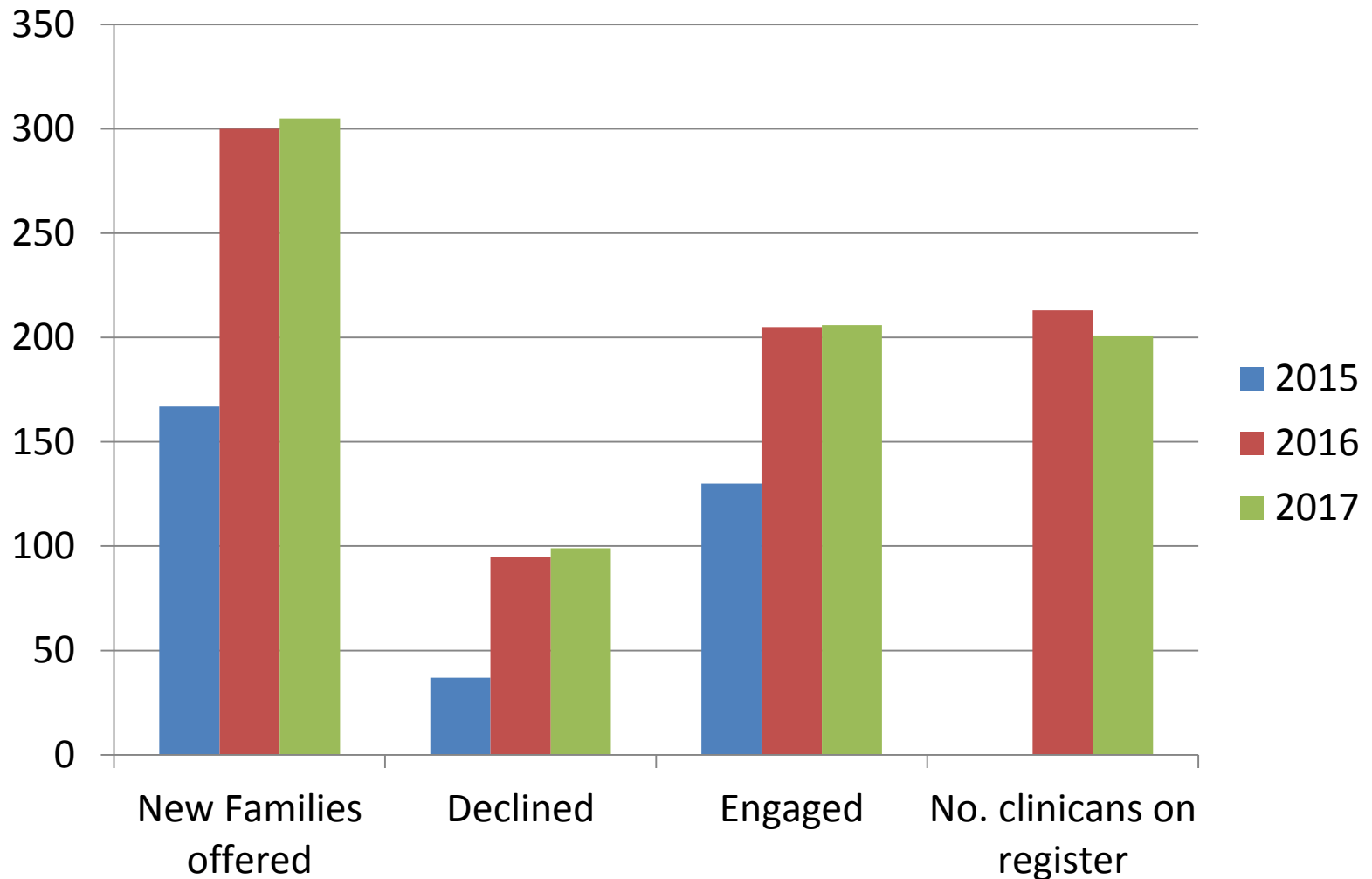


BFT Clinicians 2018

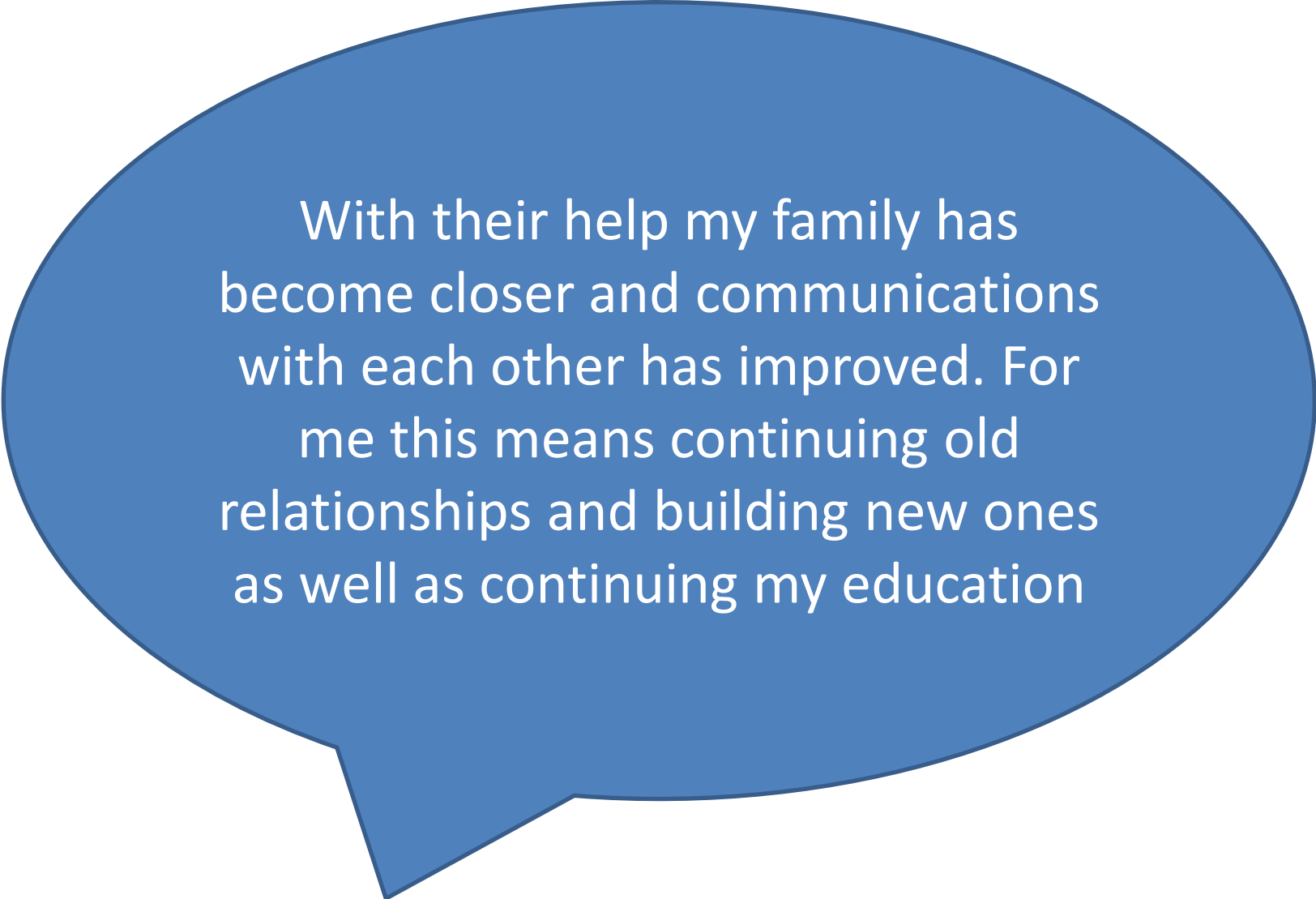


- BFT clinicians in every Mental health service across 9 CHO areas
- Trainers/Supervisors in each CHO
- 201 on BFT register 2018
 - 20 BFT register working in CAMHS (1 Trainer/supervisor)
- Targets – Refine the data register
 - 74 CAMHS teams
 - 114 General Adult Teams

BFT – Data Trends 2015/16/17



What families reported?



With their help my family has become closer and communications with each other has improved. For me this means continuing old relationships and building new ones as well as continuing my education

The Whys...Changing a Culture

- Number of referrals (N=305) falls short of expected 1500 cases annually in Ireland of FEP presentations
 - ? Why
- Clinicians no longer practising BFT (395 – 201)
 - Why?
- Attendance at supervision by clinicians
 - Local: Ranges from 53% to 30%
 - National : Over 70%

BFT Activity Report 2016

Behavioral Family Therapy

Activity Report 2016

National Clinical Programme for Early Intervention
in Psychosis
7/1/2017

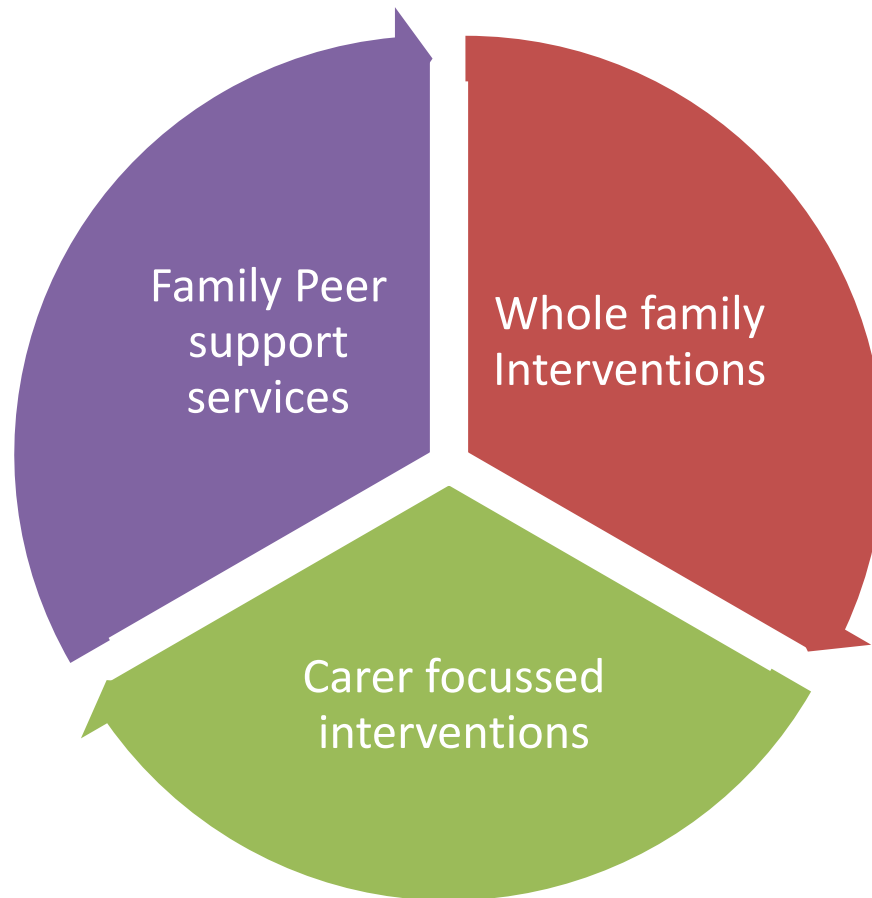


BFT Activity Report 2016



- Recommendations
 - Continue to support clinicians to deliver BFT as part of NCP EIP that maintains fidelity and standards outlined in SOP
 - Address challenges identified
 - Prioritise resources for BFT leads as part of National Clinical Programme EIP
 - Publish annual activity report
 - Seek feedback from families and service users

Model of Care – EIP Family Work



BFT The Next Phase - 2021



- Evaluation of BFT in partnership with University - Paper
 - External and independent
 - Impact on Families/service users
 - Impact on teams
- BFT Integrated as part of National EIP clinical Programme
 - 3 Demonstration sites – 2018
 - Protected time and resources
 - CAMHS
- Celebrate wins!!
 - National Conference and locally
- Measurement
 - Refine data collection and data register
 - Families and service user feedback