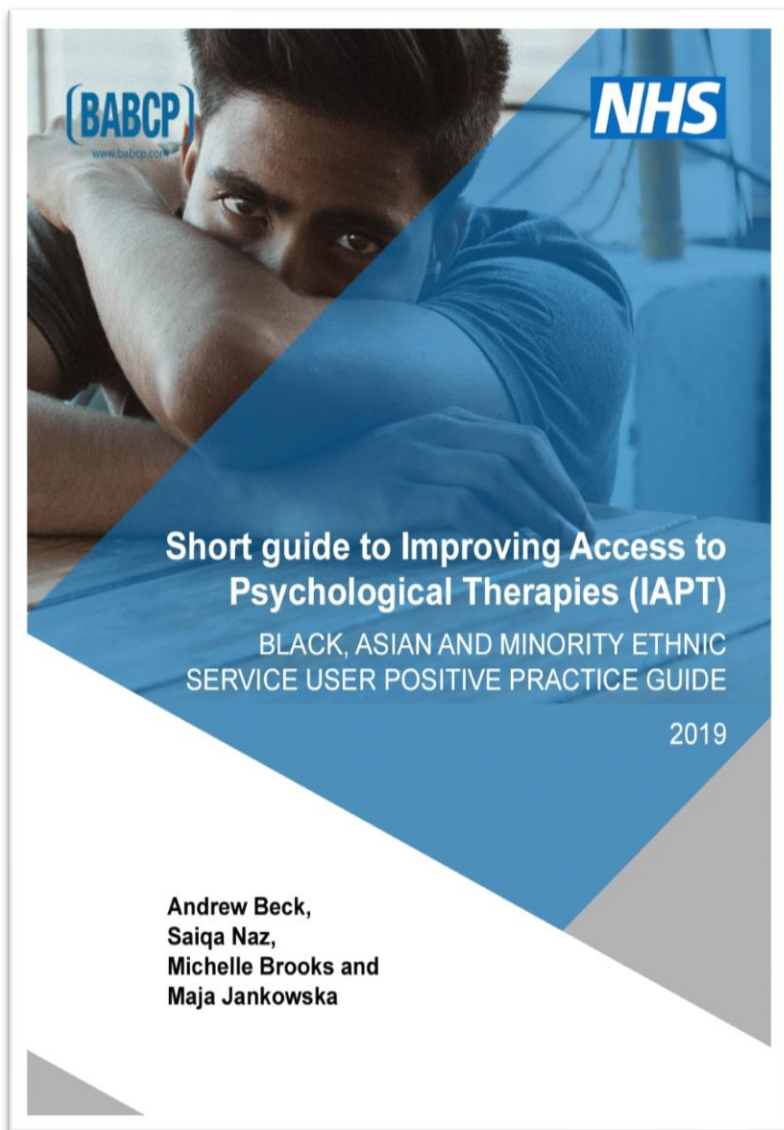


14:15 – 15:00

IAPT (2019) BAME Positive Practice Guide

Michelle Brooks

Co-Author & Lecturer at the University of Derby



2019 IAPT Positive Practice Guide-BAME

Michelle Brooks-Co-author of the Guide

#IAPTBAMEPOSITIVEPRACTICEGUIDE

@BABCP

@MichelleBSays

BAME Positive Practice Guide (PPG)

- ▶ Published last week
- ▶ BABCP President Paul Salkovskis

“I welcome this guide as pointing to the way forward in terms of how to shape IAPT services, the therapy they deliver, the workforce it recruits and nurtures and the communities which it seeks to involve and serve”

“The BABCP is proud to endorse this fantastic piece of work and will actively seek to promote its objectives”

What do we know.....

- ▶ BAME communities with mental health problems are currently less likely to access therapy, less likely to have good outcomes and more likely to report negative experiences in therapy and are more likely to see mental health services as hard to access compared to white majority service users (Mercer et al. 2018, Crawford et al. 2016).
- ▶ Recent data from the IAPT programme (Baker, 2018) suggest that, compared to people from White British backgrounds, people from most BAME communities are:
- ▶ less likely to use IAPT services (13% of IAPT referrals are from BAME groups whilst 20% of England's population are from BAME groups).
- ▶ less likely to complete treatment (46% of White service users complete treatment compared to 40% of Asian service users).
- ▶ less likely to reliably improve (66% of White service users reliably improve compared to 61% of Asian service users).
- ▶ less likely to achieve full recovery (50% of White service users achieve full recovery compared to 44% of Asian service users).
- ▶ There is a clear legislative duty on the part of mental health services to provide equality of access for all communities within their catchment area (Equality Act, 2010)

BAME Positive Practice Guide (PPG)

- ▶ This 2019 PPG updates the 2009 BAME PPG
- ▶ The purpose of the guide is to provide a framework for IAPT commissioners, service managers, supervisors and clinicians to work towards better access and outcomes for BAME service users.
- ▶ There are 5 key areas:
- ▶ 1: **Service-level** changes to improve access: Effectively implemented by IAPT service managers and clinical leads, commissioners and those in other leadership roles, service-level changes that can make IAPT services more accessible to BAME communities.
- ▶ 2: **Adapting therapy**: Therapists and supervisors working in IAPT services may need to adapt therapy delivery models to improve access, retention rates and outcomes for BAME service users.

Care needs to be taken to maintain fidelity with the evidence base whilst increasing effectiveness.

BAME Positive Practice Guide (PPG)

- ▶ 3: **Engagement with service users and communities:** Explores ways which services can engage with their BAME communities.
- ▶ 4: **Workforce and staffing:** Increasing access and improving outcomes for BAME communities has a number of key implications for IAPT workforce development.
- ▶ 5: **Audit tool:** Developing an overall strategy to increase access and improve outcomes for BAME communities can be supported and structured through adoption of the audit tool developed for this purpose.

BAME Positive Practice Guide (PPG)

Exercise:

- ▶ Think about your service and the area it serves concerning BAME individuals/groups.
- ▶ Do you know if your service waitlist is reflective of the population it serves?
- ▶ If you don't know, why do you not know? Is there anything you can do to find out?
- ▶ What are you doing which is working well to improve access for BAME service users?
- ▶ What could you honestly/realistically do as a service to continue to improve access for BAME service users
- ▶ **Commitment request:** In the next 7 days how are you and your team (including your leadership team) going to implement even 1 aspect of the PPG?

BAME Positive Practice Guide (PPG)- upcoming training

- ▶ We will be delivering training on the PPG across the country focussing on different aspects of the guide. Saiqa Naz (Co-Author and Chair BABCP Equality and Culture Special Interest Group) will be running an event in November in Manchester focussing on the **community engagement** aspect of the guide.
- ▶ More details will follow...
- ▶ PPG available on the BABCP website
<https://www.babcp.com/Default.aspx>