

Shona McIntosh

BIOG

Shona is a Psychological Wellbeing Practitioner for Talk Together Bromley, a primary care mental health service. Shona specialises in delivering interventions for patients with long-term health conditions; primarily Diabetes, Chronic Obstructive Pulmonary Disease and Coronary Heart Disease. In addition to one-to-one work with patients, Shona also works with the local diabetes team to run workshops in behavioural change for people identified at risk of developing Type 2 Diabetes. Shona holds a Master's degree in Psychology from Greenwich University, and trained in Low Intensity Cognitive Behaviour Therapy Interventions at UCL. Shona also supports survivors of sexual violence at Rape Crisis South London.

ABSTRACT

Diabetes as a Priority in Primary Care Mental Health Services; the IAPT LTC Pathway in England

The IAPT (Improving Access to Psychological Therapies) programme was started in England in 2008 to transform the treatment of adult anxiety disorders and depression. Over a million people are now seen by the service per year, with over half accessing a course of therapy. The service continues to expand, with a new target of 1.9million adults accessing support by 2024.

Since 2016 there has been a commitment to 'parity of esteem for mental and physical health'; specific focus on people with long term health conditions. There are now clear targets within IAPT to deliver services as part of an integrated care model, working with physical health teams. How these targets translate to working practices varies across England. This presentation will provide an overview of the IAPT Long Term Conditions Pathway, how this applies specifically to diabetes care, and offer the perspective of a practitioner working within an IAPT service.