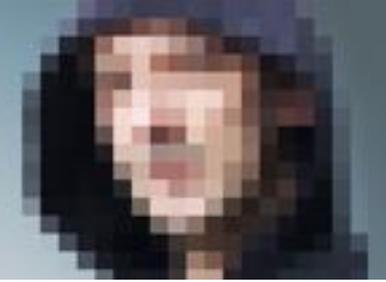


# The Challenges & Opportunities of IAPT for the Third Sector

Duncan Craig. MA Couns (Dist). MBACP Accred.  
*Chief Executive Officer*  
**Survivors Manchester**

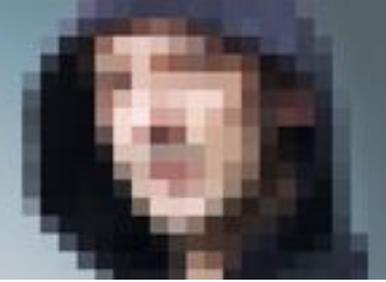




## Duncan Craig: **Chief Executive Officer**

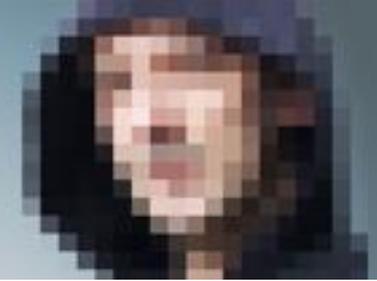


- Duncan Craig is the founder Chief Executive Officer for **Survivors Manchester**.
- Qualified Psychotherapist, with EMDR, specialising in sexualised trauma and Post Traumatic Stress.
- Member of the National Rape Working Group at New Scotland Yard.
- Chair of GMCASE (Greater Manchester Campaign Against Sexual Exploitation)
- Advisory Panel Member for the Children's Commissioner E&W Inquiry into Child Sexual Abuse in the home.



## Mission Statement

*To **break the silence** of the sexual abuse, rape and sexual exploitation of boys and men in order to empower those affected to defeat the legacy of abuse to move towards positive futures*

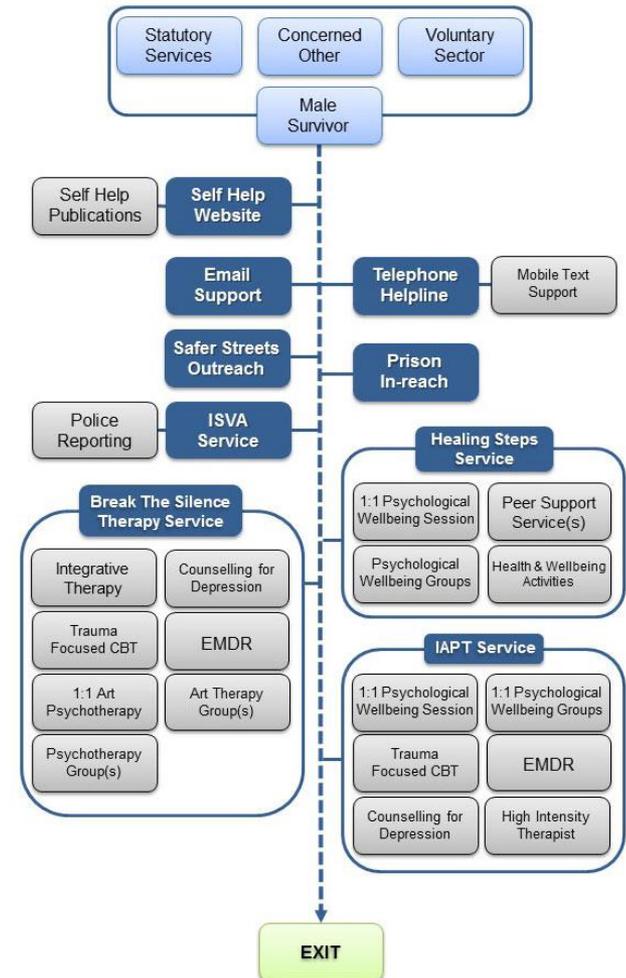


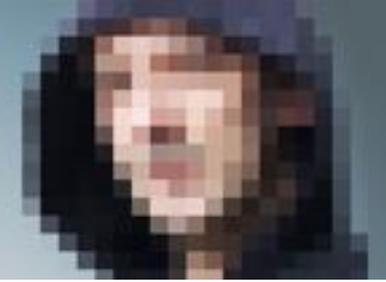
# Survivors Manchester

Survivors Manchester is a survivor-led, third sector organisation that supports male survivors of sexual abuse, rape and sexual exploitation in Greater Manchester.

Three step approach to healing which models the 'recovery process', **Silence**, **Disclosure**, **Healing**; and work in a way that aligns with Judith Herman' model of trauma & recovery:

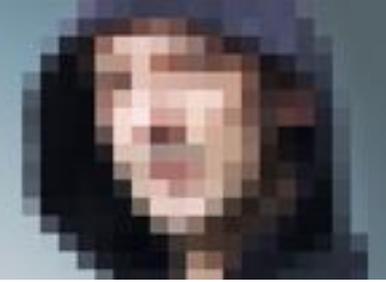
1. Establishment of safety
2. Remembrance and mourning
3. Reconnection with ordinary life





## Money Talks

- **Instruction** from CCG
- Initial **conversations** with third sector colleagues, both positive and negative
- Initial **conversations** with commissioners
- Initial **conversations** with the board of trustees
- Initial **conversations** with the staff team
- Initial **conversations** with some clients
- Internal **conversation** with myself – *“would IAPT be the death of my service’s uniqueness?”*



*“But why wouldn’t you want to improve the access for us clients to get the right counselling?”*

“Luke” (Aged 38)



## Identity is Important

**BEING SEXUALLY ASSAULTED  
DOESN'T MEAN YOU HAVE TO BE ASHAMED.**



**MEN, DON'T SUFFER IN SILENCE.**

IF YOU'VE BEEN RAPED OR SEXUALLY  
ASSAULTED, YOU **CAN TALK** TO US.

WE'RE HERE TO HELP YOU,  
NOT TO JUDGE YOU.

**SURVIVORS  
MANCHESTER**  
break the silence, it stops with us!

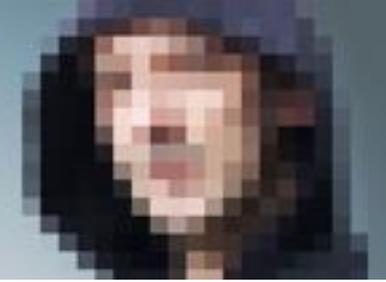
**GREATER MANCHESTER  
POLICE**

**101** IN AN  
EMERGENCY  
PLEASE  
CALL 999

**GREATER MANCHESTER  
POLICE**

0161 236 2182 **#BreakTheSilence**  
www.survivorsmanchester.org.uk

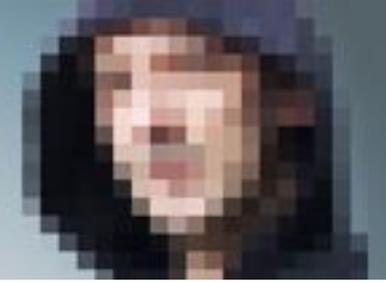
- From the start of this journey, we were adamant that Survivors Manchester was not going to become another NHS primary care mental health service.
- Survivors Manchester was created to provide specialist support to boys and men affected by sexual abuse, rape and sexual exploitation in Greater Manchester, based on an identified need.
- From opening the doors in 2009, we have been fighting to be heard and be open.
- Initial conversations with commissioners, and colleagues in other voluntary sector organisations, felt like we were engaging in a familiar fight.



## Starting the IAPT Journey

“Improving Access to Psychological Therapies is an NHS programme rolling out services across England offering interventions approved by the National Institute of Health and Clinical Excellence (NICE) for treating people with depression and anxiety disorders”

- “our clients won’t like IAPT”
- “We work with bereavement not depression”
- “Begin with the end in mind” – Stephen Covey
- “the most dangerous phrase in language is we’ve always done it this way” – Rear Admiral Grace Hopper



## IAPT as a Vision?

**BEHIND THE SMILE, IT CAN BE LONELY  
CAN'T IT? WE UNDERSTAND THAT.**



**MEN GET RAPED TOO.**  
IF YOU'VE BEEN RAPED OR SEXUALLY  
ASSAULTED, YOU **CAN TALK** TO US.

**WE'RE HERE TO HELP YOU,  
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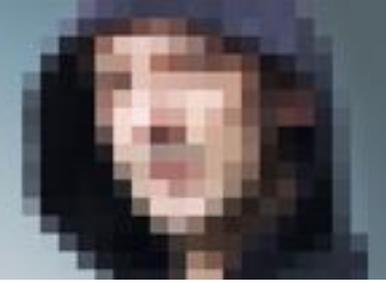
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- Who doesn't want to improve access?
- What are we doing this for?
- Who is the organisation open for, us or clients?
- Will this make us more sustainable?
- Does the vision meet our aims?
- How do we know what is working now?
- Data should be our friend!



## Overcome Hurdles





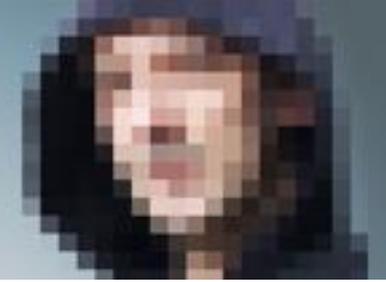
## Lets be Friends

Maybe it's time we ask ourselves what is it that we do as third sector mental health providers?

Are we doing ourselves a disservice, by not being the first to standing up and prove our effectiveness?

Why are we often waiting to be invited to the table, instead of asking for an invite?

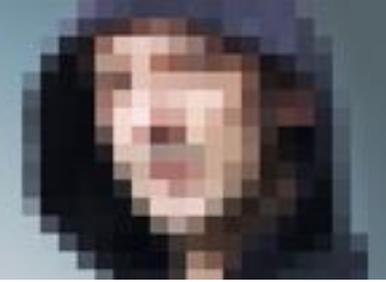
Are we engaging with our NHS colleagues, or do we not even see the NHS as our colleagues?



## The Devil is in the Detail

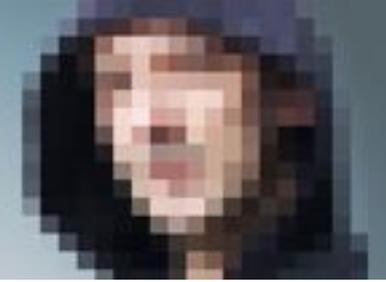
- Undertake a review of our service pathways
- Complete a workforce skills audit and generate a workforce development plan
- Systematically review all the organisations policies and procedures
- Document the 'current' Survivors Manchester datasets, match against the IAPT minimum datasets, then create a workplan on the introduction of new data collection types; and
- Review the 'current' outcome data reporting mechanisms and develop the new transmission pathways that would include the need to transfer data, using new technology.

For a small third sector organisation, this is a huge task! From start to finish, we took 15 months!



## Going Through Changes

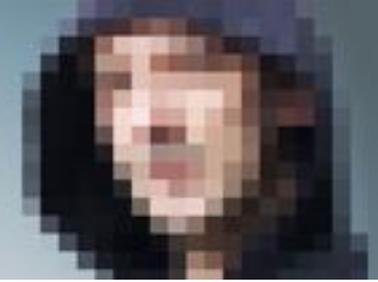
- From CORE 34 to GAD 7 / PHQ 9
- IES-R stayed the same
- Comprehensive Assessment reviewed and slightly altered – IAPT Has made it better!
- Sessions roughly the same
- Data reporting significantly changed
- System monitoring changed
- Workforce upskilled
- IG Toolkit changed us! (and nearly killed us in the process)



## What a Result!

The data we collect gives us a much better insight into our clients, their engagement with the service and the effectiveness of our input in their lives.

- Since January 2016, the service had a total of 186 people referred in
- 71 of those qualified for IAPT data upload
- 75% of those that attended assessment then entered treatment
- 7 people have 'Reliably Improved', 7 are in 'recovery', 4 are currently 'moving into reliable recovery'
- 58% of individuals entering treatment had a positive change
- 100% of clients offered an assessment appointment in less than 6
- 87% significantly high likelihood of PTSD symptoms, depression and anxiety.



## What we've Learned?

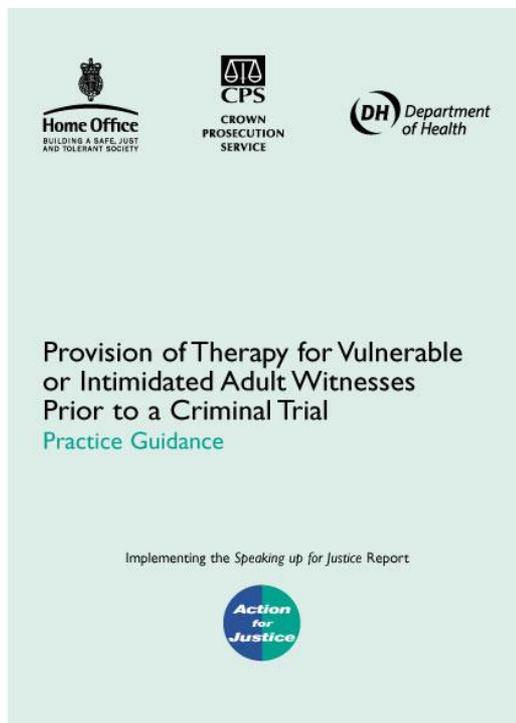
- Urgent need for NHS and National IAPT programme board to engage with the third sector and understand its needs.
- Third sector needs to pull down the barriers and look properly at making a transition to being IAPT-compliant,
- Commissioners need to fully embrace the importance of the Third Sector and see us as part of the solution
- Support and investment has got to happen to make any meaningful transition.
- It is time for the third sector to stand up and be counted
- It is time for the NHS to truly recognise that for many clients, the third sector is the first port of call.
- Open the borders and join forces to work together to improve the access to psychological therapies for all of us.



...break the silence

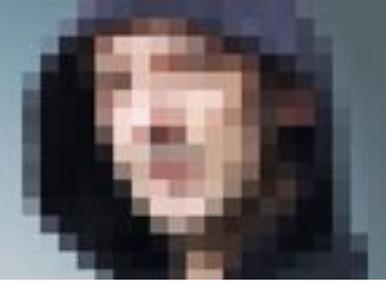


## What we've Still Need to Learn



The Department of Health, The Crown Prosecution Service and the Home Office have worked together to produce a practice guidance document for counsellors and therapists entitled *“Provision of therapy for vulnerable or intimidated adult witnesses prior to a criminal trial”*

***vulnerable or intimidated witnesses should not be denied the emotional support and counselling they may need both before and after the trial***



Help break the **silence**

 @survivorsmcr

 0161 236 2182

[duncan@survivorsmanchester.org.uk](mailto:duncan@survivorsmanchester.org.uk)