

SLaM Case Study

SLaM IAPT services are planning to introduce a question in the screening assessment that then identifies NHS and social care staff and means that they use a label to track them on waiting lists etc. In the interim IAPT would find out about work role as part of the assessment.

For low intensity treatments the waiting times are relatively short. High intensity treatments (CBT, EMDR) often involve a few months wait so if the person needs a high intensity treatment from the outset that is where they need to address prioritisation more actively to shorten the wait for our NHS colleagues. Staff are advised to inform IAPT they are NHS during their phone assessment.

Case Examples:

1. Student nurse doing clinical placements in the pandemic. Expressed preference for counselling and is being fast tracked into this.
2. 3rd sector frontline staff - works in drugs service so needed to attend work physically during the pandemic. Fast tracked to counselling for depression.
3. Social care staff member - long history of anxiety problems relating to previous trauma (for which had previously received treatment in IAPT) but now re presenting recently with panic attacks triggered by fear of contracting COVID whilst doing frontline work. This client did some self help study with phone reviews fortnightly with a high intensity CBT therapist initially, to work out the best treatment plan. Now being fast tracked to course of CBT for panic disorder.
4. There are also some health and social care staff presenting with lower levels of severity where our less intensive treatment options are appropriate - eg online groups, computerised CBT - these options are usually accessed within a few weeks anyway so they don't necessarily need fast tracking - ie they can access the treatment that feels appropriate via the usual pathway very quickly. We would still keep a close eye on these clients and in all cases we are adding a health and social care worker 'label' to their records. If they later need a 'step up' to a high intensity therapy then they could at that stage be fast tracked.