



### Criteria for NHS Talking Therapies Services Kent and Medway

NHS Talking Therapy services (previously IAPT) are specifically designed to meet the needs of people who are 17 years and 6 months and over, and who have a common mental health problem within primary care.

We use a stepped care model to provide evidenced based psychological interventions, applying the principle of delivering the least intrusive intervention indicated at presentation.

Please see below a guide for NHS Talking Therapy (NHSTT) services in Kent and Medway. This is intended to provide explicit principles with regards to entry rather than exclusion.

- Primary presenting problem is required to be a common mental health problem. i.e., Depression and/or anxiety disorder (see below for details)
- Low risk to self or others i.e., no active recent risk to self/others, or if the person is still in crisis. If there has been a suicide attempt in the last month, consideration should be given as to whether an NHSTT service can provide the safest and most effective intervention.
- There should be commitment, motivation; an ability to attend regular sessions, and actively engage within a change focused, brief treatment model which may include home practice work in-between sessions.
- There should be a reasonable prospect of recovery and/or significant improvement from a short term, goal driven intensive intervention. Evidence of recovery is based on psychometric measures such as the PHQ-9 and GAD-7.
- A person's mental health should be stable enough not require a multi-professional support for more complex needs, specialist intervention or longer-term psychotherapeutic intervention.
- Drugs and alcohol should not be the primary maintaining problem and the level of drug and/or alcohol misuse should not interfere with the ability to actively engage in treatment.
- NHSTT services cannot work with Complex trauma or repeated, ongoing trauma. With regards to PTSD, NHSTT services work predominately with single event traumas e.g., road traffic accidents or assaults.
- NHSTT services cannot offer treatment for severe mental illness such as psychotic disorders, Bipolar disorder, or Personality Disorders.
- Where a client requires long term medication management within secondary care (as this cannot be managed within primary care) and their needs do not meet the requirement for secondary care psychological therapies services, NHSTT can be considered on a case-by-case basis via written referral from secondary care to NHSTT.

- Where a client has an additional diagnosis of mild cognitive impairment (MCI) and/or newly diagnosed dementia, consideration should always be given as to whether their psychological needs and any additional support would be more appropriately met via specialist services within the dementia care pathway.

Within the above framework NHSTT services can provide treatment for people with the following common mental health problems:

- Depression
- Generalised Anxiety Disorder
- Social Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Obsessive Compulsive Disorder (OCD)- excluding Hoarding Disorder.
- Specific phobias (such as heights or small animals)
- Post-Traumatic Stress Disorder
- Health Anxiety (Hypochondriasis)
- Body Dysmorphic Disorder (not treated by ideo)
- Mixed Depression and Anxiety
- Depression and/or anxiety as a primary problem in the context of symptoms related to anger management.
- Depression and/or anxiety as a primary problem in the context of psychosexual problems
- Depression and/or anxiety in individuals with a chronic physical health problem or medically unexplained symptoms
- Depression and/or anxiety as a primary problem in individuals with a learning difficulty or neurodevelopmental disorder such as ADHD or ASC
- Where Depression and/or anxiety is the primary clinical problem in individuals with a mild presentation of disordered eating or eating disorder, that does not require specialist intervention. E.g., binge eating.

Should you have any questions please do not hesitate to contact your local NHSTT services directly.

The Kent and Medway NHS Talking Therapies Collaborative

<https://www.we-listen.org/>