


Volume 13, 06 November 2013

Publisher: Igitur publishing

URL: <http://www.ijic.org>

Cite this as: Int J Integr Care 2013; EFPC Conf Suppl; [URN:NBN:NL:UI:10-1-114890](https://nbn-resolving.org/urn:nbn:nl:ui:10-1-114890)

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Conference Abstract

Mental Health in Primary Care - Reducing the need for specialist services by building integrated mental health and wellbeing services in the community - How we are achieving it

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Abstract

Purpose: To ensure that patients with mental health problems receive appropriate treatment as early as possible by developing services in primary care .

Theory: Our Primary Care mental health and wellbeing service are reckoned by the NHS Confederation to be the most progressive in England and we are an integrated care demonstrator site for the King's Fund. By building services in and around GPs and their communities we are able to pick up patients and support them at a much earlier point in their illness, reducing suffering.

Methods: Using psychiatric (CORE) and Wellbeing (WEMWBS) scores we are able to track our patients through services ensuring that clients are receiving treatment that is effective for them.

Findings: Combining prevention, wellbeing services and talking therapies with a service in primary care for those with complex needs has led to demonstrable outcomes including significant reductions in usage of psychiatric beds (23%) and length of stay (46%) and referrals to secondary care generally.

Discussion: Primary Care is not psychiatry and outcomes for patients with mental illness are often poor, but we will demonstrate how earlier intervention has made a crucial difference, significantly reducing the level of depression in one of England's poorest boroughs, Sandwell.

Keywords:

prevention, wellbeing, depression, complex needs

Presentation available at: <http://www.euprimarycare.nl/istanbul/conference-programme-efpc-2013-istanbul-results>