

Active Monitoring

A new mental health service for primary care

Mind is the largest mental health charity in England and Wales with 140 local Minds directly supporting around 380,000 people every year.

Our early intervention programme, Active Monitoring, enables GPs to refer patients directly to a dedicated mental health practitioner as soon as they present with problems such as anxiety, depression, low self-esteem or stress.

Active Monitoring is delivered in five sessions over an eight week period and is based on cognitive behaviour therapy (CBT) approaches with the added benefit of self-directed exercises using our workbooks.

Practitioners are employed by local Minds but deliver the service in GP surgeries which means people are seen in familiar surroundings close to home.



Why does your GP practice need Active Monitoring?

Every week 250,000 people go to their GP with symptoms of common mental health problems but because of pressures on services and resources GPs have little alternative than to put patients on long waiting lists. As people wait for support, their mental health can deteriorate. Early intervention could significantly reduce this.

In response we have developed Active Monitoring, an early intervention programme for adults presenting with mental health problems of low to moderate severity. The aim is to increase access to timely mental health support for people who either don't meet the threshold for referral to IAPT (England), or another talking therapy, or who would otherwise be allocated to a waiting list or enter into the 'watchful waiting' period outlined in the NICE guidelines that precedes referral to talking therapies.

By offering people access to support at an earlier stage Active Monitoring can help prevent people's mental health problems from escalating, improving individual's outcomes and reducing health service costs over the longer-term by limiting the need for more intensive (and more costly) interventions. It is also hoped that the service will help to normalise the process of seeking support for a mental health issue by making

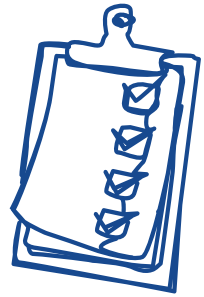
those services more visible in familiar community settings, thus ensuring take-up by a wider group of people and reducing stigma around mental health issues at the community level over the longer-term.

Patients with low to moderate issues are referred to an Active Monitoring practitioner, who is co-located in the surgery, by their GP. Following a referral they are booked in for a 'drop-in' session with the practitioner by the GP or another member of surgery staff. This drop-in session effectively acts as a triage service. It usually takes place within a couple of days (although the agreed service level is within 5 days) and consists of a 15-minute conversation with the AM practitioner during which the client's mental health problems are assessed. Further referrals might then be made, either to the AM programme itself and/or to other sources of support in the community depending on the client's needs.

How active monitoring works



A patient goes to their GP with a common mental health problem.



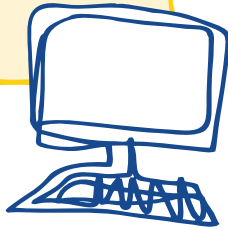
Option to report to the GP on the patient's progress

- The GP refers eligible patients to the Mind practitioner in their surgery
- There is a 15 minute conversation within a week of referral, and an appropriate mental health support package is identified

- Patient signed up to Active Monitoring
- Five face-to-face sessions over eight weeks
- Self-guided wellbeing exercises and workbooks addressing common mental health problems such as:
 - Depression
 - Anxiety and panic attacks
 - Stress
 - Feeling alone
- Ongoing signposting options

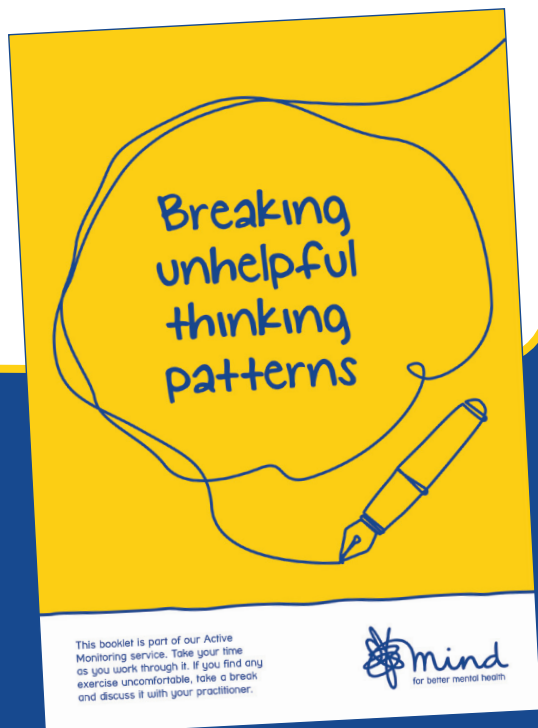
Other options:

- refer back to primary care
- other local services
- other relevant agencies



The key elements of Active Monitoring

- 'Guided self-help' using a series of workbooks based on evidence-based CBT principles delivered in five sessions over an eight week period. The first session lasts 40 minutes and subsequent four sessions last 20 minutes each.
- Clients select one of six pathways: anxiety and panic attacks, depression, low self-esteem, stress, feeling alone and managing anger.
- A focus on improving clients' awareness and understanding of their mental health problems, as well as empowering them to improve their mental health and wellbeing by equipping them with practical tools, approaches and resources to help them address harmful thought patterns and improve their self-care.



“It helps to reduce patients’ need to see us... In the past when the waits were long people tended to come back to us because they’d not heard anything or they weren’t coping... because the wait for talking therapies was so long you had to give people something fairly promptly and so the only thing you could do fairly quickly was a prescription but now we’ve got a service they can access quite quickly and therefore people are happy with that and are less in need of a prescription.” GP in a surgery using Active Monitoring

How Active Monitoring could work for you and your patients

- GPs report that the service benefits patients by being local, quick to access and face-to-face.
- Active Monitoring takes pressure off surgery staff by providing patients with more time than a GP could offer.
- Active Monitoring costs less than 80 per cent of a standard IAPT (England) course.
- With Mind bringing in mental health expertise early on, patients remain within primary care, reducing the need for more expensive secondary care.
- 300 people were seen between May and early December 2015 and there was a 43 per cent improvement in clients recovering from depression and anxiety.

For more information about Active Monitoring, contact:

Kate Boulton – k.boulton@mind.org.uk

Jon Cuming-Higgs – j.cuming-higgs@mind.org.uk

Susanne Underwood – s.underwood@mind.org.uk

Mind
15-19 Broadway
Stratford
London E15 4BQ

020 8519 2122
contact@mind.org.uk
mind.org.uk

Mind’s registered charity number is 219830.

