

Whittington Health Trust Board

 7th May 2014

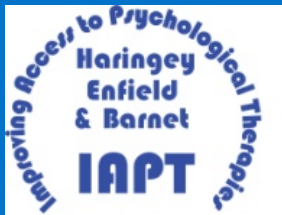
Title:		Patient Story					
Agenda item:		14/081		Paper		2	
Action requested:		For information					
Executive Summary:		<p>This month's patient story to the Board is from the Lets-Talk Improving Access to Psychological Therapies (IAPT) Service - a primary care psychological therapy initiative developed as part of the national IAPT programme. It is presented by IAPT Clinical Lead.</p> <p>The patient story is in two parts, part one from a patient who has struggled for many years with Obsessive Compulsive Disorder (OCD), and how he has managed to overcome this using Cognitive Behavioural Therapy (CBT).</p> <p>Part two is from a patient who through a self-composed song, will say how unemployment and homelessness has added to his depression, and how he has managed to overcome the many compounding issues with the support and supervision of the IAPT service.</p>					
Summary of recommendations:		For information					
Fit with WH strategy:		Innovation and improving the health of our community					
Reference to related / other documents:		Patient Experience Strategy.					
Reference to areas of risk and corporate risks on the Board Assurance Framework:		N/A					
Date paper completed:		22 nd April 2014					
Author name and title:		Antoinette Webber, Patient Experience Manager		Director name and title:		Jill Foster Director of Nursing and Patient Experience	
Date paper seen by EC	N/A	Equality Impact Assessment complete?	N/A	Risk assessment undertaken?	N/A	Legal advice received?	N/A



Patient story to the Board



Neo, iDarren and Dorian Cole



**LET'S
TALK**.co

TALKING OUR WAY TO MENTAL HEALTH

IN HARINGEY, ENFIELD AND BARNET



Who Are We and

Using NICE and IAPT approved treatment protocols

Through 1-1, group and workshop, telephone, internet and SMS communication

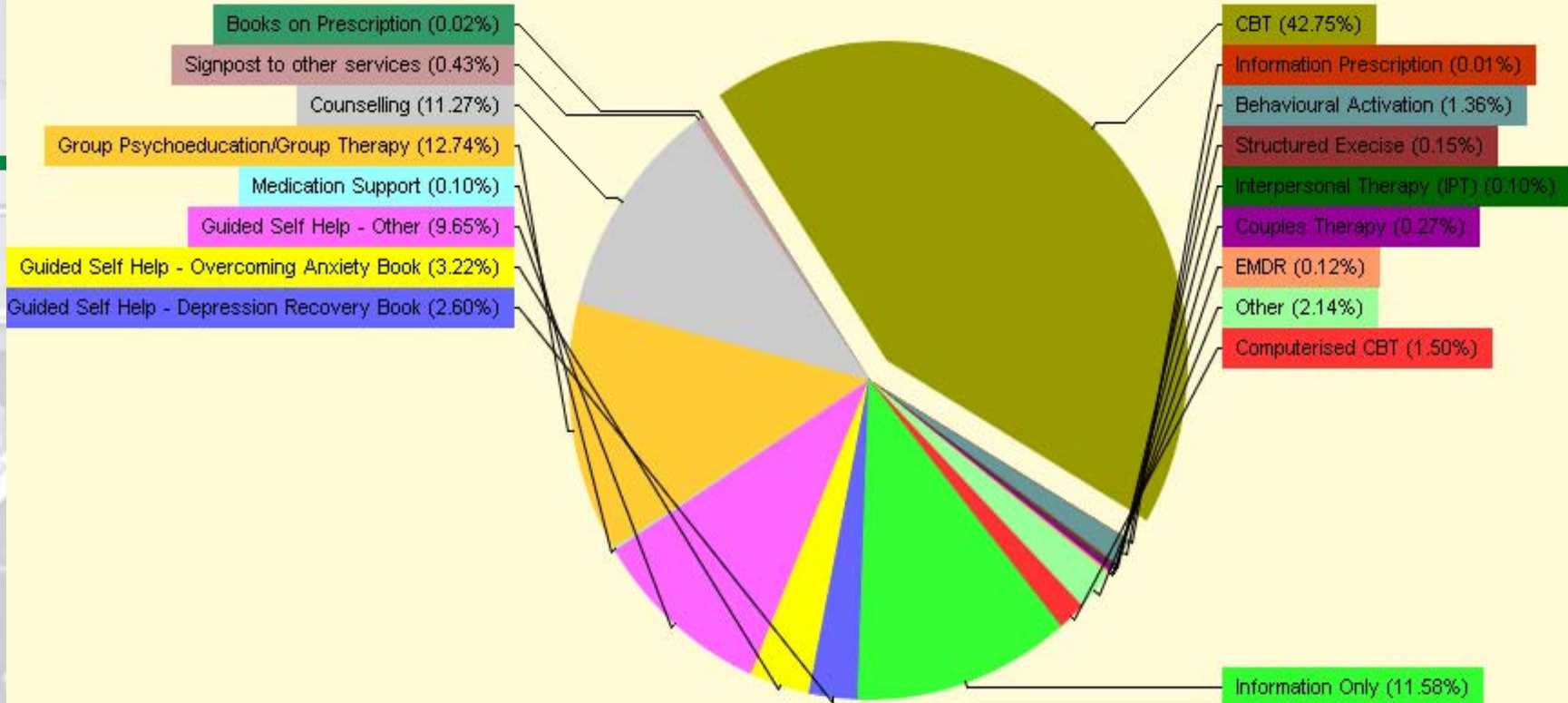
Building on longer term self-care framework

Aimed to help clients help themselves, manage their own lives and needs realistically. And within the context of their own social, cultural, environmental and interpersonal lives.

Wh



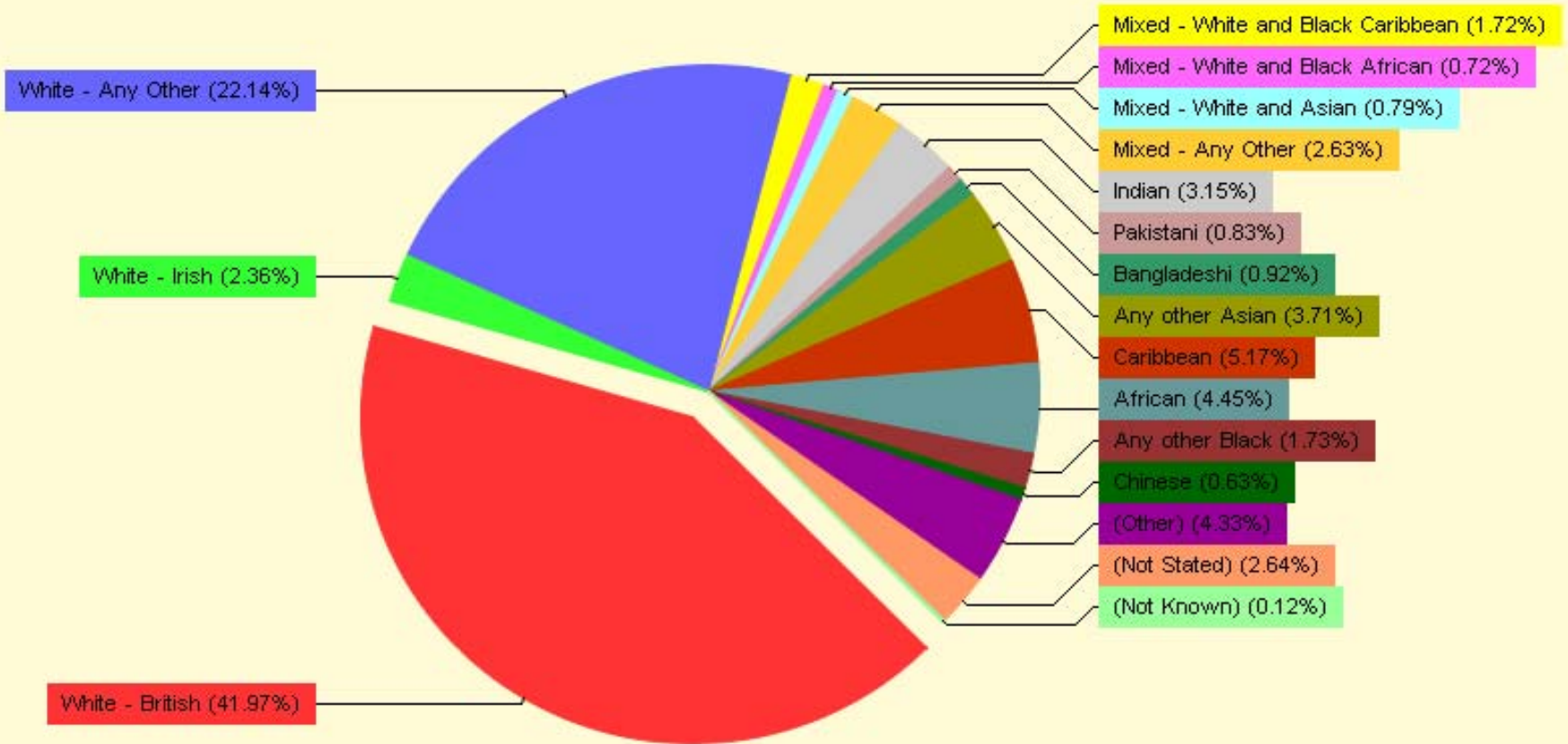
THINK DIFFERENT. FEEL DIFFERENT.
LIVE BETTER



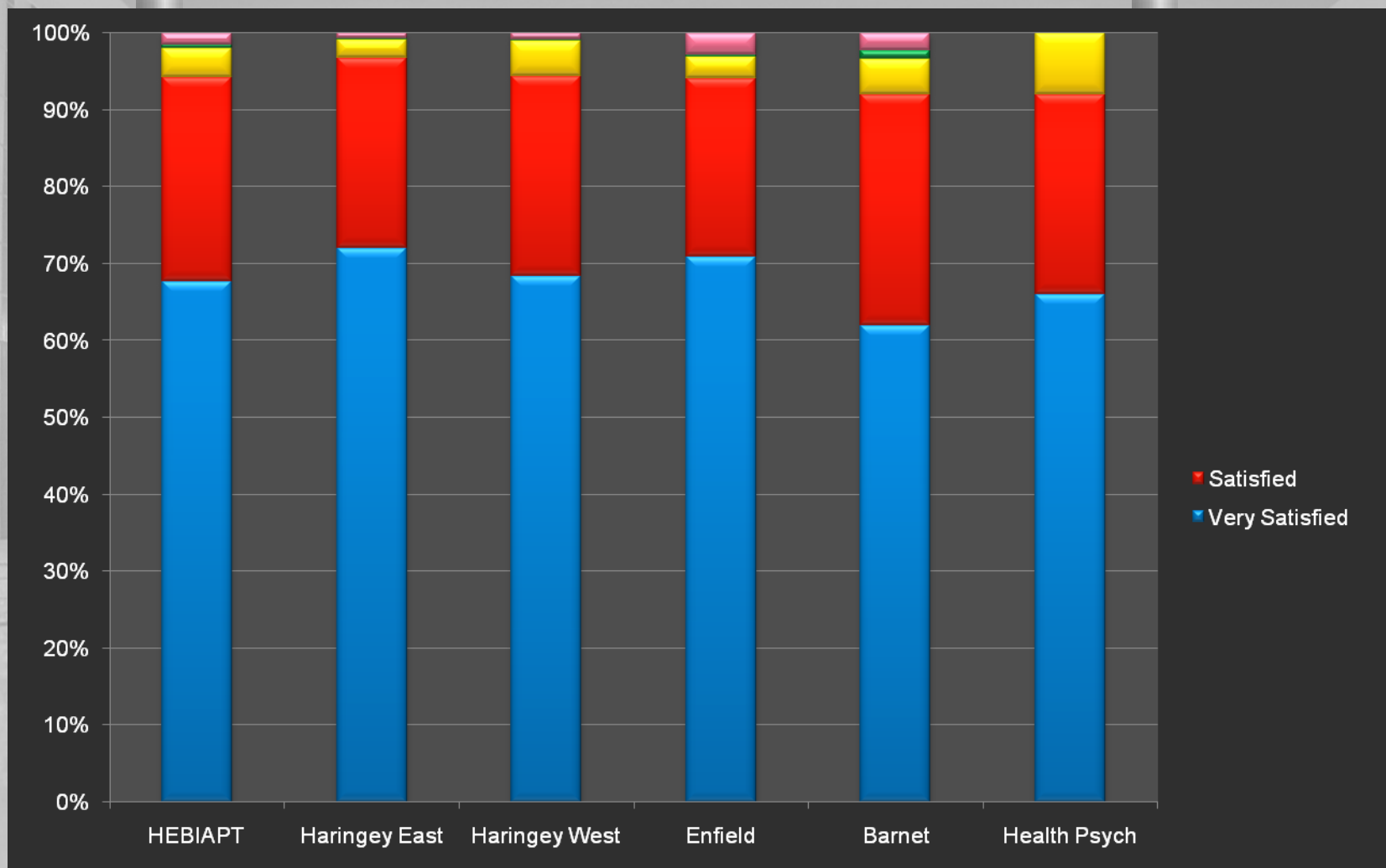
Who



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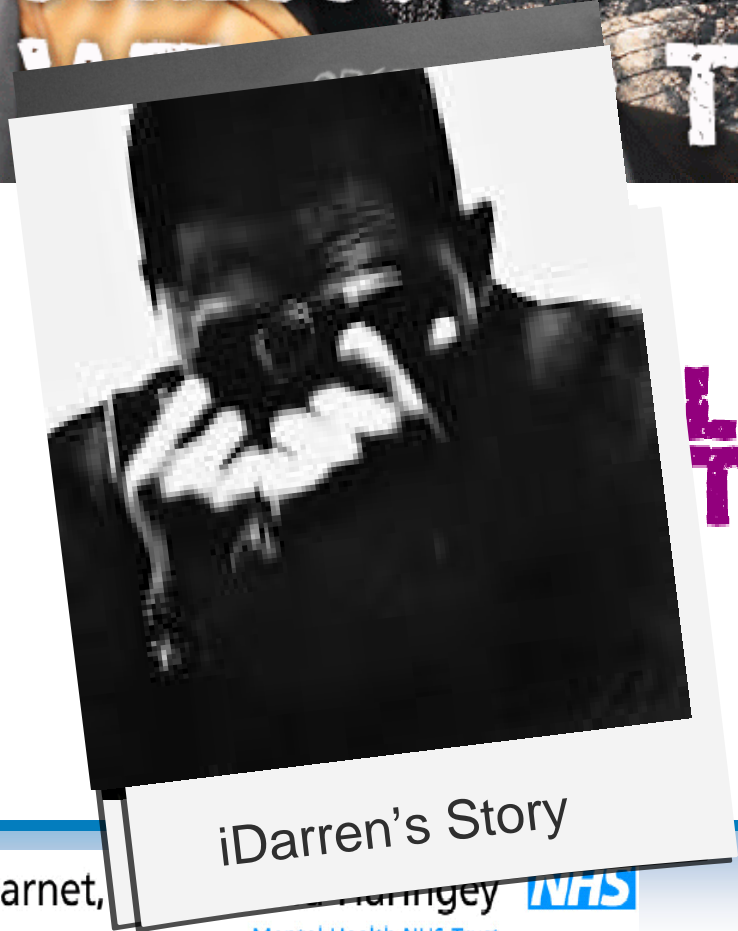
Performance in 2013-14





**ANXIETY?
STRESS?**

TO TALK...



iDarren's Story

**LET'S
TALK.co**

TALKING OUR WAY TO MENTAL HEALTH
IN HARINGEY, ENFIELD AND BARNET

Barnet, Haringey **NHS**

Mental Health NHS Trust



Whittington Health **NHS**



Questions



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