

# MHSOP Community Team CBT Skills Training

## BACKGROUND

- Lack of psychological therapy provision for >65's
- Stepped care model
- Bamford Review (2005)

**NHS**  
National Institute for Health and Clinical Excellence



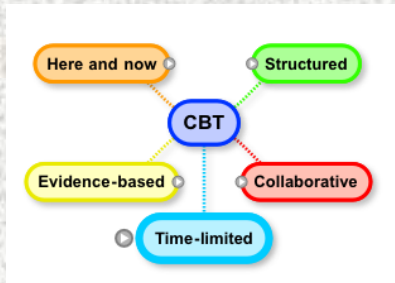
A STRATEGY FOR THE DEVELOPMENT OF PSYCHOLOGICAL THERAPY SERVICES



## Transforming Your Care

A Review of Health and Social Care in Northern Ireland

## CBT SKILLS TRAINING PARTICIPANTS



## AIMS

- To improve perceived knowledge, skills, confidence and frequency of use in key areas of CBT – 80% of trainees to good category
- To improve objective CBT knowledge test scores – 80% of trainees score to greater than 60%
- Practice implementation by 80% trainees (by end May)

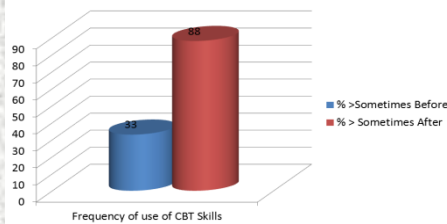


## RESULTS

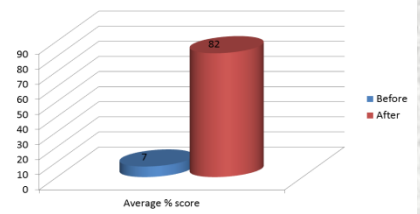
### Knowledge, Skills and Confidence in Key CBT Areas Before and After Training



### Frequency of Use of Key CBT Skills Before and After Training



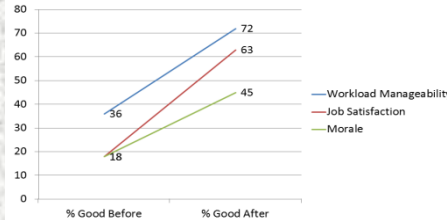
### Objective Test Results



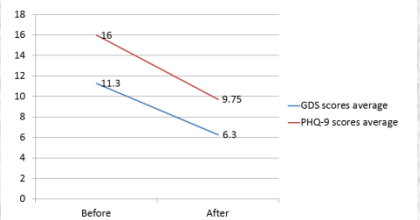
### Example of PDSA cycles- goal-setting



### Balancing Measures- Staff Perceptions



### Patient Outcomes



GAIN BUY-IN

SIMPLE MEASURES

SMALL CHANGES

SUPPORT

PHQ-9 scores improved



**91%**  
Practice Implementation

### SOE Team:

Joanne Younge  
Dianne Roberts  
Sarah McVeigh  
Mary MacDonnell  
Brenda Carson-Mentor

I am going out for drives

I can go to the shop

I am attending church now

