

Nationally very few individuals with a Learning Disability are accessing the psychological therapies that are available to them. We are therefore delighted to announce that the Improving Access to Psychological Therapies service (Back on Track) and the Community Learning Disabilities service in Hammersmith & Fulham have been working closely together on a pilot project started by the Foundation for Learning Disabilities. They aim to improve the provision of psychological therapy for people with a Learning Disability who are also struggling with symptoms of low mood and anxiety.

The teams have collaborated with the equivalent services in Oxleas NHS trust to compare their respective models of service provision and this piece of work will be published in the October issue of the 'Bulletin' for the Faculty for People with Intellectual Disabilities.

"Reasonable Adjustments for People with Learning Disabilities accessing Improving Access to Psychological Therapies services"

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In addition to this Ms Kate Bexley, (one of Back on Track's CBT therapists who is currently also in her 3rd year of Doctoral training to become a Counselling Psychologist) will be presenting initial findings from her doctoral research at the National Learning Disabilities Conference on 17th September.

Kate has been investigating the quality of Inclusive Practice in IAPT, using a tool called the 'Green Light Toolkit', with a view to Improving IAPT services for People with Learning Disabilities.

An action-research design is being used to ensure findings do not simply result in a list of recommendations. Active changes are being made and will be an on-going aspect of this research.

The initial themes that Kate will be sharing at the conference are:

- 1) The need for more accessible resources and understanding of how they are used in sessions.
- 2) The need to enhance clinician confidence / competence in working with People with a Learning Disability via training.
- 3) Acknowledging the barriers to improved service, including the competing demands of IAPT (e.g. also needing to reach out to several other minority groups).

The success of this project results from the strong partnerships that have developed; with the Foundation for Learning Disabilities that started the pilot; with local LD services in H&F who now work jointly with mental health services and with equivalent services, nationally. It is a prime example of good practice in joint working and the on-going commitment of the NHS to development of services.