



The 1st HEIW / SCW virtual conference 'Informing the future of the **Mental Health Workforce** in Wales'

Case Study

North Wales Stepped Care Initiative & Training Collaborative

What did you do and why?

In North Wales, Adult Mental Health Clinical Psychology and Psychological Services have developed new roles in the Health Board as part of a Stepped Care Initiative to support skill acquisition and retention across multiple disciplines and systems involved in psychological care for adults. This is encouraging new ways of working across the mental health workforce, and supporting evidence based and trauma informed care to be more readily available for service users. We have done this by:

1. Widening access to consultation and supervision across services and MDTs
2. Mapping and training needs analysis
3. Rapidly adapting evidence based psychological interventions for remote delivery taking into account COVID 19 restrictions
4. Targeted support to Primary Care Mental Health Services and other stepped care services
5. Strong collaboration with partners such as Child & Young People's Services, North Wales Psychological Therapies Management Committee, and the University of Wales, Bangor.

Collaboratively we have developed the North Wales Psychological Therapies Training Team, a collaboration between the Health Board and Bangor University's Psychology Departments and the first of its kind in Wales. A programme of high quality psychological therapies training has been developed for BCUHB multidisciplinary mental health staff across adult and child services. This includes introductory CBT sessions, offered with a mixture of online and face to face delivery; introductory in-house workshop on effective delivery of guided self-help; Level 6 Cognitive Behavioural Therapy (CBT) training module; evaluation of implementation of skills in previous graduates of Level 6 and Level 7 CBT training; supervision skills workshops; and validation of a North Wales Post-Graduate Diploma in CBT – a first in Wales.