

**NHS**



**iapt**

**Improving Access to Psychological Therapies**

*Helping to increase mental health access and improve patient outcomes*

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“For years I have suffered with anxiety - and have had multiple sessions of hypnotherapy etc.

Nothing helped so I went to the doctor and was told about this website and it is brilliant! I had a few CBT sessions with one of the therapists and have been so much better since.

It's very convenient as the sessions are online so you can do them at whatever time suits you - later in the evenings was great for me as I work late - so thank you for this app. I would highly recommend.”

– Sarah

# IAPT service challenges

“I think it’s fair to say we are very happy with the journey so far and tremendously excited about the future.

We are learning how to better train our therapists to both understand the advantages of digital therapy and how to then explain this in conversations with patients ( and fellow therapists or managers !!).

We have also been able to bring commissioners along on this journey and help them understand the position and potential for digital therapy as well as the range of therapies available.”

*Paul Bagot, Operational Lead Inclusion  
Thurrock, June 2019*

- Difficulty in meeting increasing patient demand
- Long waiting lists
- Need for out of hours appointments
- Lack of consulting room space
- Lack of patient choice of therapist and time of appointment
- Struggle to meet the needs of the BAME community
- Difficulty balancing commercial vs patient needs
- Pressure to improve patient and social outcomes

# Evidence base for online therapy

## Chakrabarti's meta-analysis of over 200 Randomised Controlled Trials on video online therapy and psychiatry concluded:

- *“Treatment of depression delivered by videoconferencing is equivalent to face-to-face treatment on symptom reduction”*
- *“Superior to face-to-face treatment on depression outcomes”*
- *“CBT well suited to videoconferencing as are other forms of therapy”*
- *“75-100% of the users reported considerable satisfaction with tele-psychiatric care”*

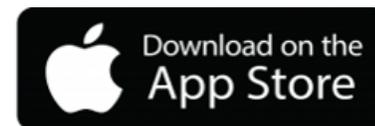
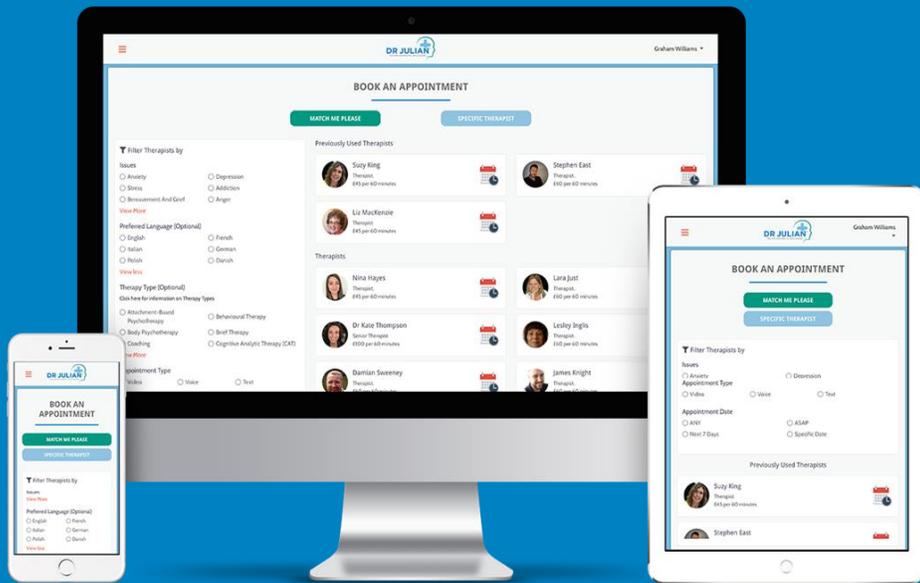


Chakrabarti, S. (2015). Usefulness of tele psychiatry: A critical evaluation of videoconferencing-based approaches. In: *World Journal of Psychiatry*. 2015 Sep 22; 5(3): 286–304. [10.5498/wjp.v5.i3.286](https://doi.org/10.5498/wjp.v5.i3.286). [Last accessed 07/06/2019].

# The Solution

Dr Julian is a leading online platform connecting patients to therapists via secure video, audio, and instant messaging

- Clear your waiting list
- Provide additional capacity for on-going service
- Save recruitment time and cost
- Reduce overhead costs
- Utilise a large network of qualified and vetted therapists
- Give patients faster access
- Provide patients a greater range of appointments
- Experience higher recovery rates
- Increase patient satisfaction
- Integration with IAPTUS for seamless data transfer
- Own-branded, customised online platform



# The Benefits

## For your service

- **IAPT Step 3 therapy costs only £60/session**
- **PWPs at a lower rate**

**Reduced DNA and drop out rates by more than 50%**

**Improved outcomes by 11.8%**

**Fully integrated with IAPTUS and IAPT outcome measures**

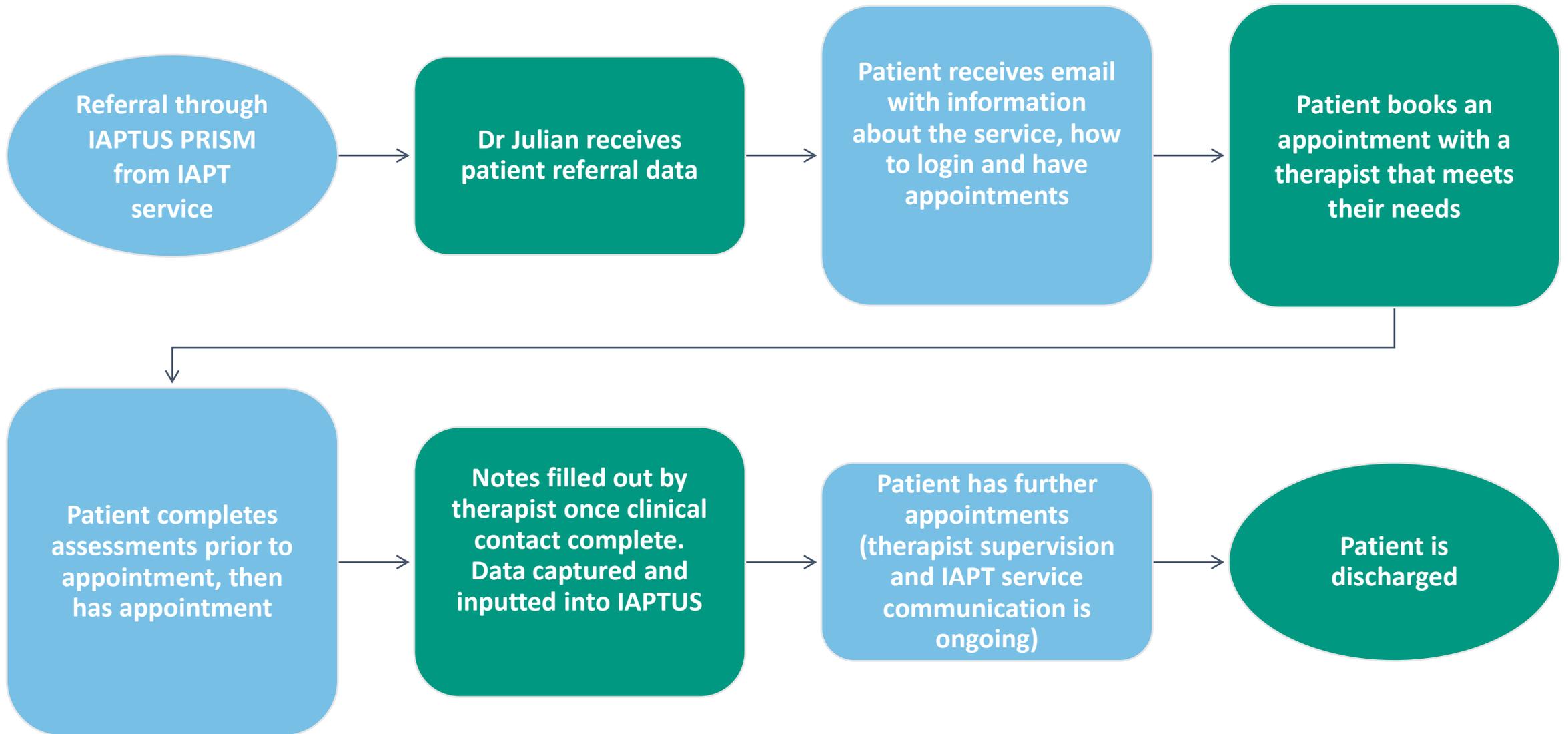
## For your patients

**Choice of therapist and appointment time**

**Multiple languages available**

**Easy to use with choice of video/text/phone**





How does the process work with IAPTUS?

# Some of our NHS clients

**Bristol, North Somerset  
and South Gloucestershire**  
Clinical Commissioning Group

**NHS**  
Central and  
North West London  
NHS Foundation Trust

**NHS**  
England

**NHS**  
Milton Keynes  
University Hospital  
NHS Foundation Trust

**NHS**  
Basildon & Brentwood  
Clinical Commissioning Group

 **inclusion**  
Fulfilling Potential. Forging Success.

**Oxleas**  
NHS  
Improving lives

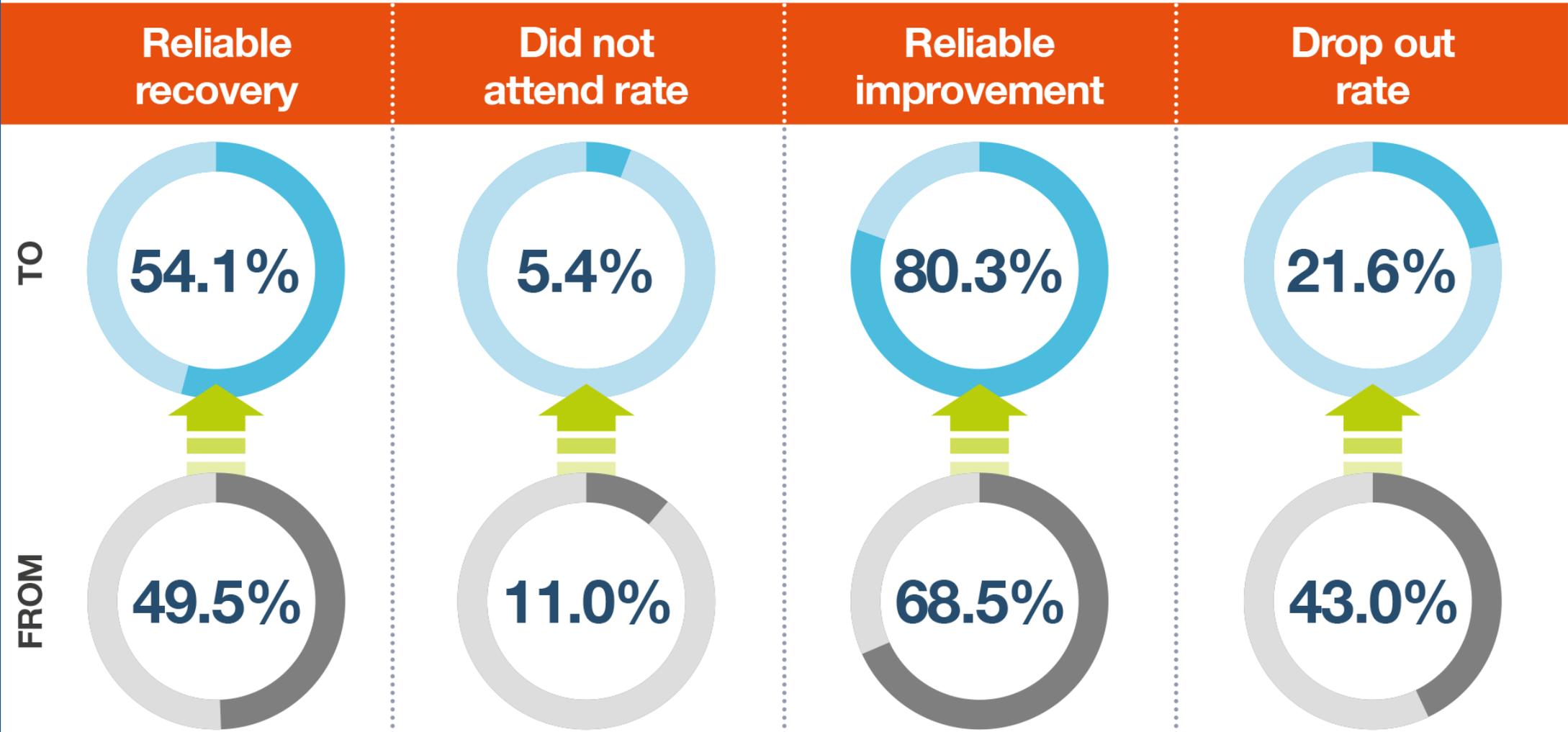
**DR JULIAN™**  
THE APP FOR MENTAL HEALTH AND WELLBEING



# Dr Julian Improvements

versus current average IAPT

Track Record



# Track Record

Kent Surrey Sussex  
Academic Health Science  
Network

## Dr Julian Patient Outcomes

**9.3%**

increased recovery rate



**17.3%**

increased reliable improvement rate

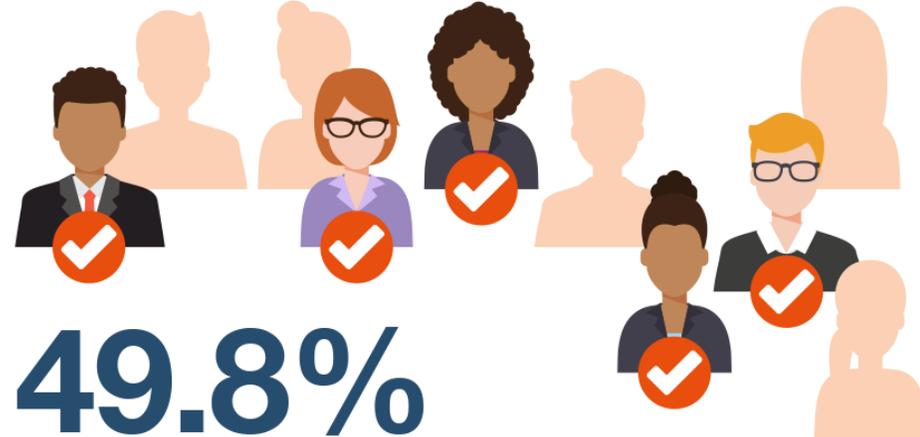
**50.9%**

reduction in did not attends



**3.4** more

appts for High Intensity treatment



**49.8%**

fewer drop outs

# Track Record

Kent Surrey Sussex  
Academic Health Science  
Network

## Dr Julian Economic Outcomes



reduced cost  
per appointment



per referral



NHS return

spend

Q & A

