

MENTAL HEALTH STRATEGY – REPORT ON PROGRESS – ACTION 25

Date of report	12 July 2019
Date of last report	27 th November 2018
Project end date	Completed April 2018
Action Number	25
Action Owner (s)	Chris Wright
Action Link	Isla Wallace
Action Text	Develop more accessible psychological self-help resources and support national rollout of computerised CBT with NHS 24, by 2018.

Progress Update from Previous report	RAG
1. In July 2018, the full national rollout of the Computerised Cognitive Behavioural Therapy (cCBT) service across all 14 territorial health boards was achieved.	Green
2. NHS 24 Living Life staff have been trained in the delivery of IPC(t) and following initial psychosocial assessment of need are able to offer this alongside CBT and Guided Self Help.	Green

Key Deliverables in next 6 months (include estimated date for each deliverable)	RAG
N/A – action complete – additional work on cCBT and self-help resources is being managed through 2018/19 PfG commitments.	Green

What does success look like?
1. Availability of cCBT across all Scottish Health Board areas.
2. Increasing referrals to the service, timely access, and user satisfaction with the treatment.
3. Sustainability and growth of the service going forward.

What data (if any) can evidence delivery?
1. Number of referrals to the service.
2. Time between referral and access to treatment (typically 5 days).
3. Client satisfaction levels (77% were satisfied in most recent survey).

Any other comments	
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