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APPTS
ACCREDITATION PROGRAMME FOR PSYCHOLOGICAL THERAPIES SERVICES

Accreditation Programme for Psychological Therapies Services (APPTS)

Hannah Lucas-Motley

Head of Quality and Accreditation
The Royal College of Psychiatrists

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Overview

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- Who we are and what we do
- The peer review process
- The impact of our networks
- Celebrating successes
- Future plans

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College Centre for Quality Improvement (CCQI)

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- Over **20** years of setting standards and supporting mental health teams to make improvements
- **28** national quality networks and accreditation programmes
- **Supporting** services to take responsibility for improving local mental health services
- Involving the full **multi-disciplinary** team, as well as service users and carers
- Almost **1,600** member services across the UK and beyond

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About APPTS

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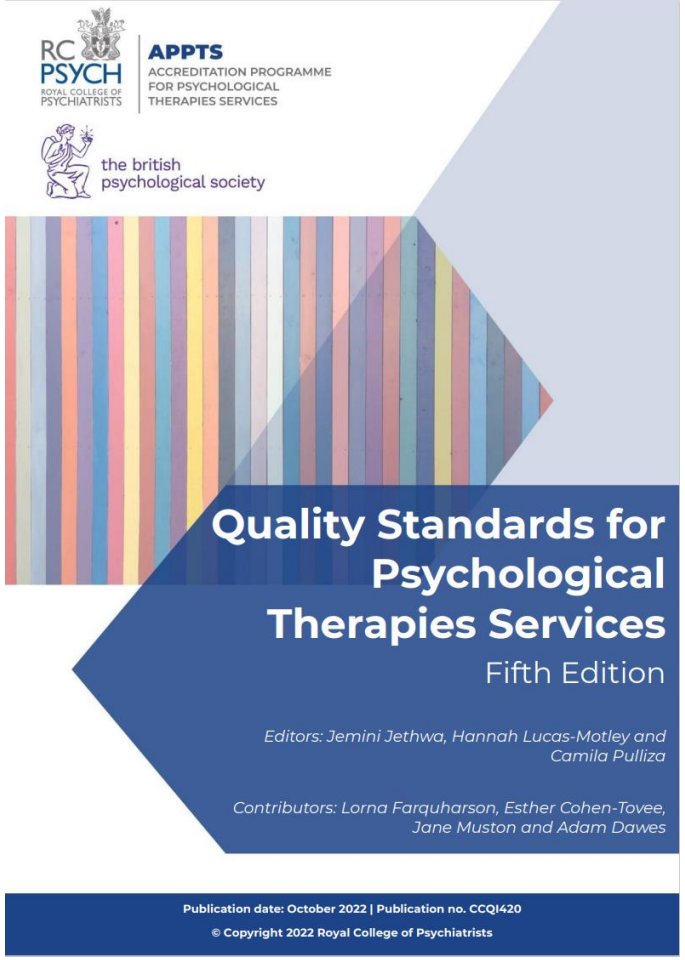
- Set up with support from the **BPS**
- **Supportive** approach to improving care and achieving compliance with standards
- Big focus on service user, carer and staff **experience**: feedback is key!
- Not just focussed on improvements but also **celebrating** success and innovation
- Provide immediate, tailored **feedback** and tangible suggestions for development
- Build **networks** of similar services to share experiences and good practice



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Our Membership

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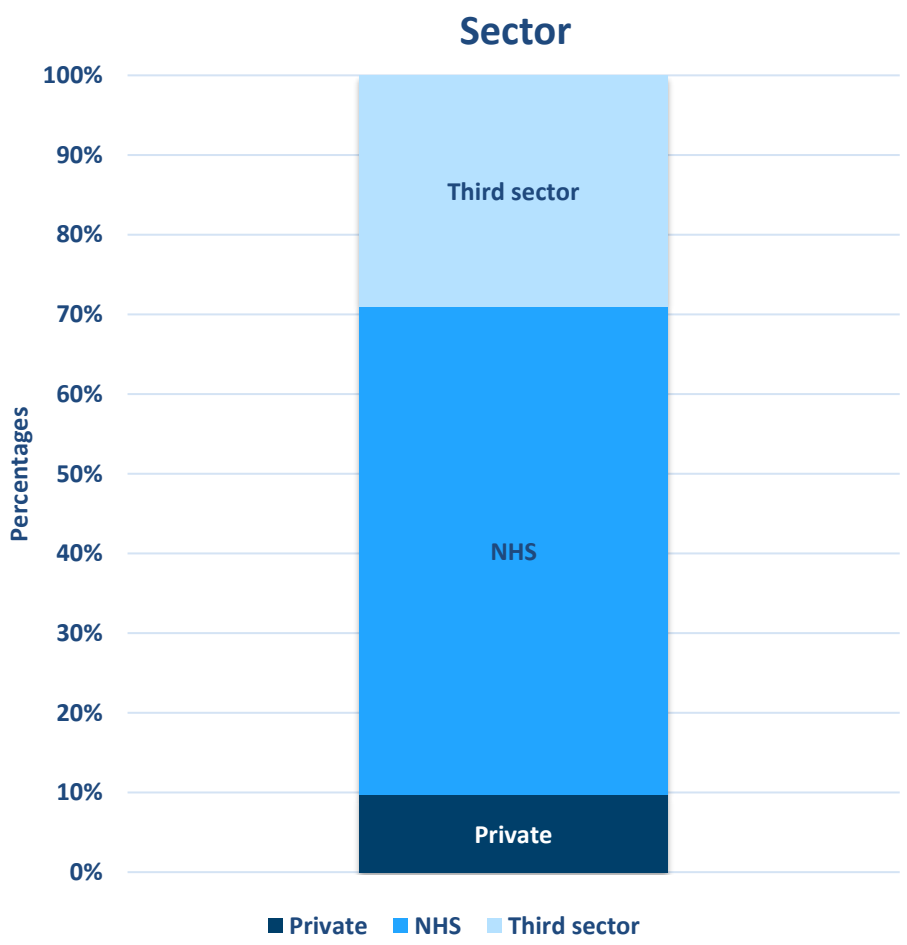

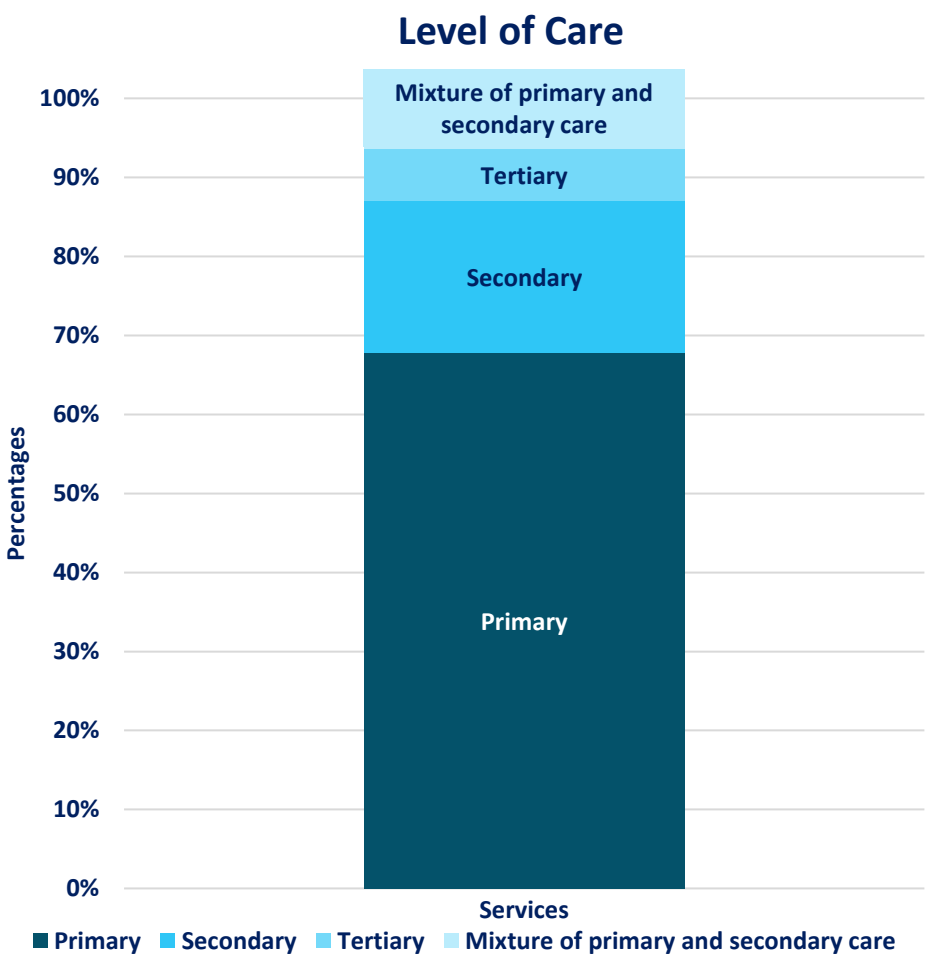

The Review Process

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Other benefits

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- Comprehensive reports: service-level and aggregated
- Belonging to a network of like-minded colleagues and teams
- Demonstrate quality
- Personal and professional development

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But does it work?!

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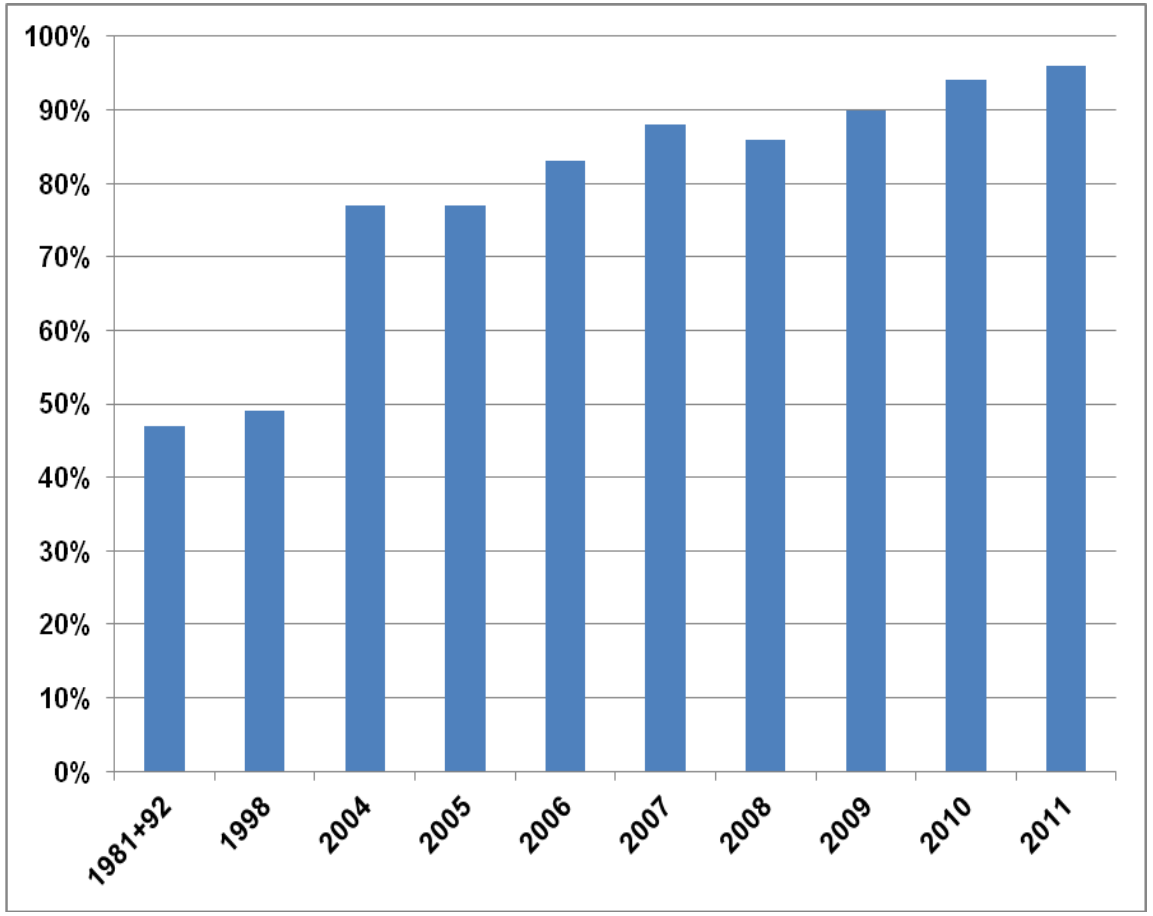
Example 1: ECT clinics

- Audits conducted in 1981, 1992 and 1998
- Measured compliance against 10 key standards relating to ECT
- ECTAS established in 2003
- Steep increase in compliance from 2004 which has continued to improve over time



Three Decades of Quality Improvement in Electroconvulsive Therapy: Exploring the Role of Accreditation. *Murphy, G., Doncaster, E., Chaplin, R., Cresswell, J., and Worrall, A.*

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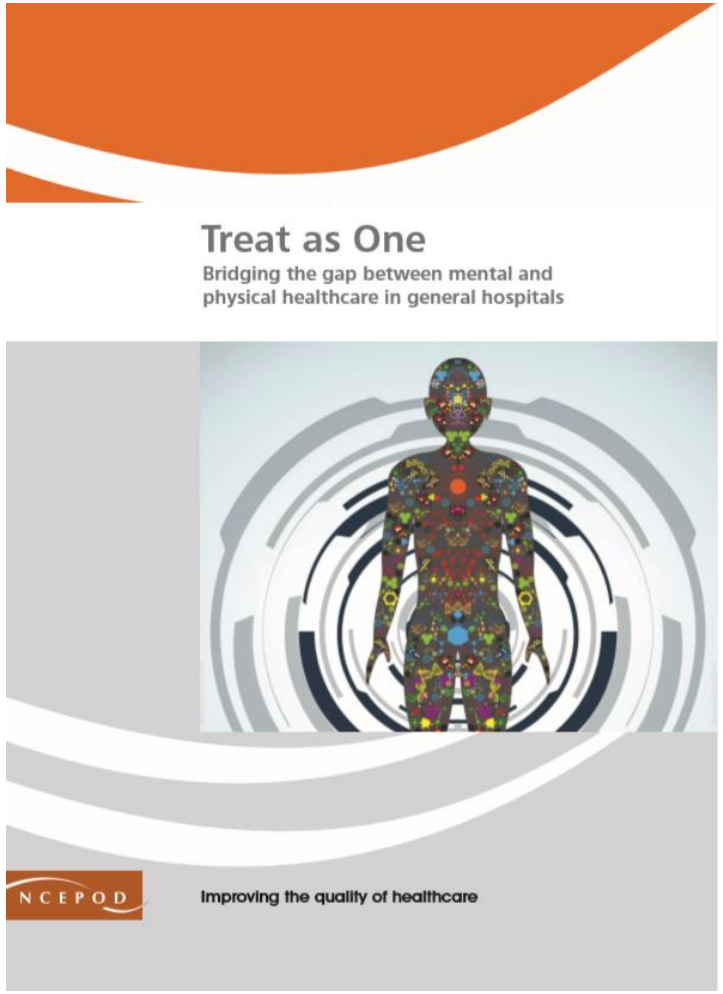
Example 2: psychiatric liaison teams

- Psychiatric Liaison Accreditation Network (PLAN) established in 2009
- NCEPOD 'Treat As One' report in 2017 looked at mental health in general hospitals
- Independent reviewers found PLAN-accredited teams demonstrated higher levels of good practice vs non-accredited teams
- "Through PLAN, [RCPsych] has offered a significant initiative to provide a benchmarking and quality accreditation process for all liaison psychiatry services"



Success stories

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- Student Access to Mental Health Services (SAMHS), University of Sheffield
  - No waiting times for students seeking support
- Student Services, University of St Andrews
  - Accessible contact and crisis information
  - Strong joint working relationships with GPs and the local CMHT
- Student Wellbeing Services, Brunel University London
  - High levels of student satisfaction

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Member feedback

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Our accreditation has truly created new opportunities in research funding and innovation. The process of accreditation is really supportive and has enabled us to continually improve and reflect on how we deliver our service

The process has been really helpful both to celebrate the successes and also help identify areas to make service improvements in an encouraging and supportive way

The APPTS accreditation has significantly raised the profile of our service and has led to us winning the [Trust] award for Most Effective Team

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What's coming up?

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- **Publications**
  - **APPTS Standards for Psychological Therapies Services:** Fifth Edition due November 2022
  - **Trends and Guidance in Evidence-Based Interventions:** due December 2022
  - **APPTS Aggregated Report:** due December 2022
- **Events**
  - **APPTS Annual Forum:** Friday, 2 December (student tickets available)
  - **Peer Reviewer Training:** dates TBC

Contact us

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