

**WRITTEN QUESTION TO THE MINISTER FOR HEALTH AND SOCIAL SERVICES  
BY DEPUTY K.G. PAMPLIN OF ST. SAVIOUR  
ANSWER TO BE TABLED ON TUESDAY 30th APRIL 2019**

**Question**

Will the Minister provide an update on the work underway to improve Jersey Talking Therapies, particularly in relation to the waiting times for its services and to a change of premises so that those services can be accessed more easily?

**Answer**

Jersey Talking Therapies (JTT) was launched in October 2014 to provide adults aged 18 and over experiencing psychological difficulties – mainly mild to moderate anxiety and depression – with easy access to a range of talking therapies. We share the anxiety about waiting times and recognise how important it is to be offered timely support. We realise that waiting for support can be difficult for people.

**Large number of referrals**

During 2018, JTT received 1,700 referrals. The large number of referrals represents an encouraging sign about the success of JTT. The number indicates that members of the public are finding the service accessible and are feeling able to step forward to commence therapy. If the number was low, we would see this as a sign that the service was not seen as accessible by potential users and that there was a lack of progress in breaking down the historic stigma surrounding the mental health challenges faced by a significant proportion of the population. User feedback, as part of a JTT review last year, informed us that, on average, those accessing JTT experienced a positive change in their presenting difficulties. The clinical effectiveness of treatment offered to those accessing JTT is evaluated as being better when compared, on average, to Improving Access to Psychological Therapies (IAPT) services in the UK.

**Recruitment and retention**

JTT has a workforce of four psychological well-being practitioners, nine psychological therapists and an administrator. Over the last 3 to 6 months there have been four vacant posts in JTT. One vacant post has been filled by a psychological well-being practitioner. The recruitment process for the three vacant posts is underway and interviews are scheduled for May 2019. Investment is being made in existing JTT staff to encourage their professional development and work towards a professional qualification. One of the three vacant posts in JTT will be used as a trainee post.

**Digital Technology**

JTT currently recommends an online therapy product developed in Australia (Moodgym). However, take up of this offer is limited. We have met with the licence holders of Silvercloud Health in Jersey (LINC). Silvercloud Health is an online therapy product for mild presentations of anxiety and low mood that is being used across some IAPT services in the UK. We will be piloting the Silvercloud Health digital product and reviewing its effectiveness against other products in offering more timely psychological support for some people who are referred to the service.

**Complex Trauma Network**

Recommendation 8.4 of The Independent Jersey Care Inquiry (IJCI) report identifies the need to “further develop accessible services (for adults) that meet the different recovery needs of survivors”. A programme of work is underway to co-produce a trauma-informed community and a complex trauma network. An investment of additional resource is required to support this development. Delivering this proposal would improve the capacity available in JTT to respond to trauma referrals.

**JTT accommodation**

JTT delivers its services from a range of locations to increase the accessibility for those referred. The current locations include Regus House, GP surgeries, Psychology department (Overdale) and The Bridge. We are exploring options for JTT and Psychology to be co-located together. We are aware that maximising accessibility to services requires them to be centrally located and close to public transport as well as the facility being conducive to offering a confidential, therapeutic space.