

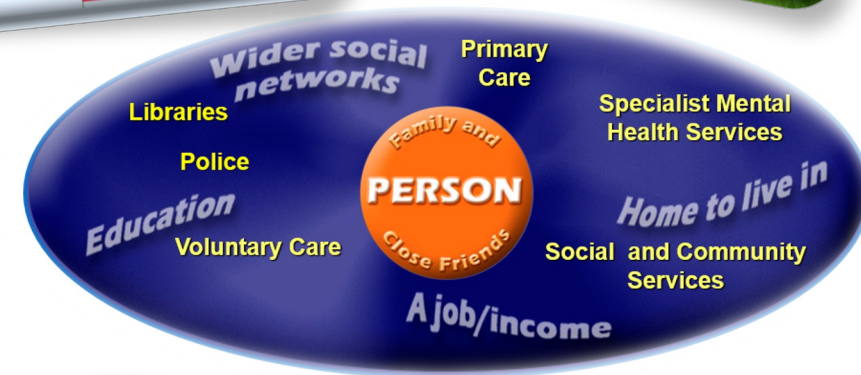
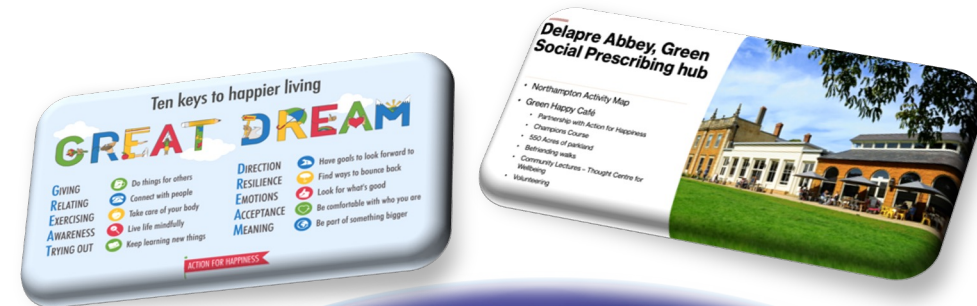
Prescribing a biopsychosocial approach to mood disorder to patients and ourselves

Prof. David Smart

Clinical Director Prevention and Mental Health,
General Practice Alliance

Clinical Director WORTH Northampton

Visiting Professor Mental Health and Wellbeing at
University of Northampton

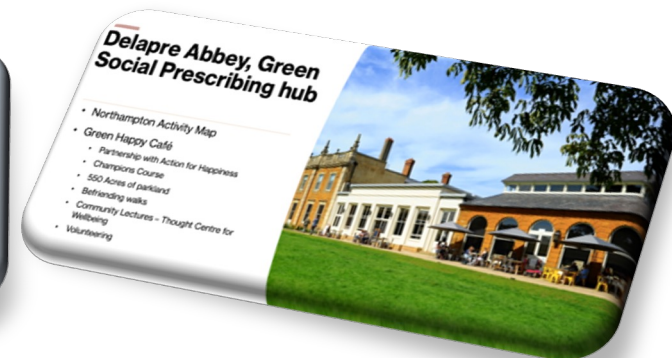


Diagnosis	Self Care and Prevention	Primary Care	Enhanced Primary Care	Urgent and Crisis Response	Emergency/ Acute
Future Vision (in no specific order)	None Initial Prescribing GREAT DREAM Happy Café NHS Health Checks Trilogy Public Health Promotion Materials Action for Happiness Hub Suicide Mitigation Recovery College	Depression Prescribing/ Formulary MAP - GP / Self-referral/ Care Navigator/ Triage Control My Wellbeing Plan GREAT DREAM Social Prescribing Breathing Space PIVOTAL	Depression with LTC/ Other GPEA - MDT review • Group Therapy • Change to Care Plan • Social Prescribing • Electronic Option • Collaborative Care Approach (Community Navigator) GREAT DREAM	Needs help now Green Gate (overseas access) Crisis Resolution Home Team Triage Car (CPN/ Police) Acute Hospital Liaison UCAT Front Line Staff Training GREAT DREAM Hospital at Home	Needs more help/ specialist Admission to Berrywood MHT Specialist Options Treatment Resistant Depression (TRO) Front Line Staff Training GREAT DREAM PCART (PCLW)

← LEFT SHIFT

A Community approach to improve patient choice within a Biopsychosocial pathway that improves outcomes for patients and is easily replicated

General Practice Alliance (GPA) and WORTH are promoting a Biopsychosocial approach (especially for Long Term Conditions), encompassing the additional new roles in Primary Care with pharmacists, social prescribers, health coaches wrapped around Talking Therapies



Optimised antidepressant treatment pathway

Integrating Talking Therapies with ARRS roles (+new MH role)

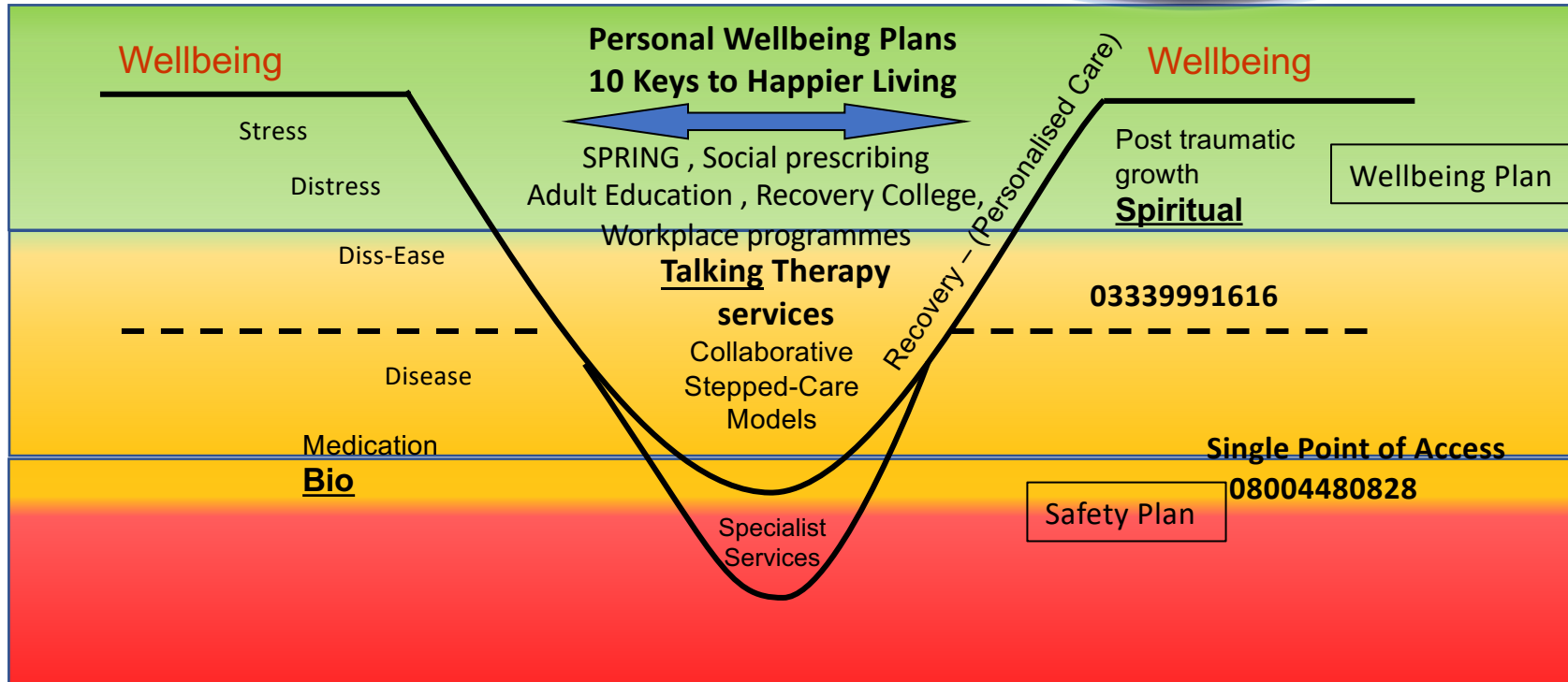
Alpha-Stim AHSN Demonstrator site for anxiety at WORTH

Digital support, GPA website, Feeling Good App, Wellbeing Launchpad, courses and resources

Integrating 10 Keys to Happier Living - My Wellbeing Action Plan

Increasing voluntary sector capacity e.g. volunteering new courses, exemplar Wellbeing Hub at Delapre Abbey

Biopsychosocial Pathway + Spiritual (meaning)



Depression is Common & Critical

- Depression is a **leading cause of disability worldwide** and is a major contributor to the overall global burden of disease¹
- In 2016/17, depression affected an estimated **66k adults in Northamptonshire**, 11% of the adult population²
- Most frequent cause work absence and presenteeism.
- Depression **increases costs** and **worsens outcomes** in long term conditions³
 - In Northampton, hospital admissions for COPD + depression were £612 per person per year more than COPD alone⁴
- Treatment-resistant depression (TRD) can cost over £22,000 per patient per year (2009/10). However, surprisingly few are admitted to hospital for psychiatric care³
- There is no clearly defined pathway from public health through to TRD, and prescribing wasn't optimised relative to NICE guidelines⁴⁻⁶
- COVID has made the situation worse: additional demand for Northampton services is forecast to be 102k adults⁵
- **Addressing this at a place-based approach and overcoming commissioning silos has international implications**

1. World Health Organisation. <https://www.who.int/news-room/fact-sheets/detail/depression> (Accessed April 2023)
2. Impact of Depression Resource. Provided as a service to the NHS by Lundbeck Ltd. Data accessed under license from NHS Digital.
3. Naylor C et al. Long-term conditions and mental health. The cost of comorbidities. The King's Fund 2012.
4. Commissioning Support Unit Northamptonshire Depression Analysis, January 2019
5. Covid-19 Forecast Modelling Toolkit. Centre for Mental Health. <https://www.centreformentalhealth.org.uk/covid-19-forecast-modelling-toolkit> (Accessed April 2023)

COPD; Chronic obstructive pulmonary disease



Prescribing Guideline for Treatment of
Depression in Adults in Primary Care



Less Severe Depression

Generally, antidepressant drugs are not recommended as an initial treatment, and should only be offered when non-pharmacological methods have failed.

Support or Resource	How to access	Suitable for
Social prescribers	Via GP practices	People who lack social support
NHFT Talking Therapies	Patients can self-refer by calling. 0300 999 1616 or webpage (https://www.nhft.nhs.uk/talkingtherapies)	People feeling stressed, low or anxious
Wellbeing Action Plan	https://northantsgpalliance.com/well-being-action-plan/	All patients
Feeling good apps [Separate apps available for adults and children]	https://northantsgpalliance.com/feeling-good-northamptonshire/	Separate apps for adults and children
Action for Happiness Website	https://www.actionforhappiness.org/	Information on the '10 Keys to Happier Living'
Mental Health 24 Hour Support	0800 448 0828 - Lines available 24 hours a day, seven days a week.	All

Moderate/Severe Depression

Safety Plan

- Always ask people with depression directly about suicidal ideation and intent if there is a risk of self-harm or suicide.
- Antidepressant use has been linked with suicidal thoughts and behaviour; children, young adults, and patients with a history of suicidal behaviour are particularly at risk.
- If a person with depression presents considerable immediate risk to themselves or others, refer urgently to specialist mental health services. **Telephone: 08004480828**

Choice of Antidepressant

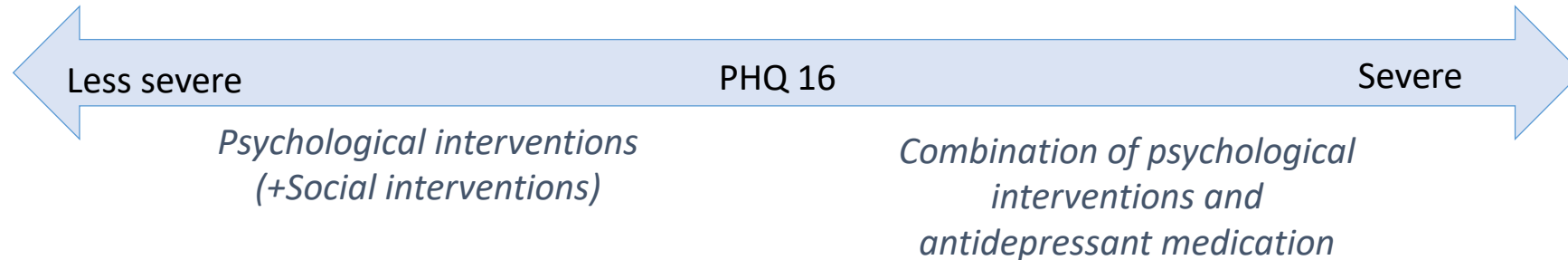
NICE guidelines and more recent studies show that all antidepressants are more effective than placebo in reducing symptoms of depression.

NICE recommends an SSRI with a low acquisition cost as a suitable first choice option. In Northamptonshire the following antidepressants are recommended:

Antidepressant	Starting daily dose	Minimum effective daily dose	Key information
First Line			
Sertraline	50mg	50mg	Drug of choice post MI and in heart failure
Escitalopram	10mg (5mg in elderly and reduced hepatic function)	10mg	Can prolong QT interval. Maximum dose 10mg in the elderly. Drug of choice first line in epilepsy.
Fluoxetine	20mg	20mg	First choice for <24 years of age; due to increased risk of suicide. For 10mg dose use the oral solution
Mirtazapine	15-30mg	30mg	Sedative effect may be beneficial in sleep disturbance. 15mg dose is more sedating than 30mg (dominant antihistamine effect), so in some patients a starting dose of 30mg nocte may be better tolerated. Rarely reversible WBC disorders have been reported.
Second Line			
Trial of alternative first line treatment			
Third Line			
Venlafaxine	75mg	75mg	Need to monitor BP before and during treatment
Vortioxetine	10mg (5mg in elderly)	10mg	Cognitive enhancement independent of depression.
Duloxetine	60mg	60mg	If pain a predominant co-morbid symptom.
If no benefit from three antidepressants then review diagnosis, consider Treatment Resistant Depression, and consider referral to secondary care.			

NICE Guidelines – Antidepressants

Severity of depression use PHQ9 (+GAD7)



Normally choose an SSRI in generic form¹

***When switching antidepressants, consider:
initially a different SSRI, or a better tolerated
newer-generation antidepressant¹***

***NICE TA367: Vortioxetine is recommended as
an option for treating major depressive
episodes in adults whose condition has
responded inadequately to 2 antidepressants
within the current episode²***

***Subsequently, an antidepressant of a different
class that may be less well tolerated (such as
venlafaxine, a TCA or a MAOI)¹***

Note: NICE CG90 was superseded by NG222 in June 2022³

1. Depression: the treatment and management of depression in adults. NICE Depression Update; Full Guideline (October 2009)
2. NICE Technology Appraisal 367: Vortioxetine for treating major depressive episodes (November 2015)
3. NICE Guideline 222 [NG222] Depression in adults: treatment and management. June 2022.

Northampton Pharmacist Led Antidepressant Clinic

What?

- A specialist clinic for patients diagnosed with depression, led by our highly experienced clinical pharmacists who have undertaken their independent prescribing qualifications specialising in depression and have existing experience of managing these patients in primary care


Who?

- Patients can be referred to the clinic if they meet one of the four criteria below:
 - Initiated on an antidepressant and requiring follow up at 2-4 weeks
 - Patient requires review of current therapy as still has symptoms despite treatment
 - Patient has requested to stop therapy
 - Patient pregnant or planning pregnancy and requires support and advice on her antidepressants during pregnancy

Excluded patients are those under 18 years and patients currently expressing imminent risk of self-harm

What other physical habits (Bio-) can we “prescribe” (Tiny Habits)

Exercise	Exercise- group exercise is part of NICE guidance
Sleep	Sleep hygiene
Diet	Diet – probiotics, gut biome help mood
Avoid	Avoid harmful substance- alcohol, too much coffee, fizzy drinks



Prescribing Psychological Interventions

- My Wellbeing Action Plan has a resource list including Crisis Cafés
 - <http://www.northantsgpalliance.com/media/1318/being-well-action-plan-2020.pdf>
- Mental Health services locally are self referral
 - GP practice standard system text for communication with patients, covering:
 - **Wellbeing Action Plan**
 - **IAPT telephone number**
 - **Single point of access**
 - **Crisis café information**

IAPT Talking Therapies Northants (Improving Access to Psychological Therapies)

If you are feeling low in mood, stressed or anxious, the service will work with you to get you back on track.

www.nhft.nhs.uk/iapt

03009991616

 **NHS**
Northamptonshire Healthcare
NHS Foundation Trust

 MENTAL HEALTH
NORTHANTS
COLLABORATION

 **mind** | In Northamptonshire
for better mental health

MENTAL HEALTH NUMBER

0800 448 0828

24/7 support available for your mental health needs

thementalhealthnumber.me

Crisis cafes same day drop in

4S - Early Recognition and Management of Common Mood Disorder

Screen

Severity

Safety planning

Shared Care

www.worthwellbeing.co.uk

Assessing severity

- Patient Health Questionnaire (PHQ-9) for depression
- Generalised Anxiety Disorder assessment (GAD7) for anxiety
- Download forms from <https://www.phqscreeners.com/terms>

PHQ-9	<i>Over the last 2 weeks (or other agreed time period) how often have you been bothered by any of the following problems?</i>	<i>not at all</i>	<i>several days</i>	<i>more than half</i>	<i>nearly every day</i>
1.	Little interest or pleasure in doing things	0	1	2	3
2.	Feeling down, depressed, or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	0	1	2	3
6.	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving	0	1	2	3
9.	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
<i>PHQ-9 total score =</i>					

GAD-7	<i>Over the last 2 weeks (or other agreed time period) how often have you been bothered by any of the following problems?</i>	<i>not at all</i>	<i>several days</i>	<i>more than half the days</i>	<i>nearly every day</i>
1.	Feeling nervous, anxious or on edge	0	1	2	3
2.	Not being able to stop or control worrying	0	1	2	3
3.	Worrying too much about different things	0	1	2	3
4.	Trouble relaxing	0	1	2	3
5.	Being so restless that it is hard to sit still	0	1	2	3
6.	Becoming easily annoyed or irritable	0	1	2	3
7.	Feeling afraid as if something awful might happen	0	1	2	3
<i>GAD-7 total score =</i>					

Develop a shared management plan

PHQ 9 / Gad 7

- **0-9** Active listening, compassion, breathing control.
www.actionforhappiness.org
- My Wellbeing Action Plan signposting GREAT DREAM
- **>10** Consider self referral to Talking Therapies
Tel:03009991616
- **>17** Consider Medication , can be considered < 17 if persistent symptoms or prevent relapse, patient choice

Personalised Care plan

- **Co-produce where possible:** What matters to person not what matters to clinician
- **Carers engagement:** Carers groups , informed of plans where confidentiality allows.
- **Actively Suicidal / Guidance:** Mental Health Single Point of Access

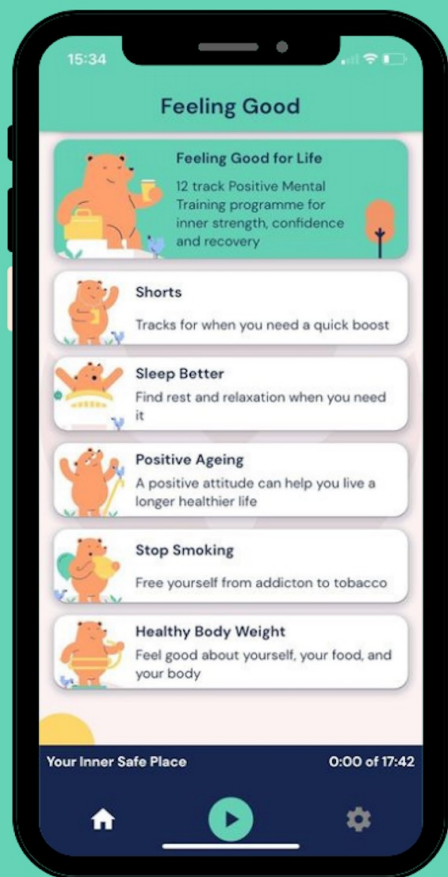




Feeling Good



Your Mental Health Matters.



97%

of users said they
would use the app
again!

Northamptonshire

Feeling Good is an **evidence-based audio app** helping you to **relieve depression, stress, and anxiety**, and **improve sleep**. Based on techniques used by Olympic athletes to achieve gold!

*Unlock within app with
username and password:*

USERNAME: nthmtnf1

PASSWORD: positive



*... or scan the QR code
for instant access.*

Free to everyone in Northamptonshire!

Action for Happiness



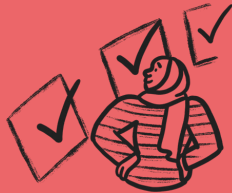
July 2023

Happier • Kinder • Together

**Our mission is to promote
a happier world, with a
culture that prioritises
happiness and kindness.**



Powered By People



Backed By Science

Ten Keys to Happier Living (GREAT DREAM)



Giving
Do kind things for others



Relating
Connect with people



Exercising
Take care of your body



Awareness
Live life mindfully




Trying Out
Keep learning new things



Direction
Have goals to look forward to



Resilience
Find ways to bounce back



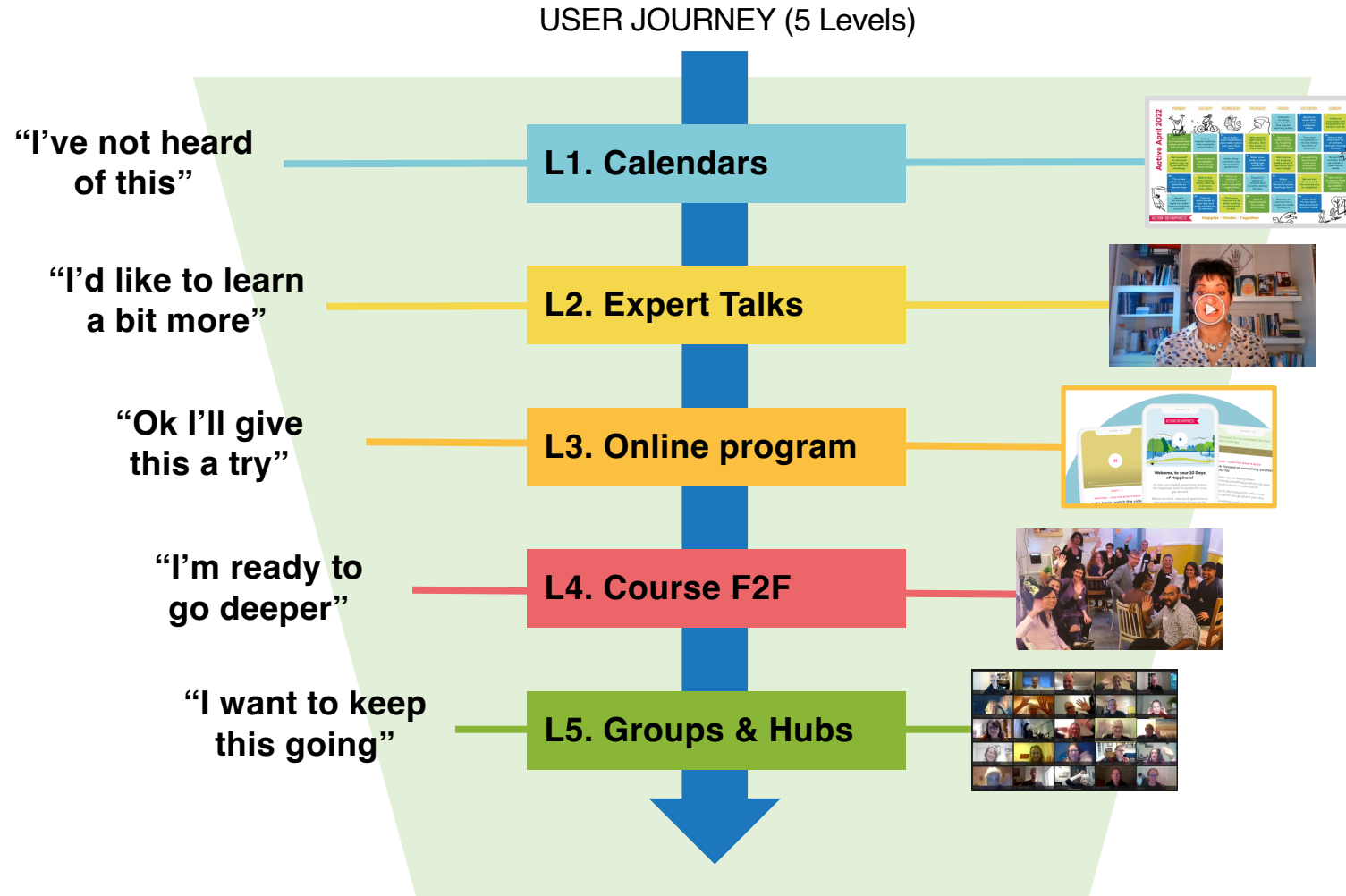
Emotions
Look for what's good



Acceptance
Be comfortable with who you are



Meaning
Be part of something bigger



We help people move from awareness to action to lasting change

Develop your Happiness Habits @A4HNorthants

LEVEL 1 Calendars www.actionforhappiness.org/10-keys Download app follow twice daily actions, and share actions/ impact on social media **Local Newsletter** www.bit.ly/A4HNorthants

LEVEL 2 www.actionforhappiness.org/10-keys **Download App**, participate in AfH community, encourage others to join, follow twice **Monthly Expert Talks** and library of talks.

All local information including **Online Monthly Meet ups** www.linktr.ee/A4HNorthants

LEVEL 3 Online coaching course- www.10daysofhappiness.org **Develop your personal wellbeing plan** that uses the above resources. **Tiny Habits - repeat and celebrate**

LEVEL 4 Join a Happiness Habits Course— perhaps continue to meet with group after the course or complete online volunteer training to run a course (support from national team) www.actionforhappiness.org/volunteer
Link in with **Happy Café Network across Northants** or set up your own café following guidance.

www.actionforhappiness.org/happy-cafe

Level 5 volunteer for A4H Northants: promote A4H stall at local events. www.volunteerpasport.co.uk
Contact northants@actionforhappiness.org for details of **A4H Northants Champion Training**
Support our quarterly **Community of Practice** to grow the social movement. northants@actionforhappiness.org

Please promote @A4HNorthants on social media – like and share join over 3000 people now engaging 😊



Daily Actions



Community Posts



Calendars



Monthly Tips



Struggling



Talks



Happiness Habits



Volunteer



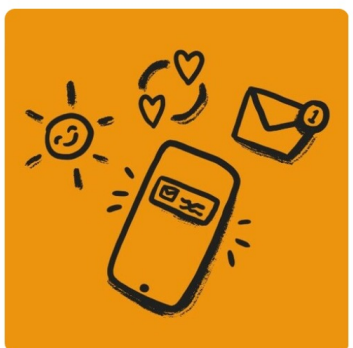
10-day Course



Local Groups



Donate



App Guidelines





COMING SOON!



Happiness Habits





THE LONDON SCHOOL OF ECONOMICS AND POLITICAL SCIENCE

CENTRE for ECONOMIC PERFORMANCE



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A local community course that raises wellbeing and pro-sociality: Evidence from a randomised controlled trial

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ARTICLE INFO ABSTRACT

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Despite a wealth of research on its correlates, relatively little is known about how to effectively raise wellbeing in local communities by means of intervention. Can we teach people to live happier lives, cost-effectively and at scale? We conducted a randomised controlled trial of a scalable social-psychological intervention rooted in self-determination theory and aimed at raising the wellbeing and pro-sociality of the general adult population. The randomised course ‘‘Exploring What Matters’’ is run by non-expert volunteers (laypeople) in their local communities and to date has been conducted in more than 26 countries around the world. We found that it has strong, positive causal effects on participants’ subjective wellbeing and pro-sociality (compassion and social trust) while lowering measures of mental ill health. The impacts of the course are sustained for at least two months post-treatment. We compare treatment to other wellbeing interventions and discuss limitations and implications for intervention design, as well as implications for the use of wellbeing as an outcome for public policy more generally.

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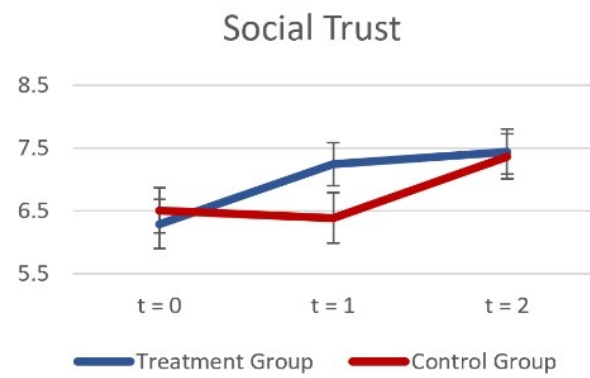
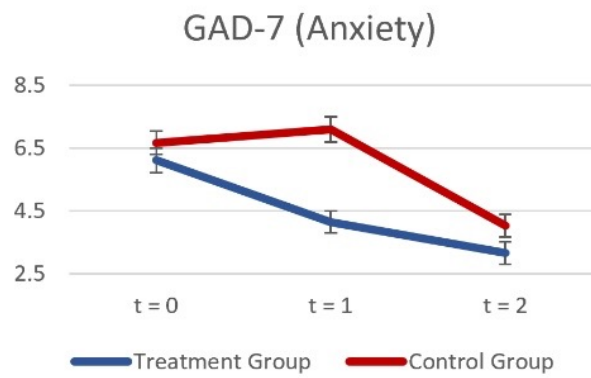
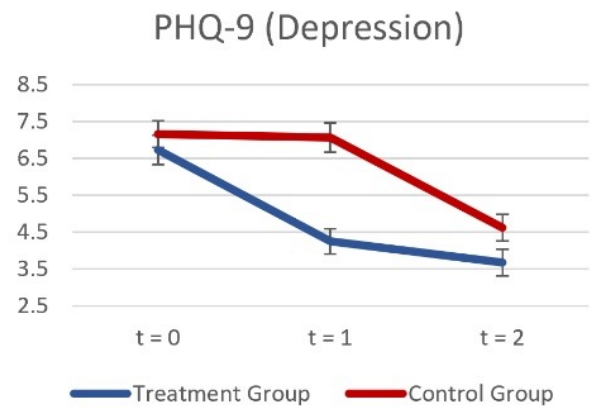
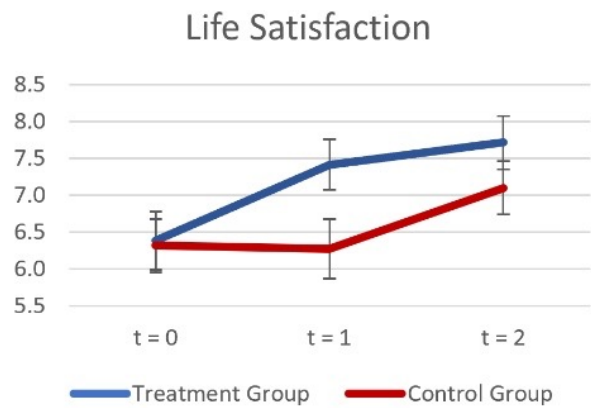
1. Introduction

For decades, enormous academic effort has been put into exploring the causes and consequences of wellbeing (Diener et al., 1999; Layard et al., 2014). Health (especially mental health), being partnered, and social relationships account for more than three quarters of the explained variance in adult people’s life satisfaction (Clark et al., 2018). At the same time, there is growing evidence showing that wellbeing is a significant predictor of important life and economic outcomes, including health and longevity (Lanney et al., 2004; Steptoe and Wardle, 2013; Graham and Pinto, 2019), productivity and income (De Neve and Oswald, 2012; Oswald et al., 2015; Bell et al., 2020), voting (Liberman et al., 2017), and even compliance with lockdown measures during Covid-19 (Krekel et al., 2020).

Yet, we know little about how to effectively improve the wellbeing of the general adult population. Can we teach people to live happier lives? Can we do this by means of intervention, cost-effectively and at scale? Are impacts sustained over

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“We found that it has strong, positive causal effects on participants' subjective wellbeing and pro-sociality while lowering measures of mental ill health. The impacts of the course are sustained for at least two months post-treatment”

What Happy Cafes provide:

- A friendly welcome
- Monthly Get-Togethers
- Resources

www.actionforhappiness.org/happy-cafe



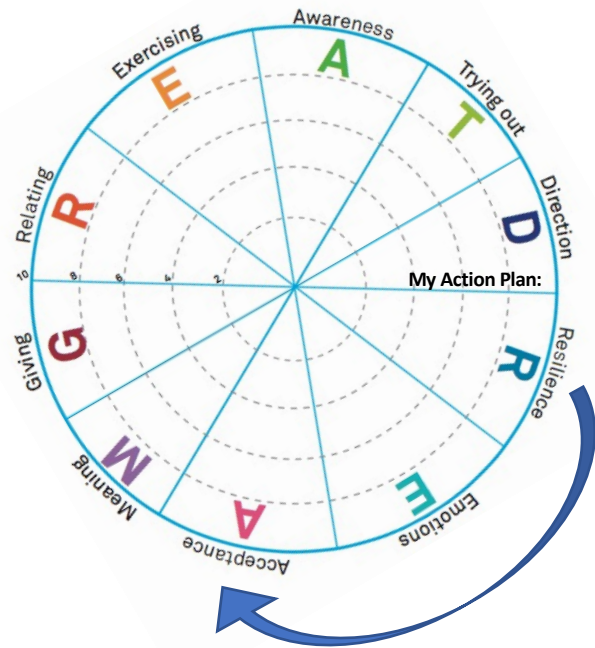
Some Northamptonshire Happy Cafes:

- Heathers- Lead cafe
- Johnny's Happy Place
- St David's Church
- Broadmead Church
- Delapre Green Cafe

Pop Up Cafes:
Berrywood Hospital
St Mary's Hospital



My Personal Action Plan



Key	The actions I will take	Key	The actions I will take
GIVING: Do things for others		DIRECTION: Have goals to look forward to	
RELATING: Connect with people		RESILIENCE: Find ways to bounce back	
EXERCISING: Take care of your body		EMOTIONS: Look for what's good	
AWARENESS: Live life mindfully		ACCEPTANCE: Be comfortable with who you are	
TRYING OUT: Keep learning new things		MEANING: Be part of something bigger	



www.northantsgpalliance.com/resources/patient-facing-resources/

Being Well – My Action Plan COVID-19

At this time of national crisis at times we are all likely to react differently with a range of feelings, sometimes we may feel overwhelmed, bewildered or just worn out. Creating some **Direction** with daily goals will help us cope with our **Emotions**. Keeping in contact with important **Relationships** and **Awareness** of how much negative news we watch balancing this with appreciation of what we have, will help. **Exercise** boosts our immune system and helps our sleep. Having a go and **Trying Out** creative ways of coping, where possible writing it down also helps build our **Resilience** toolkit. There are new ways we can **Give** and be part of something bigger helping us with our values and our sense of **Meaning**. Remembering how we have coped in the past, being compassionate with ourselves and others and **Acceptance** of our mutual strengths and weaknesses can build an improved community around us.

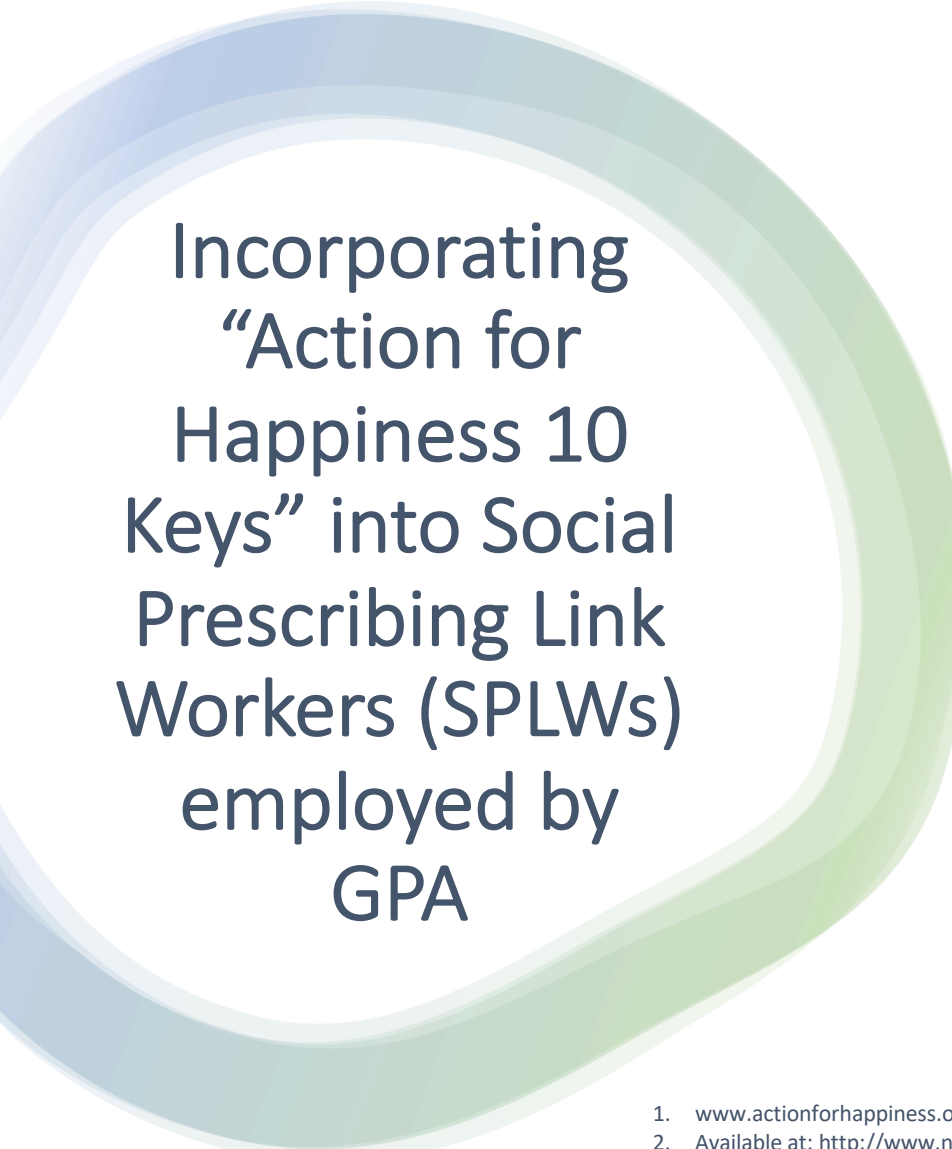
These Ten Keys to Happier Living are evidence-based ways which can lead to **if we put them into regular practice**. This is hard but small steps and daily practice help. Be kind to yourself. Try making the Ten keys - **GREAT DREAM** part of your life

www.actionforhappiness.org is an international charity supporting people to put these 10 keys into practice in their daily lives, the website has a lot of links to resources, calendars, books, courses, an app and www.actionforhappiness.org/events is a collection of talks from international experts

The enclosed is a menu not a prescription try putting something into practice today start with 1-2 small bite-size actions that will help you feel better and stay well ...

My Wellbeing Action Plan
<p>Giving: Do things for others – Give someone a call, keep in touch with a vulnerable neighbour</p> <ul style="list-style-type: none"> http://www.voluntaryimpact.org.uk/volunteering/, or call 01604 637522 https://cosidmutualaid.org/ Local organising to support the most vulnerable in our communities https://www.northamptonshire.gov.uk/coronavirus-updates/Pages/Volunteer-to-help-those-in-need-coronavirus.aspx Individuals of community groups Volunteer to help those in need – Coronavirus <p>• If as a vulnerable individual you need practical support and have no friends or family to help Call 0300 126 1000 and select Option 5 or customerservices@northamptonshire.gov.uk</p> <p>• https://www.northamptonshire.gov.uk/coronavirus-updates/Pages/request-help-and-support-coronavirus.aspx</p>
<p>Relating: Connect with people – keep in touch with people who matter to you</p> <ul style="list-style-type: none"> There are loads of ways of keeping in touch even when separated- it is good to see each other using FaceTime, Skype, WhatsApp. Why not arrange to meet-up for a coffee and chat- using one of these platforms. To have virtual group meet-ups try ZOOM or Microsoft Teams – both free APPS available If communication is hard, try writing it down as a letter as a way of preparing what to say to someone
<p>Exercising: Take care of your body – Eat and Sleep well too</p> <ul style="list-style-type: none"> https://www.northamptonshiresport.org/stay-active-at-home Check your sleep hygiene: https://www.sleepfoundation.org/articles/sleep-hygiene Health and wellbeing (northamptonshire.gov.uk) for more information for help with smoking, diet, supporting independence, alcohol services and more... https://www.youtube.com/channel/UCAxW1KT0IEJoOTYIRfm6rYQ Joe Wicks Bodycoach all ages.

<p>Awareness: Live life mindfully</p> <ul style="list-style-type: none"> Breathing exercises & relaxation techniques e.g. breathe in on 7 and out on 11 Online mindfulness http://palsousemindfulness.com/ Explore the 'Mindfulness: Finding peace in a frantic world resources at: http://franticworld.com
<p>Trying Out: Keep learning new things</p> <ul style="list-style-type: none"> Adult education - Learn2b have a range of free wellbeing courses. See https://www3.northamptonshire.gov.uk/councilservices/children-families-education/adult-learning/community-learning/Pages/learn2b.aspx or telephone: 01604 368023 or email: Learn2b@northamptonshire.gov.uk Read yourself well – Many self-help books/audio books are available from local libraries Make time to do creative activities
<p>Direction: Have goals to look forward to</p> <ul style="list-style-type: none"> Plan to do things today that help you feel/remain well Keep a diary - what are you learning, what is helping you feel better? Turn worries into challenges and set goals to solve them.
<p>Resilience: Find ways to bounce back</p> <ul style="list-style-type: none"> Talking therapies can help us develop skills, especially to help our thinking and healthy behaviour Self-refer to Changing Minds IAPT Service: https://www.chft.nhs.uk/iapt or call: 0300 999 1616 Access computerised cognitive behaviour therapy. See: www.livinglifetothefull.com
<p>Emotions: Look for what's good</p> <ul style="list-style-type: none"> Be comfortable with who you are https://www.actionforhappiness.org/10-keys-to-happier-living/be-comfortable-with-who-you-are/details Feeling Good App: www.foundationforpositivementalhealth.com Free access code: username: coboost password = positive
<p>Acceptance: Be comfortable with who you are</p> <ul style="list-style-type: none"> Develop your self-compassion https://self-compassion.org/ Personal strengths http://www.viacharacter.org/www/Character-Strengths-Survey
<p>Meaning: Be part of something bigger</p> <ul style="list-style-type: none"> Victor Frankl "Someone who has a reason for why can survive almost any how" Go to the website and take the Action for Happiness pledge. https://www.actionforhappiness.org/take-action/take-the-action-for-happiness-pledge Be part of something bigger in your own neighbourhood
<p>https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19</p>



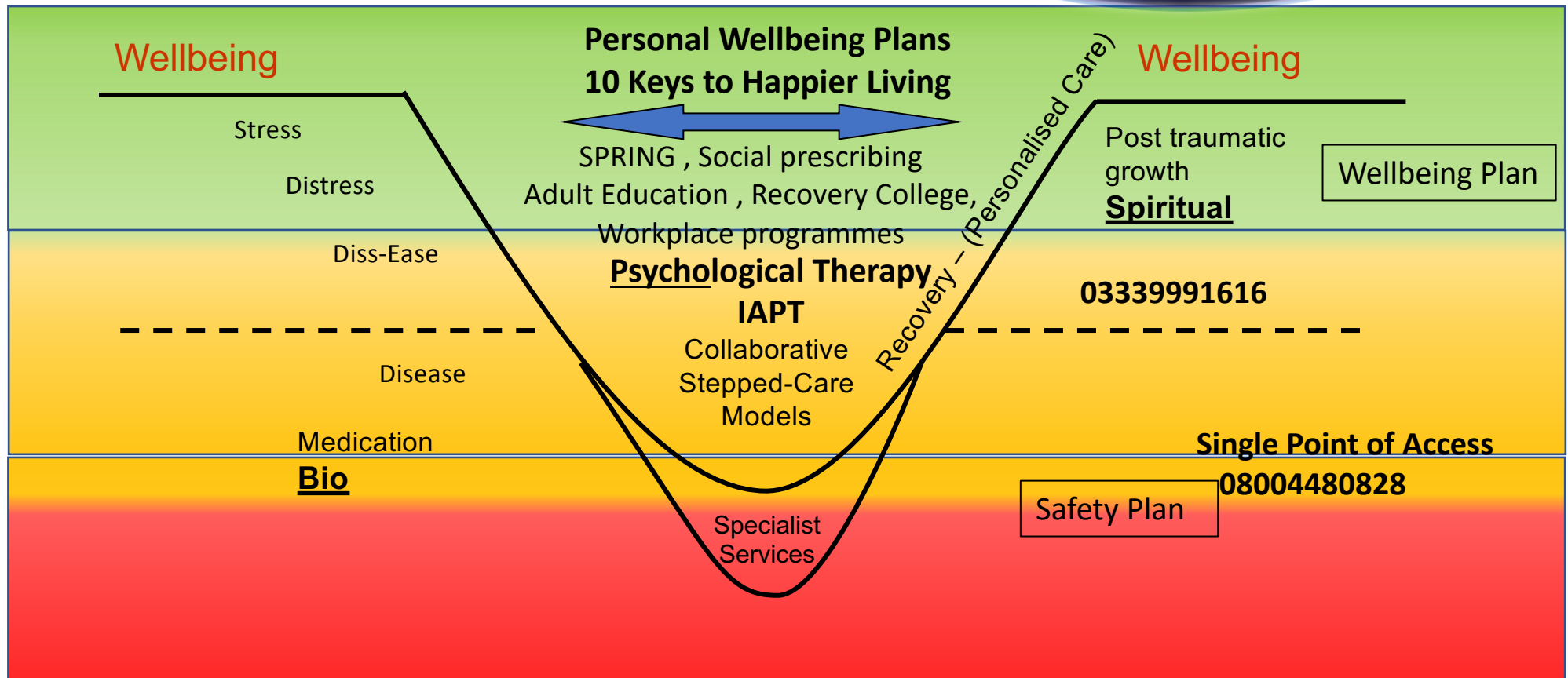
Incorporating “Action for Happiness 10 Keys” into Social Prescribing Link Workers (SPLWs) employed by GPA

- Training on 10 keys for Happier Living¹ as part of Induction (provided across County)
- Explored through development sessions on Mental Health and Social Capital; discussions and supervision
- Integrated into the Well-Being Star - Outcome Measure and goal setting used by SPLWs
- Recorded within the new version of SPLW Template on System One
- The **Wellbeing Action Plan**² is readily available on SPLW Template
- SPLW “Launchpad template” – coordinates community offer including Feeling Good App, Veterans, Activity on Referral, Wellbeing Courses

1. www.actionforhappiness.org (Accessed April 2023)

2. Available at: <http://www.northantsgpalliance.com/media/1318/being-well-action-plan-2020.pdf> (Accessed April 2023)

Biopsychosocial Pathway + Spiritual (meaning)



Key Actions

- Download Action for Happiness App
- Join the movement, "Prescribe the App"
- Awareness local patient resources e.g. GPA website:
<https://northantsgpalliance.com/resources/patient-facing-resources/>
- Encourage self referral Talking Therapies
03009991616
- Further Training
<https://www.worthwellbeing.co.uk/4s-training/>