

BUILDING OUR STRENGTHS







Steps to Wellness

What is Steps to Wellness?



- ▶ Designed to be an IAPT (Improving Access to Psychological Therapies) aligned service
- ▶ Core aims to help people get to the right service at the right time, and receive time limited interventions focussed on self-help and upskilling people to manage their difficulties.
- ▶ Cognitive Behavioural Therapy (CBT) as a key approach
- ▶ A largely remote/digital service offering psychoeducation and treatment groups, with resource for those who require one to one or face to face intervention

Aims

-  Reduce waiting times
-  Offer a range of groups suitable to your population
-  Follow the Stepped Care Model
-  Ensure high quality of care within an accessible treatment model that encourages building self-care and resilience

- Referral routes remain the same

- Patient journey
 - Triage to Steps to Wellness
 - Telephone Assessment
 - Treatment
 - Review

- Treatment options include;
 - 'Step 2' Psychoeducation groups (low mood, worry, perinatal)
 - 'Step 3' intervention groups
 - Webinars
 - One to one intervention

**What else
do I need
to know?**

