

### **Adult Inpatient Psychological Services (Feb 2025)**

**Multidisciplinary Team (MDT) Role:** Adult Inpatient Psychological Services provide psychological assessments/specialist assessments, formulations and a range of brief evidence-based interventions (individual, family and group) which help stabilise the current crisis episode and promote treatment choice. The team works into EPUT's 16 adult wards including Rainbow and Ipswich Rd.

**Access to Inpatient Psychological Services:** All patients have access to inpatient psychological ward based groups. Assistant Psychologists (APs) and Clinical Associates in Psychology (CAPs) also offer 'Visible & Available' time (V&A) which allow briefer informal psychological engagement conversations. Referrals for individual work are discussed and prioritised within the weekly MDT meeting. Some patients may benefit from psychological consultation to the MDT, some from a direct assessment and intervention, but not all will be appropriate or want 1-1 inpatient psychological work. There is the opportunity for onward referral to psychological services in the community where appropriate. A summary of 1-1 adult inpatient psychological services work is written following discharge and sent to relevant parties.

**Types of Psychological Treatments:** 1-1 psychological treatment will tend to be integrative, drawing on a range of NICE evidence-based models dependent on patient need (e.g. CBT, DBT, CFT). Psychological groups may include; Art, drama, music therapy, CBT/DBT informed groups, open talking spaces, psycho-education (e.g. sleep hygiene) and self-soothing groups (e.g. mindfulness). There will be variation on group content depending on patient need and staff skill mix.

**Indirect Work:** The Team also offers indirect interventions to inpatient ward teams e.g. consultation, reflective practice, support spaces and staff training including; one day 'Neurodiversity' training (started 2024) and one day 'Managing Personality Disorder and complexity' training (started approx. 2019).

**Staffing composition and numbers:** Each site has had access to psychological services over the last 20+ years, but this has gradually grown over the years, although we still do not meet the recommended guidelines from the BPS/ACP ([Psychological services within the Acute Adult Mental Health Care Pathway - Full Briefing Paper.pdf](#) 2021). The team currently consist of Clinical/Counselling Psychologists, Psychological Practitioners (e.g. CBT Therapists), Arts Psychotherapists (e.g. music, art), CAPs, APs and when appropriate, Clinical Psychology trainees, undergraduate psychology students and volunteers. Since 2024, all 16 wards have access to Art Psychotherapists. Staffing is regularly reviewed and national guidelines monitored. Current WTE staffing levels are shown below. There may be staff vacancies at different time periods.

Site	Total wards	Psychological Services staff Qualified WTE *	Arts Psychotherapy total	CAPS	APs	Adult Inpatient Psychological Services Total
The Lakes (NEE)	4 (including Ipswich Rd)	2.8 (including 0.5 WTE 8a CAP lead post)	0.9	2	0	5.7 WTE
The Linden Centre (mid)	5 (including Rainbow)	3	0.8	3	0	6.8 WTE
Derwent Centre (NW)	2	1.3	0.4	1	0	2.7 WTE
BMHU (south-west)	4	2	1	2	1 (shared)	6 WTE
Rochford (south-east)	2	1.3	0.6	1	0	2.9 WTE

*\*numbers include 8b lead managerial time*

*1WTE 8c oversees the whole team and inputs clinically into two wards in the mid area*

**Audit/Pilots:** Collection of EssenCES data (ward climate measure) takes place every 3 months. When appropriate, CORE 34 is administered pre/post intervention. An Assistant Psychologist project which

focused on Improving Access to Psychology was successfully piloted and from this, 9 CAPS posts were developed and approved by ET (April 2021).

**Appendices/Evidence**

1. BPS/ACP guidelines for Psychological Services working into acute adult wards
2. Current SOP (June 2024)
3. Previous SOP (Nov 2021)