

Mental Health Unit



Department of

**Health, Social Services  
and Public Safety**

An Roinn

**Sláinte, Seirbhísí Sóisialta  
agus Sábháilteachta Poiblí**

[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)

To: each General Practitioner

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Our Ref: DH1/08/60190  
Date: 16 June 2008

Dear General Practitioner,

### **COMPUTER BASED COGNITIVE BEHAVIOUR THERAPY**

The purpose of this letter is to invite you and relevant members of your practice staff to a half day information seminar on computer based cognitive behaviour therapy (CCBT) on 3 July 2008 at Corr's Corner Hotel, Newtownabbey. Starting at 12.00 with a light lunch. The event will end around 4.00 pm.

One of the recommendations of the Bamford Review of Mental Health and Learning Disability is that those who could benefit from psychological therapy services should have better access to such services. It is also recognised in this context that it will be challenging for such services to meet the Department's Priority for Action target to reduce waiting times to 13 weeks by March 2009.

The Department has therefore been considering how to widen timely access to psychological interventions at appropriate levels to meet specific needs. In this context it recognises that such services, when provided in a Primary Care setting, can provide an important early intervention and can prevent particular conditions from becoming more serious.

In this regard mental health and primary care policy leads have agreed to develop a DES for depression/anxiety, the most common presenting conditions. Colleagues in the Department are presently negotiating the detail of this with NIGPC with a view to having it introduced as soon as possible. Among other things, this would enable GPs to refer patients presenting with mild depression/anxiety and who meet the relevant criteria to a self help computer based CBT programme called 'Beating the Blues'. The programme



is used in England and is approved by NICE (The National Institute for Clinical Excellence).

To assist GPs and practice staff to engage with CCBT for their patients it is planned to hold a half day information seminar on 3 July. This will provide a context for the use of CCBT; an overview of 'Beating the Blues'; and, will review the findings from a GP pilot project on CCBT undertaken in the Northern Health and Social Services Board area.

I would encourage you, and relevant staff from your practice, to attend the proposed seminar. An application form is enclosed.

Thank you for your assistance with this important service development.

Yours sincerely,



**Colin McMinn**  
**Head of Mental Health Unit**

# Event booking form

(Booking forms are also available to download or submit online at [www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk))

**Please complete all details in BLOCK capitals. Please photocopy this form for each individual attending.**

Event title \_\_\_\_\_

Event date(s) \_\_\_\_\_

First name \_\_\_\_\_

Surname \_\_\_\_\_

Job title \_\_\_\_\_

Organisation \_\_\_\_\_

Work address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Work telephone number \_\_\_\_\_

Fax number \_\_\_\_\_

Email \_\_\_\_\_

Please specify any special dietary or access requirements \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Completed forms should be returned to:  
Donna Beer, Support Services Administrator  
Health Promotion Agency for Northern Ireland  
18 Ormeau Avenue, Belfast BT2 8HS  
Tel: 028 9031 1611 (Voice/Minicom)  
Fax: 028 9031 1711  
Email: [d.beer@hpani.org.uk](mailto:d.beer@hpani.org.uk)



**Health  
Promotion  
Agency**

**Computerised Cognitive Behaviour Therapy (CCBT)  
Stakeholders Information Seminar  
Thursday 3 July 2008  
Corr's Corner Hotel, Newtownabbey, Co Antrim**

**Programme:**

- 12.00pm Registration**  
Tea/coffee and lunch
- 1.00pm Welcome**  
Dr Brian Gaffney, Health Promotion Agency
- 1.10pm Background and strategic context**  
Mrs Linda Brown, Department of Health, Social Services and Public Safety
- 1.20pm Update on developments of Five Step Care model for Mental Health**  
Dr Stephen Bergin, Consultant in Public Health  
Southern Health and Social Services Board
- 1.30pm Update on direct enhanced service**  
Dr Katherine Booth, Primary Care Facilitator  
Eastern Health and Social Services Board
- 1.45pm 'Beating the Blues' CCBT Programme Overview including Evidence of Effectiveness**  
Kaye Dalton, Business Development Manager, Ultrasis UK Ltd  
John Smith, Director of Sales, Ultrasis UK Ltd
- 2.05pm Evaluation findings of NHSCT Programme**  
Dr Deborah Mairs, Consultant Clinical Psychologist for NHSCT
- 2.25pm 'Beating the Blues' CCBT Programme - Suggested models for implementation using examples of practice from UK**  
Kaye Dalton, Business Development Manager, Ultrasis UK Ltd  
John Smith, Director of Sales, Ultrasis UK Ltd
- 2.50pm Breakout Session**  
Practicalities of implementation/data collection/outcome monitoring
- 3.50pm Next Steps**  
Department of Health, Social Services and Public Safety
- 4.00pm Finish**