

TAP – The Team Around the Practice

The Tavistock & Portman
Foundation Trust
&
MIND in Camden

TAP

- The service aims to support GPs in their role with challenging patients
- Strong emphasis on engagement – outreach/follow up/joint consultations/intermittent work
- All clinical activity in GP surgeries in Camden

TAP – who do we see?

Adults aged 18 and above registered with a Camden GP

- long-standing and recurrent difficulties of moderate severity and complexity
- may not have benefitted/engaged with previous psychological help
- below the threshold for secondary care or unwilling to engage
- Frequent attenders

TAP – who do we see?

Typical presenting problems:

- persistent or unexplained physical symptoms
- personality and relationship difficulties including a diagnosis or features of a personality disorder
- Refractory, recurrent depression and anxiety
- isolation, lack of social or occupational activity

TAP – what do we offer?

- Up to 16 sessions of **psychological therapies** adapted/derived from the analytic model
 - symptoms in a relational context
- Our **Consultant Psychiatrist** is available for assessment and consultation on complex cases/diagnostic uncertainty/primary care medication or other appropriate issues
- **Community groups** -horticultural/photography
- **Social Prescribing** (up to 6 sessions)
- Consultations to GPs and joint consultations with Patient/GP
- Complex case discussion groups for GPs/practice staff facilitated by senior staff

TAP – who don't we see

- Active psychosis
- Severe mental health problems requiring secondary care input
- Severe substance/alcohol dependence which is the primary presenting problem
- Active suicidal risk
- Moderate/Severe learning disability
- Significant active forensic risk

BUT could triage/offer consultation on management